Curriculum Map: Senior Physical Education Course: PE 12 Sub-topic: Uncategorized

Grade(s): None specified

Course Description:	Physical Education&htsp://indexhi/&idegr.The Physical Education program believes in the development of a healthy, hysically fit student with and understanding of personal well- encomplex good being in a student in the teach and the student student in the strategies that will allow them to load achies literatives after high school. Throogh skill ascons, lead ung names unschool. Individue lorent: anorabanical and these strategies is in motion and ung and an school. Individue lorent: anorabanical and theses strategies is in motion and an anorability of the lorent anorability of the lorent anorabanical fields and the strategies is in motion and an anorability of the lorent anorability of the lorent anorabanical and theses strategies is in motion and the lorent anorability of the lorent anorabanic and these strategies is in motion and the lorent anorability of the lorent anorabanic and these strategies is in motion and the lorent anorability of the lorent anorabanic and the lorent and the lorent and the lorent anorabanic anorabanic and the lorent anorabanic and the lorent anorabanic and the lorent anorabanic and the lorent anorabanic anorabanic anorabanic and the lorent anorabanic anorabanic and the lorent anorabanic anorabanic anorabanic anorabanic anorabanic anorabanic anorabanic anorabanic and the lorent anorabanic
	Sudlegals that with anow then if of lead active messives area mail sourco. Through skill ressons, 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 Logalsch High School.

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

Course Textbooks, Workbooks, n/a Materials Citations:

Unit: Opening week requirements
Unit: Seening
What is Physical Education and why is it important?
Questions:
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.
	Comhole or Corn Toss is similar to horseshoes except you use wooden boxes called cornhole platforms and corn bags instead of horseshoes and metal stakes.

Comnole or Com Toss Isanosp;similar to norsesnoes 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 sacrifies are involved in ultimate Kan-Jam? What skills, strateoise and rules are needed to participate in Kan-Jam?
STANDARDS:	STANDARDS National: PE Standards - Physical Education (2013)

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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: Ultimat	e Frisbee
Unit	Ultimate is a non-contact, self-refereed team sport played with a flying disc
Description:	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

the same length as a football field, but narrow end zone. Each team defends one end zone. Questions: • Why is frisbee relate to fitness? • Why is frisbee a lifetime sport?

Questions:		bee a lifetime sport?	
	 What are f 	the cardiovascular benefits of playing ultimate frisbee?	
Unit Big Ideas:	 Rules & Hi 	story,	
	 basic fund 	amentals of the game; catching & throwing	
	 strategies 		
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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

 What are the skills that are necessary for playing Flag Football?
 What are the basic fundamentals of Flag Football?
 Is flag football a cardiovacular activity?achsp; Why hot?
 flag football; rades, regulations, basic skills, strategies Unit Essential Questions:

- Unit Big Ideas:

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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: 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

STANDARDS:

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physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

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: #Shtbs:/_tmon20_style3d_22_color3a_20_23_2021243b_20_s20_goal20_withou20_using20_thei20_hands20_or20_arms3c_2f_strong3e_20_the20_theat0_thet20_scores20_more20_goals20_wins_20_score20_js20_the20_world27_s20_most20_popular20_bal20_game20_in20_numbers20_or20_participants20_and20_spectators

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 skifty techniques used an soccer to prevent injuries? Introduction of Indoor Soccer. Names of the players, positions and duties. Portice as their soccer skifts transmiss. Unit Big Ideas:

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. 	
STANDARDS: STANDARDS		

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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:
 What is basketball

 Description:
 is&htsp:<_strong20_stre3d_22_color3a_20_23_2021243b_20_s20_goal2c_20_an20_elevated20_horizontal20_hoop20_and20_met20_called20_a20_basket.</td>

