

CRAWFORDSVILLE COMMUNITY SCHOOL CORPORATION

GRADE LEVEL: HIGH SCHOOL

SUBJECT: PHYSICAL EDUCATION

DATE: 2016-2017

MONTH/GRADING PERIOD: SEMESTER CLASS

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CONTENT	STANDARD INDICATORS	SKILLS	ASSESSMENT	VOCABULARY	PRIORITY
PHYSICAL EDUCATION					
<p>Motor Skills and Movement Patterns</p> <ul style="list-style-type: none"> • Activity-specific Skills • Tactical Games 	<p>9.1.1: Demonstrate activity-specific skills in individual, dual, and team physical activities. Example: Participate in tactical games that require advanced eye-hand/foot coordination and high levels of strategy (e.g., net/wall, field, invasion, and target sports using specialized skills and strategies).</p>	<ul style="list-style-type: none"> • Demonstrate activity-specific skills in individual activities. • Demonstrate activity-specific skills in dual activities. • Demonstrate activity-specific skills in team physical activities. • Participate in tactical games that require advanced eye-hand/foot coordination. • Participate in tactical games that require high levels of strategy. <ul style="list-style-type: none"> - Net/wall - Field - Invasion - Target sports skills - Strategies 	<ul style="list-style-type: none"> • Observation • Skills test 	<ul style="list-style-type: none"> • Eye hand/foot coordination • Team sports <ul style="list-style-type: none"> - Basketball - Volleyball - Softball - Whiffle ball - Kickball - Floor hockey - Soccer - Ultimate football - Ultimate frisbee • Individual sports <ul style="list-style-type: none"> - Archery - Tennis - Pickle ball - Golf - Frisbee golf 	<p>CRITICAL</p>

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<ul style="list-style-type: none"> • Rhythmic Movement Patterns • Movement Sequences 	<p>9.1.2: Perform creative rhythmic movement patterns with increasing degrees of difficulty. Example: Choreograph and perform movement sequences and/or dances to musical selection.</p>	<ul style="list-style-type: none"> • Perform creative rhythmic movement patterns with increasing degrees of difficulty. • Choreograph movement sequences and/or dances to a musical selection. • Perform movement sequences and/or dances to a musical selection. 	<ul style="list-style-type: none"> • Group work • Observation 	<ul style="list-style-type: none"> • Aerobic dance • Tae-Bo 	IMPORTANT
<ul style="list-style-type: none"> • Motor Skills • Movement Patterns 	<p>9.1.3: Model or teach mature motor skills and movement patterns to another student. Example: Instruct a peer how to perform a proficient badminton serve.</p>	<ul style="list-style-type: none"> • Model mature motor skills and movement patterns to another student. • Teach mature motor skills and movement patterns to another student. • Demonstrate to a fellow student how to perform a proficient badminton serve. 	<ul style="list-style-type: none"> • Observation 	<ul style="list-style-type: none"> • Toss • Top of reach • Follow through 	CRITAL
<ul style="list-style-type: none"> • Advanced Skills 	<p>9.1.4: Perform specific skills at an advanced performance level. Example: Practice tennis strokes by successfully executing a forehand drive, backhand drive, serve, lob, and/or overhead smash.</p>	<ul style="list-style-type: none"> • Perform specific skills at an advanced performance level. • Practice tennis stroke by successfully executing tennis skills. <ul style="list-style-type: none"> - Forehand drive - Backhand drive - Serve - Lob - Overhead smash - Volley 	<ul style="list-style-type: none"> • Observation • Skills test 	<ul style="list-style-type: none"> • Skills • Execution 	CRITICAL

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<p>Movement Concepts</p> <ul style="list-style-type: none"> • Physical Activity • Tactical Decisions 	<p>9.2.1: Apply previously learned strategies and tactics in the performance of selected physical activities.</p> <p>Example: Participate in physical activities (e.g., martial arts, table tennis, team handball) using appropriate tactical decisions (a plan of action to advance a purpose or gain an advantage).</p>	<ul style="list-style-type: none"> • Apply previously learned strategies in the performance of selected physical activities. • Apply previously learned tactics in the performance of selected physical activities. • Practice physical activities using appropriate tactical decisions in order to gain an advantage. <ul style="list-style-type: none"> - martial arts - table tennis - team handball - floor hockey - volleyball 	<ul style="list-style-type: none"> • Observation 	<ul style="list-style-type: none"> • Team work • Tactical plan • Tactical execution • Game plan • Strategies • Offense • Defense 	<p>IMPORTANT</p>
<ul style="list-style-type: none"> • Improved Physical Performance <ul style="list-style-type: none"> – Force – Motion – Stability – Balance 	<p>9.2.2: Analyze and evaluate information about motor skills and patterns that lead to improved physical performance.</p> <p>Example: Analyze and judge the effects of force, motion, and stability (balance) on successful physical performance (e.g., videotape a golf swing and identify the critical elements of the skill).</p>	<ul style="list-style-type: none"> • Analyze information about motor skills and patterns that lead to improved physical performance. • Evaluate information about motor skills and patterns that lead to improved physical performance. • Analyze the effects of force, motion, and stability on successful physical performance. • Judge the effects of force, motion, and stability on physical performance. 	<ul style="list-style-type: none"> • Discussion • Observation 	<ul style="list-style-type: none"> • Force • Motion • Stability 	<p>IMPORTANT</p>

