Blackhawk School District

CURRICULUM

Course Title: Team Sports (Boys & Girls)

Course Number:

Grade Level(s): Grades 11 & 12
Periods per week: Every Other day
Length of Period: 42 minutes
Length of Course: Semester

Credits: .25 credits

Faculty Author(s): Bryan Vitali & Jamie Planitzer

Date: Spring 2014

COURSE DESCRIPTION:

The student will be able to further develop into a physically educated individual by increasing their knowledge, skills, and confidence in a multitude of activities in order to enjoy a lifetime of healthful physical activity.

This class involves instruction and participation in various team sport activities and team fitness games including but not limited to football, soccer, speedball, floor hockey, basketball, tennis, softball, volleyball, handball, lacrosse, capture the flag, pirate ball, castle ball, and various others. Students will be instructed about various tournament structures involving team sports and competitions including round robin format, ladder format, single elimination format, double elimination format, and various others. Students will be responsible for creating, organizing, and running specific tournament strategies within the various units covered in this class.

Students will also be working to improve and/or maintain their health within five fitness components including cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition. Throughout the various activities within the class, these aforementioned components will be developed, maintained, and/or enhanced through moderate to vigorous exercise & physical activity on a class basis.

The following outline provides a general overview of the course content, not a chronological timetable. The weeks denoted for each area provide an idea for the overall time spent working with a given topic throughout the school year.

COURSE OUTLINE	PROPOSED TIME	OBJECTIVES (PA standard)	RESOURCES
FALL SEMESTER	18 WEEKS		
Fitnessgram • Mile Run • Push-ups • Curl-ups	2 classes	D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities. 10.4.12 Physical Activity	CD Mats Stopwatch
 Shoulder Stretch Cardio Exercise Strength & Endurance Exercise Flexibility Exercise 		A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation. B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. • social • physiological • psychological	
		C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity. • injury D. Evaluate factors that affect physical activity and exercise preferences of adults. • personal challenge • physical benefits • motivation • access to activity • self-improvement	
Football	2 weeks (5 classes)	10.3.12 Safety and Injury Prevention	Football
 Ultimate Football Rule/Safety Explanations Expectations 	3 classes	D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities. 10.4.12 Physical Activity	Pinnies Heart Rate Monitors
o Team Breakdown		F. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.	Field Space/Gym
o Round Robin Tournament Structure Explanation		socialphysiologicalpsychological	Cones Boundary Lines
 Assign Tournament Group Record Keepers 		G. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity. • injury	
Fitness Principle Integration		ngary	

- D C4.		II Findings for the office to be similar to the control of the con	
Benefits		H. Evaluate factors that affect physical activity and exercise preferences of	
 Target Heart Rate 		adults.	
		• personal challenge	
o Warm-Ups (Daily)		• physical benefits	
		• motivation	
 Cardio Exercise 		• access to activity	
Strength &		• self-improvement	
Endurance		I	
Exercise			
		activity, motor skill improvement and the selection and engagement in	
Flexibility		lifetime physical activities.	
Exercise			
		J. Assess and use strategies for enhancing adult group interaction in physical	
 Skill Practice (Optional) 		activities.	
O Skill Flactice (Optional)		• shared responsibility	
		• open communication	
 Round Robin Tournament 			
Play		• goal setting	
<u>r my</u>			
	2 1	10.5.12 Concepts, Principles and Strategies of Movement	
 Flag Football 	2 classes		
 Rule/Safety Explanations 		A. Apply knowledge of movement skills, skill-related fitness and movement	
& Expectations		concepts to identify and evaluate physical activities that promote personal	
& Expectations		lifelong participation.	
		meiong participation.	
 Round Robin Tournament 		D. In a constant and continued and a continued	
Play		B. Incorporate and synthesize knowledge of motor skill development concepts to	
		improve the quality of motor skills.	
		 open and closed skills 	
		• short-term and long-term memory	
		 aspects of good performance 	
		C. Evaluate the impact of practice strategies on skill development and	
		improvement.	
		improvement.	
		F. Analyze the application of game strategies of physical activities (individual,	
		team, lifetime, outdoor).	
Soccer	2 weeks (5 classes)	10.3.12 Safety and Injury Prevention	Soccer Balls
Small Sided Game Play	3 classes	D. Evaluate the benefits, risks and safety factors associated with self-	Pinnies
		selected life-long physical activities.	
o Rule/Safety			
Explanations &		10.4.12 Physical Activity	Heart Rate Monitors
Expectations		10.4.12 I hysical Activity	
p			Field Space/Gym
T D 1.1		B. Analyze the effects of regular participation in a self-selected program of	1 ioid Space/Gyiii
o Team Breakdown		moderate to vigorous physical activities.	
		• social	Cones
o Round Robin		• physiological	
Tournament with Single		• psychological	Boundary Lines
		x-3	Doundary Lines
Elimination Playoff		C. Evaluate how changes in adult health status may affect the responses of the	
Tournament Structure		body systems during moderate to vigorous physical activity.	Soccer Goals
Explanation			
		• injury	
		2	

