

Curriculum Map: Senior Physical Education

Course: PE 12 Sub-topic: Uncategorized

Grade(s): None specified

Course

Description: **Physical Education**The Physical Education program believes in the development of a healthy, physically fit student with an understanding of personal well-being. The goal of physical education is to teach students a variety of skills, techniques, and strategies that will allow them to lead active lifestyles after high school. Through skill lessons, lead up games, team sports, individual sports, recreational and fitness activities it is my hope that each student discovers something he/she enjoys and will want to continue practicing after they leave Loyalslock High School.

Learning expands beyond sports as students learn life skills such as group cooperation, leadership, sportsmanship, and self-efficacy.

Course

Textbooks, Workbooks, Materials Citations: n/a

Unit: Opening week requirements

Unit Essential Questions: What is Physical Education and why is it important?

What course of action will you take to maintain mental, physical, and social health in your future?

Topic: Grading Policy/Syllabus

Minutes for Topic: 41

Topic: Locks and locker distribution

Minutes for Topic: 41

Topic:

Unit: Kan Jam/Corn hole

Unit

Description: Kan Jam is a flying disc game, played with a flying disc and two cans into which players deflect the disc. Teams of two players take turns tossing a disc between two plastic cans, scoring points if the disc hits or is deflected into one of the cans.

Cornhole or Corn Toss is similar to horseshoes except you use wooden boxes called cornhole platforms and corn bags instead of horseshoes and metal stakes. Contestants take turns pitching their corn bags at the cornhole platform until a contestant reaches the score of 21 points.

Unit Essential

Questions: What are ways in which playing Kan-Jam enhances fitness and motor skills? What cooperative and individual sacrifices are involved in ultimate Kan-Jam? What skills, strategies and rules are needed to participate in Kan-Jam?

STANDARDS: STANDARDS

National: PE Standards - Physical Education (2013)

PE.1 (Advanced) The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

PE.2 (Advanced) The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

PE.3 (Advanced) The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

PE.4 (Advanced) The physically literate individual exhibits responsible personal and social behavior that respects self and others.

PE.5 (Advanced) The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Topic: rules/terminology/practice skills - Kan Jam

Minutes for Topic: 41

Topic: review rules and game play - Kan Jam

Minutes for Topic: 41

Topic: Kan Jam tournament

Minutes for Topic: 41

Topic: rules/terminology/practice skills - Corn Hole

Minutes for Topic: 41

Topic: review rules and game play - Corn Hole

Minutes for Topic: 41

Topic: Corn Hole tournament

Minutes for Topic: 41

Unit: Ultimate Frisbee

Unit

Description: Ultimate is a non-contact, self-refereed team sport played with a flying disc frisbee. The aim of the game-Two teams of seven players compete on a playing field about the same length as a football field, but narrower. At each end of the playing field there is an end zone. Each team defends one end zone.

Unit Essential

Questions: How does frisbee relate to fitness? Why is frisbee a lifetime sport? What are the cardiovascular benefits of playing ultimate frisbee?

Unit Big Ideas:

Rules & History, basic fundamentals of the game; catching & throwing strategies

STANDARDS: STANDARDS

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Topic: rules/terminology/practice skills (backhand, forehand, hammer)

Minutes for Topic: 41

Topic: review rules and 3 types of throws leading into game play

Minutes for Topic: 41

Topic: Ultimate Frisbee game play

Minutes for Topic: 123

Topic: written test and skill assessment

Minutes for Topic: 41

Unit: Flag Football

Unit

Description: Flag football is played with two teams of 5-8 players who attempt to score points by moving the ball down the field across the goal line. The team with the most points at the end of regulation time is the winner. The playing field is a rectangle usually around 60-80 yards long and 20-30 yards wide.

Unit Essential

Questions: What are the skills that are necessary for playing Flag Football? What are the basic fundamentals of Flag Football? Is flag football a cardiovascular activity? Why? Why not?