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Unit Essential Questions:	 What are the skills What are the basi 	now did the game of basketball evolve? s used in the game and how are they performed? c rules of the game? pile strategies used in the game?	
Unit Big Ideas:		practice the skills of basketball - dribbling, passing, shooting games - knock-out, 21, horse, 2v2, 3v3	
STANDARDS:	STANDARDS National: PE Standards - Ph PE.1 (Advanced) PE.2 (Advanced) PE.3 (Advanced) PE.4 (Advanced) PE.5 (Advanced)	asial Education (2013) The physically iterate individual demonstrates competency in a variety of motor subia and movement patterns. and pattern patterns. and pattern relation is applies knowledge of concepts, principles, strategie and pattern relation is applied by the pattern pattern pattern physically treate individual demonstrates the knowledge and skills to achieve and maintain a heabt-enhaning level of physical activity and fitness. The physically treate individual demonstrates the knowledge and skills to achieve and maintain a heabt-enhaning level of physical activity and fitness. The physically treate individual enhances in the physical activity for heabt, enyment, chillence, self-concession and/or social interaction.	 s

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: Volleyball, disps;<_strong20_style3d_22_color3a_20_23_2021243b_20_s20_playing20_arease20_before20_t20_can20_be20_returned_20_a20_team20_is20_allowed20_to20_touch20_the20_bal20_three20_three20_three20_terturning20_th. Description: style=""> Style=""> Style="" Style=" Style="" Style=""

 Unit Essential Questions:
 • What is the importance of developing proficiency in the use of volleyball skills (bump, set, serve, spike) • How does communication affect at volleyball team?

 STANDARDS:
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PE.I (Auvaliceu)	skills and movement patterns.	anusp
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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 Pickleball sknbsp; a paddle sport that combines elements of tennis, badminton, and Description: 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.

Unit Essential Questions: • What are the skills needed to play pickleball? • What are the fitness benefits of playing pickleball?

STANDARDS: STANDARDS

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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: 123

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

Unit: Hands only CPR
Unit
Description:
Hands Only CPR is CPR without giving breaths. Meaning there is no mouth-to-mouth
contact.

- Students will learn the following life saving skills: adult hands-only CPR and AED
 adult hands-only CPR and AED
 adult CPR with breaths
 choking in adults
 child CPR and AED
 choking in children
 8nbsp;

 describe the important differences between heart attack and cardiac arrest
 describe the stops to portrom Hands-Only CPK for an adult
 perform Hands-Only CPK hears, but an adult
 demonstrate how to use an AED on an adult
 describe the stops to perform CPK with breakts for an adult
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This Curriculum Map Unit has no Topics to display

Unit: Speedball

Unit Description:	Speedball combines the basic skills of soccer, football, and basketball, and it is played outdoors on a football or soccer field. Rules. A regulation game is played with 11 players, consisting of 5 forwards, 3 halfbacks, 2 fullbacks, and a goalkeeper.		
Unit Essential	 What skills, strategies and rules are needed to participate in an organized speedball		
Questions:	game?		

Unit Essential Questions:	 What skills, strategies and rules are needed to participate in an organized spec game? What are the rules used to play speedball? 		speedball
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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: 123

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

Unit: weight training/cardio

Unit	Weight training is a common type of strength training for developing the strength, size of			
Description:	skeletal muscles and maintenance of strength. It uses the force of gravity in the form of weighted bars, dumbbells or weight stacks in order to oppose the force generated by muscle through concentric or eccentric contraction.			

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Topic: review the different pieces of equipment and how to safely use them Minutes for Topic: 41

Topic: design a weekly workout plan that is individualized and follow the plan Minutes for Topic: 205

Topic: written assessment Minutes for Topic: 41

Unit: Table Tennis

Unit Table tennis, also known as ping-pong and whiff-whaff, is a sport in which two or four players Description: It all players that also known as the ping-pong ball, back and forth across a table using small solid rackets. The game table place on a hard table divided by a net.

- nall solid rackets. The game takes place on a hard table divided by a net.
 Table Tennis is also referred to as Ping-Pong, Is there any other names the game is known by?
 What are the values and strategies for table tennis?
 What are the value increasing for table tennis?
 How is table tennis beneficial to hand eye coordination?
 How is table tennis beneficial to hand eyer.
- Unit Essential Questions:

STANDARDS:

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

Topic: review rules and game play (doubles and singles) Minutes for Topic: 82

Topic: One Bounce rules - play game Minutes for Topic: 82