 Assign Tournament Group Record Keepers 		 D. Evaluate factors that affect physical activity and exercise preferences of adults. 	
 Fitness Principle Integration Benefits Target Heart Rate 		personal challenge physical benefits motivation access to activity self-improvement E. Analyze the interrelationships among regular participation in physical	
 Warm-Ups (Daily) Cardio Exercise Strength & Endurance Exercise Flexibility Exercise 		activity, motor skill improvement and the selection and engagement in lifetime physical activities. F. Assess and use strategies for enhancing adult group interaction in physical activities. • shared responsibility • open communication • goal setting	
o Skill Practice (Optional)		10.5.12 Concepts, Principles and Strategies of Movement	
o Round Robin Tournament Play		A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.	
o Single Elimination Tournament Play	1 class	B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills. • open and closed skills	
• Large Scale Game Play o Rule/Safety Explanations & Expectations	T crass	• short-term and long-term memory • aspects of good performance C. Evaluate the impact of practice strategies on skill development and improvement.	
o Warm-Up		F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).	
o Team Breakdown			
o Game Play	1 class		
• World Cup Game o Rule/Safety Explanations & Expectations			
o Game Play			
o Team Breakdown			

0	Game Play			
Tennis	·	2 weeks (5 classes)	10.3.12 Safety and Injury Prevention	Tennis Rackets
	ng of the Court & sure Play	1 class	D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.	Tennis Balls
0	Rule/Safety Explanations &		10.4.12 Physical Activity	Tennis Courts
	Expectations		B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.	Heart Rate Monitors
0	Partner Breakdown "Racket Familiarity"		social physiological psychological	
	racket I animarey		C. Evaluate how changes in adult health status may affect the responses of the	
• Dot	ıbles Tennis Rule/Safety	4 classes	body systems during moderate to vigorous physical activity. • injury	
	Explanations & Expectations		D. Evaluate factors that affect physical activity and exercise preferences of adults.	
0	Partner Breakdown		personal challengephysical benefitsmotivation	
0	<u>Ladders Tournament</u> <u>Explanation</u>		access to activity self-improvement Analyze the interrelationships among regular participation in physical	
0	Assign Tournament Group Record Keepers		activity, motor skill improvement and the selection and engagement in lifetime physical activities.	
0	Fitness Principle Integration Benefits Target Heart Rate		F. Assess and use strategies for enhancing adult group interaction in physical activities. • shared responsibility • open communication • goal setting	
	-		10.5.12 Concepts, Principles and Strategies of Movement	
0	Warm-Ups (Daily) Cardio Exercise Strength & Endurance Exercise		A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.	
	FlexibilityExercise		B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills. • open and closed skills	
0	Skill Practice (Optional)		short-term and long-term memory aspects of good performance	
0	<u>Ladders Tournaments</u>		C. Evaluate the impact of practice strategies on skill development and improvement.	
	 A Ladder 			