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<ul style="list-style-type: none"> Community Resources 	<p>9.3.1: Identify available community resources that promote an active lifestyle. Example: Construct a list of local facilities that offer fitness activities, calculate the cost of participating, and participate in at least one of these activities (e.g., inquire with a community center about the cost of attending a yoga or aerobics class).</p>	<ul style="list-style-type: none"> Identify available community resources that promote and active lifestyle. Form a list of local facilities that offer fitness activities. Calculate the cost of participating in a local facility that offers fitness activities. Participate in at least one activity offered at a local health fitness facility. <ul style="list-style-type: none"> Yoga class Aerobics class Fitness class Weight work-out class 	<ul style="list-style-type: none"> Call local fitness facilities Discussion Paper extra credit 	<ul style="list-style-type: none"> Athena Center Planet Fitness Park & Rec 	<p>IMPORTANT</p>
<ul style="list-style-type: none"> Active Lifestyle Products 	<p>9.3.2: Compare and contrast available community and/or online resources that provide active lifestyle products for purchase. Example: Compare prices of running shoes from a variety of venues and make an informed consumer choice for the purchase.</p>	<ul style="list-style-type: none"> Compare available community and/or online resources that provide active lifestyle products for purchase. Contrast available community and/or online resources that provide active lifestyle products for purchase. Compare prices of running shoes from a variety of venues. Make informed consumer choice buying shoes. 	<ul style="list-style-type: none"> Discussion 	<ul style="list-style-type: none"> Hibbett's Topline Dunham's 	<p>ADDITIONAL</p>

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<ul style="list-style-type: none"> Physical Fitness Components 	<p>9.3.3: Participate in physical activities that contribute to the improvement of specific health-related physical fitness components (cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition).</p> <p>Example: Perform selected physical activities that enhance flexibility (e.g., stretching, stretch bands, partner stretching, and resistance exercises through the full range of motion).</p>	<ul style="list-style-type: none"> Participate in physical activities that contribute to the improvement of specific health-related physical fitness components. <ul style="list-style-type: none"> - Cardiorespiratory endurance - Muscular strength-Muscular endurance - Flexibility - Resistance exercises Participate in selected physical activities that enhance flexibility. <ul style="list-style-type: none"> - Stretching - Stretch bands - Partner stretching - Resistance exercises through full range of motion 	<ul style="list-style-type: none"> Warm-up Observation Presidential Physical Fitness Test <ul style="list-style-type: none"> - Shuttle run - Curl-ups - Sit & reach - Pull ups - Flexed arm - Mile run Pacer test Sit-up test 	<ul style="list-style-type: none"> Endurance run Stretches Sit-ups Push-ups Planks 	<p>CRITICAL</p>

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<ul style="list-style-type: none"> • Lifetime Physical Activities • Improved Physical Fitness and Wellness 	<p>9.3.4: Participate regularly in lifetime physical activities, with consideration of frequency, duration, and intensity, that contribute to improved physical fitness and wellness.</p> <p>Example: Run, walk, or bicycle for an accumulated 60 minutes per day six days per week to achieve an age-specific and gender-specific exercise heart rate.</p>	<ul style="list-style-type: none"> • Participate regularly in lifetime physical activities with consideration of frequency, duration, and intensity. <p>Participate regularly in lifetime physical activities that contribute to improved physical fitness and wellness.</p> <ul style="list-style-type: none"> - Run - Walk - Bicycle 	<ul style="list-style-type: none"> • Discussion • Observation 	<ul style="list-style-type: none"> • Warm-up • Work-out • Cool-down • F.I.T.T. <ul style="list-style-type: none"> - frequency - intensity - type - time • Specificity • Overload • Progression • Regularity 	<p>CRITICAL</p>

