

Course Name : PE 4

Course Overview : This is an upper level course, intended to continue on the foundation created in the PE 9/10 class.. Units of study are personal fitness, team handball, basketball, volleyball, and the last unit will be determined by space, weather, and student interest.

Course Materials/Resources/Technology

UNIT: BASKETBALL

Duration of Unit: 15 days

Description of Unit: This unit will cover the rules, strategies, skill development, team work, and sportsmanship through drills and game play.

Essential Questions and/or Enduring Understandings: Can you exhibit responsible social behavior by playing the game of basketball? Can you maintain/improve a health-enhancing fitness level by playing the game of basketball?

ESSENTIAL Standards

Learning Targets

Standard 1: The student will demonstrate competency in a variety of motor skills and movement patterns.

**I can play team sports using basic skills and strategies of the sport.
(1:4:A7)**

Students will demonstrate passing, catching, shooting, dribbling, and rebounding of the basketball.

I can describe the

Students will recall basketball vocabulary and rules from the study guide, lecture, drills, and

<p>impact of new skills, tactics, and rules in the form of a variety of written assessments. (2:4:B4)</p>	<p>game play.</p>
<p>I can work well with my peers of all skill levels regardless of individual differences in all settings. (5:4:A3)</p>	<p>Students will demonstrate communication skills, personal management strategies, and inclusive behaviors that promote a positive culture.</p>
<p>I can be respectful, mature, and follow classroom policies on a daily basis, while contributing to a positive learning environment. (5:4:A6)</p>	<p>Students will model safe participation, respect for others, proper etiquette, and teamwork while engaging in basketball.</p>
<p>I can demonstrate responsible decisions about using time, applying rules, and following through with decisions made. (5A:4A)</p>	<p>Students will demonstrate problem solving, integrity, and intrinsic motivation.</p>
<p>NICE TO KNOW Standards</p>	<p>Learning Targets</p>
<p>NA</p>	

Common Summative Assessments	
<ul style="list-style-type: none"> • WRITTEN BASKETBALL ASSESSMENT 	

UNIT: VOLLEYBALL	
Duration of Unit: 15 Days	
Description of Unit: This unit will cover the rules, strategies, skill development, team work, and sportsmanship through drills and game play.	
Essential Questions and/or Enduring Understandings: Can you exhibit responsible social behavior by playing the game of volleyball? Can you maintain/improve a health-enhancing fitness level by playing the game of volleyball?	
ESSENTIAL Standards	Learning Targets
I can play team sports using basic skills and strategies of the sport. (1:4:A7)	Students will demonstrate passing, setting, blocking, and serving of the volleyball.
I can describe the impact of new skills, tactics, and rules in the form of a variety of written assessments.	Students will recall volleyball vocabulary and rules from the study guide, lecture, drills, and game play.

(2:4:B4)	
<p>I can work well with my peers of all skill levels regardless of individual differences in all settings. (5:4:A3)</p>	<p>Students will demonstrate communication skills, personal management strategies, and inclusive behaviors that promote a positive culture.</p>
<p>I can be respectful, mature, and follow classroom policies on a daily basis, while contributing to a positive learning environment. (5:4:A6)</p>	<p>Students will model safe participation, respect for others, proper etiquette, and teamwork while engaging in volleyball.</p>
<p>I can demonstrate responsible decisions about using time, applying rules, and following through with decisions made. (5A:4A)</p>	<p>Students will demonstrate problem solving, integrity, and intrinsic motivation.</p>
<p>NICE TO KNOW Standards</p>	<p>Learning Targets</p>
<p>NA</p>	

Common Summative Assessments	
<ul style="list-style-type: none"> • WRITTEN VOLLEYBALL ASSESSMENT 	

UNIT: Team Handball	
Duration of Unit: 15 Days	
Description of Unit: This unit will cover the rules, strategies, skill development, team work, and sportsmanship through drills and game play.	
Essential Questions and/or Enduring Understandings: Can you exhibit responsible social behavior by playing the game of team handball? Can you maintain/improve a health-enhancing fitness level by playing the game of team handball?	
ESSENTIAL Standards	Learning Targets
I can play team sports using basic skills and strategies of the sport. (1:4:A7)	Students will demonstrate passing, dribbling, throwing, and scoring the ball.
I can describe the impact of new skills, tactics, and rules in the form of a variety of	Students will recall team handball vocabulary and rules from the study guide, lecture, drills, and game play.

written assessments. (2:4:B4)	
I can work well with my peers of all skill levels regardless of individual differences in all settings. (5:4:A3)	Students will demonstrate communication skills, personal management strategies, and inclusive behaviors that promote a positive culture.
I can be respectful, mature, and follow classroom policies on a daily basis, while contributing to a positive learning environment. (5:4:A6)	Students will model safe participation, respect for others, proper etiquette, and teamwork while engaging in team handball.
I can demonstrate responsible decisions about using time, applying rules, and following through with decisions made. (5A:4A)	Students will demonstrate problem solving, integrity, and intrinsic motivation.
NICE TO KNOW Standards	Learning Targets
NA	

Common Summative Assessments	

UNIT: PERSONAL FITNESS

Duration of Unit: ONGOING

Description of Unit: This unit will introduce the student to basic fitness concepts, provide an overview of being safe in the weight room and continue to develop lifelong fitness habits to better enhance personal health.

Essential Questions and/or Enduring Understandings: Do I understand what the 5 components of fitness are and how they can impact my daily exercise habits? Do I understand the importance of developing and maintaining lifelong fitness habits and goals?

ESSENTIAL Standards	Learning Targets
I can implement strategies and monitor progress to achieve personal health goals. (6.12.3)	The students will perform pre and post SMASH(Speed-Mobility-Agility-Strength-Health(Cardiac) Assessments to better identify their overall health.
	The students will be able to list and give examples of the 5 components of fitness.
	The students will create and work to achieve 1 fitness SMART (Specific-Measureable-Attainable-Realistic-Timely)Goal.

NICE TO KNOW Standards	Learning Targets
Common Summative Assessments	
<ul style="list-style-type: none"> • SMART GOAL RUBRIC 	