■ B Ladder		F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).	
Handball	2 weeks (5 classes)	10.3.12 Safety and Injury Prevention	Pinnies
• Team Handball o Rule/Safety	4 or 5 classes	 D. Evaluate the benefits, risks and safety factors associated with self- selected life-long physical activities. 	Heart Rate Monitors
Explanations & Expectations		10.4.12 Physical Activity	Field Space/Gym
o Team Breakdown		B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.	Cones
o Round Robin		• social • physiological	Boundary Lines
Tournament with		• psychological	Goals
Double Elimination Tournament Structure Explanation		C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity. • injury	Balls
 Assign Tournament Group Record Keepers 		D. Evaluate factors that affect physical activity and exercise preferences of adults.	
 Fitness Principle Integration Benefits Target Heart Rate 		• personal challenge • physical benefits • motivation • access to activity • self-improvement E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in	
 Warm-Ups (Daily) Cardio Exercise Strength & Endurance Exercise Flexibility Exercise 		lifetime physical activities. F. Assess and use strategies for enhancing adult group interaction in physical activities. • shared responsibility • open communication • goal setting	
o Skill Practice (Optional)		10.5.12 Concepts, Principles and Strategies of Movement	
o Round Robin Tournament Play		A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.	
o <u>Double Elimination Play</u>		B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.	
• ShootOut Competition & Best Trick Shot (optional) o Competition	0 or 1 class	 open and closed skills short-term and long-term memory aspects of good performance 	
Explanations		C. Evaluate the impact of practice strategies on skill development and improvement.	

o Safety Expectations			
		F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).	
Speedball	2 weeks (5 classes)	10.3.12 Safety and Injury Prevention	Pinnies
• Team Speedball o Rule/Safety	5 classes	D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.	Heart Rate Monitors
Explanations & Expectations		10.4.12 Physical Activity	Field Space/Gym
Team Breakdown		B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.	Cones
Round Robin		• social • physiological	Boundary Lines
Tournament with Double Elimination		• psychological	Balls
Tournament Structure Explanation		C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity. • injury	Goals
 Assign Tournament Group Record Keepers 		D. Evaluate factors that affect physical activity and exercise preferences of adults.	
 Fitness Principle Integration Benefits Target Heart Rate Warm-Ups (Daily) Cardio Exercise Strength & Endurance Exercise Flexibility Exercise 		• personal challenge • physical benefits • motivation • access to activity • self-improvement E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities. F. Assess and use strategies for enhancing adult group interaction in physical activities. • shared responsibility • open communication • goal setting	
o Skill Practice (Optional)		10.5.12 Concepts, Principles and Strategies of Movement	
o Round Robin Tournament Play		A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.	
o <u>Double Elimination Play</u>		B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.	
Additional sports will be integrated each class period to advance game play, advance strategies, and advance fitness		• open and closed skills • short-term and long-term memory • aspects of good performance C. Evaluate the impact of practice strategies on skill development and	

levels. Speedball will start with 2 sports, then will be combined to include as many as 5 sports in one game. • Football, Soccer, Basketball, Handball, Rugby, Volleyball, etc		improvement. F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).	
Volleyball	3 ½ weeks (9 classes)	10.3.12 Safety and Injury Prevention D. Evaluate the benefits, risks and safety factors associated with self-	Heart Rate Monitors
Volleyball Tournament	9 classes	selected life-long physical activities.	Field Space/Gym
 Rule/Safety Explanations & Expectations 		10.4.12 Physical Activity B. Analyze the effects of regular participation in a self-selected program of	Boundary Lines
T D 11		moderate to vigorous physical activities. • social	Nets
 Assign Tournament 		• physiological • psychological	Volleyballs
Group Record Keepers o Fitness Principle		C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.	
Integration Benefits		injury D. Evaluate factors that affect physical activity and exercise preferences of	
 Target Heart Rate Warm-Ups (Daily) Cardio Exercise Strength & Endurance Exercise Flexibility Exercise 		adults. • personal challenge • physical benefits • motivation • access to activity • self-improvement E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities. F. Assess and use strategies for enhancing adult group interaction in physical	
 Skill Practice & Team Practice Day 		activities. • shared responsibility • open communication	
o <u>Round Robin</u> <u>Tournament Play</u>		• goal setting 10.5.12 Concepts, Principles and Strategies of Movement	
o Single Elimination Tournament Play		A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.	
		B. Incorporate and synthesize knowledge of motor skill development concepts to	