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<p>Health-enhancing Physical Fitness</p> <ul style="list-style-type: none"> Personal Workout Program 	<p>9.4.1: Create a personal workout program to achieve and maintain an optimal level of health-related physical fitness. Example: Design, implement, and monitor a personal fitness program based upon the results of a pretest, frequent self-assessment, indicators of success, and personal goals (e.g., set a bench press lifting goal based on a pretest and gradually increase weight and repetitions).</p>	<ul style="list-style-type: none"> Create a personal workout to achieve and optimal level of health-related physical fitness. Create a personal workout program to maintain an optimal level of health-related fitness. Design a personal fitness program based upon the results of pretest, frequent self-assessment, indicators of success, and personal goals. Implement a personal fitness program based upon the results of pretest, frequent self-assessment, indicators of success, and personal goals. Monitor personal fitness program based upon the results of pretest, frequent self-assessment, indicators of success, and personal goals. 	<ul style="list-style-type: none"> Discussion Log in plan book 	<ul style="list-style-type: none"> Health-related fitness Personal fitness goal Weights Repetitions Max weight 	<p>CRITICAL</p>

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<ul style="list-style-type: none"> Physiological Response 	<p>9.4.2: Identify and evaluate personal physiological responses to exercise. Example: Monitor body responses before, during, and after exercise by checking and recording measurements for heart rate, exertion, and recovery time (e.g., use heart rate monitor to measure body response to exercise).</p>	<ul style="list-style-type: none"> Identify personal physiological responses to exercise. Evaluate personal physiological responses to exercise. Monitor body responses before, during and after exercise. Check and record measurements for heart rate, exertion, and recovery time. 	<ul style="list-style-type: none"> Step test 	<ul style="list-style-type: none"> Heart rate <ul style="list-style-type: none"> – Target – Resting – Recovery Aerobic Anaerobic 	<p>CRITICAL</p>

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<ul style="list-style-type: none"> • Effects On Physical Performance <ul style="list-style-type: none"> – Exercise – Nutrition – Chemical Substances 	<p>9.4.3: Identify basic principles of exercise, nutrition, and chemical substances and their effects on physical performance.</p> <p>Example: Investigate the prevalence of performance enhancing drugs (artificial means to improve physical abilities) on athletes and summarize the harmful impact to the individual and society; create a power point of the harmful effects to present to a class.</p>	<ul style="list-style-type: none"> • Identify basic principles of exercise and its effects on physical performance. • Identify basic principles of nutrition and its effects on physical performance. • Identify basic principles of chemical substances and their effects on physical performance. • Investigate the prevalence of performance enhancing drugs (artificial means to improve physical abilities) on athletes. • Summarize the harmful impact of performance enhancing drugs on the individual and society. 	<ul style="list-style-type: none"> • Discussion • Power point 	<ul style="list-style-type: none"> • Anabolic steroids • Performance enhancing drugs 	CRITICAL

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Responsible Personal and Social Behavior	<p>9.5.1: Demonstrate safe and appropriate use and care of equipment and facilities. Example: Anticipate potentially dangerous situations related to physical activity (e.g., attach safety clip to shirt while operating the treadmill; check a softball bat prior to stepping up to the plate).</p>	<ul style="list-style-type: none"> • Demonstrate safe use of equipment and facilities. • Demonstrate appropriate use and care of equipment and facilities. • Analyze potentially dangerous situations related to physical activity. <ul style="list-style-type: none"> - safety clip on treadmill - check softball bat before using it - proper weight lifting technique - proper safety gear 	<ul style="list-style-type: none"> • Discussion • Observation 	<ul style="list-style-type: none"> • Safety first • Safety equipment • Equipment care • Safe facilities 	CRITICAL
<ul style="list-style-type: none"> • Well-being <ul style="list-style-type: none"> – Social – Emotional 	<p>9.5.2: Relate the benefits of physical activities to social and emotional well-being. Example: Participate with friends and/or family in physical activities to relax, relieve stress.</p>	<ul style="list-style-type: none"> • Relate the benefits of physical activities to social well-being. • Relate the benefits of physical activities to emotional well-being. • Participate in physical activities to relax and relieve stress with friends and/or family. 	<ul style="list-style-type: none"> • Discussion 	<ul style="list-style-type: none"> • Relaxation techniques • Stress reduction 	IMPORTANT

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<ul style="list-style-type: none"> Physiological Risks In Various Environments 	<p>9.5.3: Describe the potential physiological risks associated with physical activity in various environments.</p> <p>Example: Track environmental conditions to avoid dehydration, over exertion, heat exhaustion, and hypothermia during physical activity (e.g., monitor temperature and humidity; drink water while jogging and/or playing tennis or football in hot weather; wear sunscreen; identify sheltered areas for protection in hot or cold environments).</p>	<ul style="list-style-type: none"> Describe the potential physiological risks associated with physical activity in various environments. Identify environmental conditions to avoid dehydration during physical activity. Identify environmental condition to avoid over exertion during physical activity. Identify environmental conditions to avoid heat exhaustion during physical activity. Identify environmental conditions to avoid hypothermia during physical activity. 	<ul style="list-style-type: none"> Discussion 	<ul style="list-style-type: none"> Hydration Dehydration Over exertion Heat exhaustion Heat stroke Hypo-thermia 	<p>IMPORTANT</p>

