

Course Name : PE 9/10

Course Overview : This is an introductory course, intended to lay the foundation of future team sports. Units of study are personal fitness, soccer, basketball, volleyball, and the last unit will be determined by space, weather, and student interest.

Course Materials/Resources/Technology

UNIT: BASKETBALL

Duration of Unit: 5 weeks

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.	Students will demonstrate passing, catching, shooting, dribbling, and rebounding of the basketball.
STANDARD 2= The student will apply knowledge of concepts, principles, strategies	Students will recall basketball vocabulary and rules from the study guide, lecture, drills, and game play.

and tactics in a variety of assessments.	
STANDARD 5=The student will recognize the value of activity for health, enjoyment, challenge, self-expression, and social interaction.	Students will demonstrate communication skills, personal management strategies, and inclusive behaviors that promote a positive culture.
STANDARD 4=The student will exhibit responsible classroom, personal and social behavior that respects self and others.	Students will model safe participation, respect for others, proper etiquette, and teamwork while engaging in basketball.
STANDARD 5=The student will recognize the value of activity for health, enjoyment, challenge, self-expression, and social interaction	Students will demonstrate problem solving, integrity, and intrinsic motivation.
NICE TO KNOW Standards	Learning Targets
NA	

Common Summative Assessments

- [WRITTEN BASKETBALL ASSESSMENT](#)

UNIT: VOLLEYBALL

Duration of Unit: 5 weeks

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

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

Students will demonstrate passing, setting, blocking, and serving of the volleyball.

STANDARD 2=The student will apply knowledge of concepts, principles, strategies and tactics in a variety

Students will recall volleyball vocabulary and rules from the study guide, lecture, drills, and game play.

of assessments.	
STANDARD 5=The student will recognize the value of activity for health, enjoyment, challenge, self-expression, and social interaction.	Students will demonstrate communication skills, personal management strategies, and inclusive behaviors that promote a positive culture.
STANDARD 4=The student will exhibit responsible classroom, personal and social behavior that respects self and others.	Students will model safe participation, respect for others, proper etiquette, and teamwork while engaging in volleyball.
STANDARD 5=The student will recognize the value of activity for health, enjoyment, challenge, self-expression, and social interaction	Students will demonstrate problem solving, integrity, and intrinsic motivation.
NICE TO KNOW Standards	Learning Targets
NA	

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

UNIT: SOCCER	
Duration of Unit: 5 weeks	
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
STANDARD 1= The student will demonstrate competency in a variety of motor skills and movement patterns.	Students will demonstrate passing, dribbling, trapping, throwing, and heading of the soccer ball.
STANDARD 2= The student will apply	Students will recall soccer vocabulary and rules from the study guide, lecture, drills, and game play.

knowledge of concepts, principles, strategies and tactics in a variety of assessments.	
STANDARD 5= The student will recognize the value of activity for health, enjoyment, challenge, self-expression, and social interaction.	Students will demonstrate communication skills, personal management strategies, and inclusive behaviors that promote a positive culture.
STANDARD 4= The student will exhibit responsible classroom, personal and social behavior that respects self and others.	Students will model safe participation, respect for others, proper etiquette, and teamwork while engaging in soccer.
STANDARD 5= The student will recognize the value of activity for health, enjoyment, challenge, self-expression, and social interaction.	Students will demonstrate problem solving, integrity, and intrinsic motivation.
	Learning Targets
NA	

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

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
STANDARD 6- The student will create, assess, and analyze the progress toward a SMART goal.	The students will perform pre and post SMASH(Speed-Mobility-Agility-Strength-Health(Cardiac) Assessments to better identify their overall health.
STANDARD 3= The student will demonstrate the knowledge and skills to achieve a health-enhancing level of physical activity and	The students will be able to list and give examples of the 5 components of fitness.

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"> ● <u>SMART GOAL RUBRIC</u> 	