		improve the quality of motor skills.	
		• open and closed skills	
		• short-term and long-term memory	
		aspects of good performance	
		aspects of good performance	
		C. Evaluate the impact of practice strategies on skill development and	
		improvement.	
		F. Analyze the application of game strategies of physical activities (individual,	
		team, lifetime, outdoor).	
Cooperative Team	2 weeks (5 classes)	10.3.12 Safety and Injury Prevention	Pinnies
Invasion/Fitness Games			
		D. Evaluate the benefits, risks and safety factors associated with self-	Heart Rate Monitors
Planet Ball	2 classes	selected life-long physical activities.	
 Rules Explanation 		10.410.00 1.14.414	Field Space/Gym
		10.4.12 Physical Activity	
 Team Breakdown 		B. Analyze the effects of regular participation in a self-selected program of	Cones
Touri Dioundo III		moderate to vigorous physical activities.	
 General Game Play 		• social	Boundary Lines
o General Game Flay		• physiological	Boundary Emes
. C 4 4 1	1 class	• psychological	Balls
• Capture the Flag	1 Class	poyenoiogical	Dalis
o Rules Explanation		C. Evaluate how changes in adult health status may affect the responses of the	TT 1 TT
		body systems during moderate to vigorous physical activity.	Hula Hoops
 Team Breakdown 		• injury	
			Pins
 General Game Play 		D. Evaluate factors that affect physical activity and exercise preferences of	
		adults.	
• 4 Corner Capture	1 class	• personal challenge	
 Rules Explanation 		• physical benefits	
r		• motivation	
 Team Breakdown 		• access to activity	
o ream breakdown		• self-improvement	
 General Game Play 		E. Analyze the interrelationships among regular participation in physical	
o General Game Play		activity, motor skill improvement and the selection and engagement in	
• Dod Dool-14 D-11	1 class	lifetime physical activities.	
Red Rocket Ball	1 Ciuss	E. Assess and was strategies for order-inlikeinter	
 Rules Explanation 		 F. Assess and use strategies for enhancing adult group interaction in physical activities. 	
		• shared responsibility	
o Team Breakdown		• open communication	
		• goal setting	
 General Game Play 		gour sorting	
		10.5.12 Concepts, Principles and Strategies of Movement	
Fitness Principle Integration (All		A. Apply knowledge of movement skills, skill-related fitness and movement	
activities)		concepts to identify and evaluate physical activities that promote personal	
Benefits		lifelong participation.	
 Target Heart Rate 			

		B. Incorporate and synthesize knowledge of motor skill development concepts to	
Warm-Ups (Daily) (All activities)		improve the quality of motor skills.	
 Cardio Exercise 		 open and closed skills 	
■ Strength &		• short-term and long-term memory	
Endurance		 aspects of good performance 	
Exercise			
Flexibility		C. Evaluate the impact of practice strategies on skill development and	
Exercise		improvement.	
Lacieise		F. Analyze the application of game strategies of physical activities (individual,	
		team, lifetime, outdoor).	
SPRING SEMESTER	<u> 18 WEEKS</u>	,,,	
Indoor Team Racket Sports -	5 classes	10.3.12 Safety and Injury Prevention	Racquets
Indoor Tennis, Pickleball, Ping-			
Pong, Ultimate Ping-Pong		 D. Evaluate the benefits, risks and safety factors associated with self- selected life-long physical activities. 	Paddles
• King of the Court, 4 square & Leisure Play	1 class	10.4.12 Physical Activity	Nets
o Rule/Safety		B. Analyze the effects of regular participation in a self-selected program of	Tables
Explanations &		moderate to vigorous physical activities.	
Expectations		• social	Various Balls
		• physiological	
o Partner Breakdown		• psychological	Heart Rate Monitors
"Racket Familiarity"		C. Evaluate how changes in adult health status may affect the responses of the	Field Space/Gym
, and the second se		body systems during moderate to vigorous physical activity.	
		• injury	Cones
• Doubles Tennis, Pickleball,	4 classes	D. Evaluate factors that affect physical activity and exercise preferences of	
Ping-Pong, Ultimate Ping-		adults.	Boundary Lines
Pong		• personal challenge	
Tong		• physical benefits	
 Partner Breakdown 		• motivation	
o Tartilei Breakdowii		 access to activity 	
 Ladder Tournament 		• self-improvement	
o <u>Ladder Tournament</u> Structure Explanation		E. Analyze the interrelationships among regular participation in physical	
Structure Expranation		activity, motor skill improvement and the selection and engagement in	
Assign Tournament		lifetime physical activities.	
Assign Tournament Group Record Vectors		E. Access and use attentions for sub-unit July interti.	
Group Record Keepers		F. Assess and use strategies for enhancing adult group interaction in physical activities.	
 Fitness Principle 		• shared responsibility	
Integration		open communicationgoal setting	
Benefits		- goar scuring	
 Target Heart Rate 		10.5.12 Concepts, Principles and Strategies of Movement	
○ Warm-Ups (Daily)		A. Apply knowledge of movement skills, skill-related fitness and movement	
 Cardio Exercise 		concepts to identify and evaluate physical activities that promote personal	
		1 The state of the	1