Unit Big Ideas:

Flag football; rules, regulations, basic skills, strategies

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Topic: rules/terminology/practice skills

Minutes for Topic: 41

Topic:

Topic: review rules and game play
Minutes for Topic: 41

Topic: game play
Minutes for Topic: 164

Topic: written test and skill assessment
Minutes for Topic: 1

Unit: softball/wiffleball

Unit Description: Softball is a bat-and-ball sport played between two teams of 10 players. It is a direct descendant of baseball although there are some key differences: softballs are larger than baseballs, and the pitches are thrown underhand rather than overhand. Softball is played on a smaller diamond than in baseball.

Wiffle Ball is a variation of the sport of baseball designed for indoor or outdoor play in confined areas. The game is played using a perforated, light-weight, rubbery plastic ball and a long, plastic bat.

- Unit Essential Questions:
- What strategies do you need for softball?
 - what are the rules of softball?

Unit Big Ideas:

- Softball; rules, regulations, strategies, basic skills

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Topic: rules/terminology/practice skills
Minutes for Topic: 41

Topic: review rules and game play
Minutes for Topic: 41

Topic: game play
Minutes for Topic: 164

Topic: written test and skill assessment
Minutes for Topic: 41

Unit: soccer (indoor and outdoor)

Unit Description: Soccer is a team sport played between two teams of eleven players on a rectangular field with goals at each end. The field is marked by a series of lines, and a large goal is at each end. The ball is kicked, headed, or dribbled. The game is played on a rectangular field with goals at each end. The field is marked by a series of lines, and a large goal is at each end. The ball is kicked, headed, or dribbled.

- Unit Essential Questions:
- What are the names, positions and duties of the soccer players on a team?
 - What are the necessary skills needed to play the game of Soccer?
 - What are some safety techniques used in soccer to prevent injuries?
- Unit Big Ideas:
- Introduction of Indoor Soccer. Names of the players, positions and duties.
 - Practice all basic soccer skills: trap, pass, dribble, goal shooting and goal tending.

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Topic: rules/terminology/practice skills
Minutes for Topic: 41

Topic: review rules and game play
Minutes for Topic: 41

Topic: game play
Minutes for Topic: 164

Topic: written test and skill assessment
Minutes for Topic: 41

Unit: Basketball

Unit Description: What is basketball? Basketball is a team sport played between two teams of five players on a rectangular court. The ball is thrown, passed, dribbled, or shot into the basket. The game is played on a rectangular court with a basket at each end. The ball is thrown, passed, dribbled, or shot into the basket.

- Unit Essential Questions:
- Where, who and how did the game of basketball evolve?
 - What are the skills used in the game and how are they performed?
 - What are the basic rules of the game?
 - What are some simple strategies used in the game?
- Unit Big Ideas:
- demonstrate and practice the skills of basketball - dribbling, passing, shooting
 - engage in lead-up games - knock-out, 1/1, horse, 2/2, 3/3

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Topic: rules/terminology/practice skills
Minutes for Topic: 41

Topic: review rules and game play
Minutes for Topic: 41

Topic: game play
Minutes for Topic: 164

Topic: written test and skill assessment
Minutes for Topic: 41

Unit: Volleyball

Unit Description: Volleyball is a team sport played between two teams of six players on a rectangular court. The ball is thrown, passed, or hit with the hands, arms, or head. The game is played on a rectangular court with a net in the center. The ball is thrown, passed, or hit with the hands, arms, or head.

- Unit Essential Questions:
- What is the importance of developing proficiency in the use of volleyball skills (bump, set, serve, spike)?
 - How does communication affect a volleyball team?
 - How will volleyball teach me about responsibility, self-discipline, self-control, listening, and cooperation?

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Topic: rules/terminology/practice skills
Minutes for Topic: 41

Topic: review rules and game play
Minutes for Topic: 41

Topic: game play
Minutes for Topic: 164

Topic: written test and skill assessment
Minutes for Topic: 41

Unit: Pickleball

Unit Description: Pickleball is a paddle sport that combines elements of tennis, badminton, and ping-pong using a paddle and plastic ball with holes. It is a game that is appropriate for players of all ages and skill levels. Rules for pickleball are simple, making it a great introductory sport.