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<ul style="list-style-type: none"> • Age • Gender • Ethnicity • Economic status 	<p>9.5.4: Identify how age, gender, ethnicity and economic status affect physical activity selection, participation, and personal abilities. Example: Compare similarities and differences in cross-cultural games (e.g., research differences between lacrosse and stickball, netball and basketball, and rugby and football) in relation to participation possibilities in different countries.</p>	<ul style="list-style-type: none"> • Identify how age affects physical activity selection, participation, and personal abilities. • Identify how ethnicity affects physical activity selection, participation, and personal abilities. • Identify how economic status affects physical activity selection, participation, and personal abilities. • Compare similarities in cross-cultural games in relation to participation possibilities in different countries. • Compare difference in cross-cultural games in relation to participation possibilities in different countries. • Research differences in games in relation to participation possibilities in different countries. <ul style="list-style-type: none"> - Basketball/netball - Lacrosse/stickball • - Football/rugby 	<ul style="list-style-type: none"> • Discussion • Research 	<ul style="list-style-type: none"> • Lacrosse • Stickball • Netball • Basketball • Rugby • Football 	<p>ADDITIONAL</p>

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<ul style="list-style-type: none"> Inclusion Strategies 	<p>9.5.5: Develop strategies for inclusion of all students in physical activity. Example: Discuss and implement how activities, games, and equipment can be adapted to meet the needs of everyone including individuals with disabilities (e.g., develop swimming strategies to include a student with cerebral palsy).</p>	<ul style="list-style-type: none"> Develop strategies for inclusion of all students in physical activity. Discuss how activities, games, and equipment can be adapted to meet the needs of everyone including individuals with disabilities. Implement how activities, games, and equipment can be adapted to meet the need of everyone including individuals with disabilities. 	<ul style="list-style-type: none"> Discussion Observation 	<ul style="list-style-type: none"> Adaptive physical education 	CRITICAL
<ul style="list-style-type: none"> Game Rules 	<p>9.5.6: Apply game rules accurately and fairly during activity. Example: Self-officiate a game of pickle ball with a classmate in an agreeable manner.</p>	<ul style="list-style-type: none"> Apply game rules accurately and fairly during activity. Practice officiating a game of pickle ball with a classmate in an agreeable manner. 	<ul style="list-style-type: none"> Observation 	<ul style="list-style-type: none"> Pickle ball Tennis 	CRITICAL

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<p>Value of Physical Activity</p> <ul style="list-style-type: none"> Mental/Emotional Aspects Psychological Benefits 	<p>9.6.1: Identify positive mental and emotional aspects of participation in a variety of physical activities. Example: Describe the psychological benefits of swimming laps with family members two times a week (e.g., mental alertness, relaxation, social interaction).</p>	<ul style="list-style-type: none"> Identify positive mental and emotional aspects of participation in a variety of physical activities. Describe the psychological benefits of swimming laps with family members twice a week. <ul style="list-style-type: none"> Mental alertness Relaxation Social interaction Stress management 	<ul style="list-style-type: none"> Discussion 	<ul style="list-style-type: none"> Relaxation techniques Socialization Stress management techniques 	CRITICAL
<ul style="list-style-type: none"> Satisfaction Enjoyment 	<p>9.6.2: Express feelings of satisfaction and enjoyment as a result of participating in regular physical activity. Example: Express emotions and release energy and/or stress by participating in a challenging game of tennis.</p>	<ul style="list-style-type: none"> Express feelings of satisfaction and enjoyment as a result of participating in regular physical activity. Express emotions and release energy and/or stress by participating in a challenging physical activity. 	<ul style="list-style-type: none"> Observation 	<ul style="list-style-type: none"> Emotional release Energy release 	CRITICAL
<ul style="list-style-type: none"> Reflection 	<p>9.6.3: Reflect on reasons for choosing to participate in selected physical activities. Example: Create and distribute a pamphlet to promote the health benefits of physical activity for peers.</p>	<ul style="list-style-type: none"> Reflect on reasons for choosing to participate in selected physical activities. 	<ul style="list-style-type: none"> Extra credit 	<ul style="list-style-type: none"> Health benefits Health promotion 	IMPORTANT

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Range of Writing	9-12.WT.10: Write routinely over extended time frames (time for reflection and revision) and shorter time frames (a single sitting or a day or two) for a range of discipline-specific tasks, purposes and audiences.	<ul style="list-style-type: none"> • Write routinely over both extended and shorter time frames for a range of discipline-specific tasks, purposes, and audiences. 	<ul style="list-style-type: none"> • Log entry 	<ul style="list-style-type: none"> • Reflection • Revision 	ADDITIONAL