		·	
■ Strength &		lifelong participation.	
Endurance			
Exercise		B. Incorporate and synthesize knowledge of motor skill development concepts to	
		improve the quality of motor skills.	
 Flexibility 		• open and closed skills	
Exercise		• short-term and long-term memory	
		• aspects of good performance	
 Skill Practice (Optional) 		aspects of good performance	
(· F · · · · · · ·)		C Freehoots the immediate structuring on thill development and	
I . 11T		C. Evaluate the impact of practice strategies on skill development and	
o <u>Ladder Tournaments</u>		improvement.	
		F. Analyze the application of game strategies of physical activities (individual,	
		team, lifetime, outdoor).	
Team Foot-Eye Coordination	5 classes	10.3.12 Safety and Injury Prevention	Pinnies
Games			
		D. Evaluate the benefits, risks and safety factors associated with self-	Heart Rate Monitors
• Wall Sogger	2 or 3 classes	selected life-long physical activities.	Trout Rule Monitors
• Wall Soccer	2 or 3 classes		F' 11 S /C
o Rule/Safety Explanations		10.4.12 Physical Activity	Field Space/Gym
& Expectations		• ··· ·· · •	
		B. Analyze the effects of regular participation in a self-selected program of	Cones
 Team Breakdown 		moderate to vigorous physical activities.	
5 Team District Will		• social	Boundary Lines
Dound Dobin Tours		• physiological	Doundary Lines
o Round Robin Tournament			G1.
Structure Explanation		• psychological	Goals
		C Evaluate how abances in adult health status may affect the access of the	
 Assign Tournament 		C. Evaluate how changes in adult health status may affect the responses of the	Various Balls
Group Record Keepers		body systems during moderate to vigorous physical activity.	
		• injury	Mats
o Fitness Dringinla			11111111
o Fitness Principle		D. Evaluate factors that affect physical activity and exercise preferences of	Dance
Integration		adults.	Bases
Benefits		• personal challenge	
 Target Heart Rate 		• physical benefits	
		• motivation	
o Warm-Ups (Daily)		• access to activity	
• Cardio Exercise		• self-improvement	
		E. Analyze the interrelationships among regular participation in physical	
■ Strength &		activity, motor skill improvement and the selection and engagement in	
Endurance		lifetime physical activities.	
Exercise			
 Flexibility 		F. Assess and use strategies for enhancing adult group interaction in physical	
Exercise		activities.	
Excicise		• shared responsibility	
D 1D 11 T		• open communication	
o Round Robin Tournament			
<u>Play</u>		• goal setting	
		10.5.12 Concents Deinciples and Stuateries of Management	
Matball	2 or 3 classes	10.5.12 Concepts, Principles and Strategies of Movement	
Rule/Safety Explanations		A Apply knowledge of movement skills skill related fitness and movement	
5 Itale, Salety Explanations		A. Apply knowledge of movement skills, skill-related fitness and movement	

& 1	Expectations		concepts to identify and evaluate physical activities that promote personal	
	D 11		lifelong participation.	
о Те	eam Breakdown		B. Incorporate and synthesize knowledge of motor skill development concepts to	
_			improve the quality of motor skills.	
	ound Robin Tournament		• open and closed skills	
<u> </u>	<u>Play</u>		• short-term and long-term memory	
			 aspects of good performance 	
	zy Kickball	1 or 2 classes		
	ile/Safety Explanations		C. Evaluate the impact of practice strategies on skill development and	
& 1	Expectations		improvement.	
o Te	eam Breakdown		F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).	
o Po	ound Robin Tournament			
	Play			
Basketball		2 weeks (5 classes)	10.3.12 Safety and Injury Prevention	Pinnies
Dasketball		2 weeks (5 classes)	10.5.12 Safety and figury 1 revention	rinnes
• Rock	ketball Tournament	5 classes	D. Evaluate the benefits, risks and safety factors associated with self-	Heart Rate Monitors
	Rule/Safety	5 classes	selected life-long physical activities.	Tient rate Montons
	Explanations &			Field Space/Gym
	Expectations &		10.4.12 Physical Activity	Trefa space, Cym
	Ехресииона		D. Analyza the effects of recorder neutralization in a self-selected procurem of	Cones
0 1	Round Robin		 B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. 	Cones
	Tournament with Single		• social	Boundary Lines
_	Elimination Playoff		• physiological	
_	Tournament Structure		• psychological	Balls
_	Explanation			
-	<u> Dapiunution</u>		C. Evaluate how changes in adult health status may affect the responses of the	
0 5	Team Breakdown		body systems during moderate to vigorous physical activity.	
	Team Dreakdown		• injury	
0 1	Assign Tournament		D. Evaluate feators that affect physical activity and everging professions of	
	Group Record Keepers		 Evaluate factors that affect physical activity and exercise preferences of adults. 	
	p record reception		• personal challenge	
0 1	Fitness Principle		• physical benefits	
	Integration		• motivation	
1	■ Benefits		 access to activity 	
	 Target Heart Rate 		• self-improvement	
	Target Heart Rate		E. Analyze the interrelationships among regular participation in physical	
0 1	Warm-Ups (Daily)		activity, motor skill improvement and the selection and engagement in	
	Cardio Exercise		lifetime physical activities.	
	 Strength & 		F. Assess and use strategies for enhancing adult group interaction in physical	
	Endurance		activities.	
	Exercise		 shared responsibility 	
	 Flexibility 		 open communication 	
	Exercise		• goal setting	
L	Literation			

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o Skill Practice (Optional)		10.5.12 Concepts, Principles and Strategies of Movement	
o Round Robin Tournament Play		A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.	
o Single Elimination Tournament Play		B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills. • open and closed skills • short-term and long-term memory • aspects of good performance	
		C. Evaluate the impact of practice strategies on skill development and improvement.	
		F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).	
Hockey	5 classes	10.3.12 Safety and Injury Prevention	Pinnies
• Hockey Tournament • Rule/Safety Explanations	4 or 5 classes	D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.	Heart Rate Monitors
& Expectations		10.4.12 Physical Activity	Field Space/Gym
o Team Breakdown		B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.	Cones
 Round Robin Tournament with 		• social • physiological	Boundary Lines
Double Elimination Tournament Structure		• psychological	Pads
Explanation		C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity. • injury	Hockey Sticks
 Assign Tournament Group Record Keepers 			Hockey Balls
		D. Evaluate factors that affect physical activity and exercise preferences of adults.	Goalie Equipment
 Fitness Principle Integration Benefits Target Heart Rate 		 personal challenge physical benefits motivation access to activity 	
 Warm-Ups (Daily) Cardio Exercise Strength & 		• self-improvement E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.	
Endurance Exercise		F. Assess and use strategies for enhancing adult group interaction in physical activities.	
FlexibilityExercise		 shared responsibility open communication	

		• goal setting	
o Skill Practice (Optional)		10.5.12 Concepts, Principles and Strategies of Movement	
 Round Robin Tournament Play Double Elimination Play 		A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.	
• Skills Competition (optional) O Hardest Shot	0 or 1 class	B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills. • open and closed skills • short-term and long-term memory • aspects of good performance	
o Shootout		C. Evaluate the impact of practice strategies on skill development and improvement.	
o Shot Accuracy		F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).	
Create-A-Team Game	5 classes	10.3.12 Safety and Injury Prevention	Pinnies
• Game Creation Day o Create a Game	1 classes	D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.	Heart Rate Monitors
Explanation		10.4.12 Physical Activity	Field Space/Gym
o Group Breakdowns (4)		B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.	Cones
 Group Work to Create Game 		• social • physiological	Boundary Lines
	4 1	• psychological	Hula Hoops
Create-A-Game Demonstrations Poly(6,6) Poly(4 classes	C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.	Pins
 Rule/Safety Explanations & Expectations of Created Games 		• injury	Balls
Team Breakdowns		D. Evaluate factors that affect physical activity and exercise preferences of adults. • personal challenge	
		physical benefits motivation	
o Fitness Principle Integration		access to activity self-improvement	
Benefits Target Heart Rate		E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.	
 Warm-Ups (Daily) Cardio Exercise Strength & 		Assess and use strategies for enhancing adult group interaction in physical activities.	
Endurance		• shared responsibility	

Exercise Flexibility		• open communication • goal setting	
Exercise			
		10.5.12 Concepts, Principles and Strategies of Movement	
		A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.	
		B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills. • open and closed skills • short-term and long-term memory • aspects of good performance	
		C. Evaluate the impact of practice strategies on skill development and improvement.	
		F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).	
Frisbee	5 classes	10.3.12 Safety and Injury Prevention	Pinnies
• Frisbee Skills Practice o Backhand Throw	1 class	 D. Evaluate the benefits, risks and safety factors associated with self- selected life-long physical activities. 	Heart Rate Monitors
 Forehand Throw 		10.4.12 Physical Activity	Field Space/Gym
 Sandwich Catch 		B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.	Cones
o C Catch		• social • physiological	Boundary Lines
• Illéineata Enichea	4 classes	• psychological	Frisbees
Ultimate Frisbee	7 (143363	C. Evaluate how changes in adult health status may affect the responses of the	
Rule/SafetyExplanations &		body systems during moderate to vigorous physical activity. • injury	
Expectations		 D. Evaluate factors that affect physical activity and exercise preferences of adults. 	
o Team Breakdown		personal challengephysical benefits	
 Assign Tournament 		• motivation	
Group Record Keepers		access to activityself-improvement	
o Fitness Principle Integration		E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.	
BenefitsTarget Heart Rate		F. Assess and use strategies for enhancing adult group interaction in physical activities.	

W W 05 11 1	<u> </u>	T	
o Warm-Ups (Daily))	• shared responsibility	
 Cardio Exerc 	cise	• open communication	
■ Strength &		• goal setting	
_			
Endurance		10.5.12 Concepts, Principles and Strategies of Movement	
Exercise		10.5.12 Concepts, 11 merpes and Strategies of Movement	
 Flexibility 			
Exercise		A. Apply knowledge of movement skills, skill-related fitness and movement	
Excicise		concepts to identify and evaluate physical activities that promote personal	
		lifelong participation.	
o Round Robin			
Tournament Play		B. Incorporate and synthesize knowledge of motor skill development concepts to	
<u>roundinent ray</u>		improve the quality of motor skills.	
		• open and closed skills	
 Single Elimination 	<u>1</u>		
Tournament Play		• short-term and long-term memory	
		 aspects of good performance 	
		C. Evaluate the impact of practice strategies on skill development and	
		improvement.	
		F. Analyze the application of game strategies of physical activities (individual,	
		team, lifetime, outdoor).	
T	5 1		D'
Lacrosse	5 classes	10.3.12 Safety and Injury Prevention	Pinnies
Lacrosse Skills Practi	ice	D. Evaluate the benefits, risks and safety factors associated with self-	Heart Rate Monitors
 Underhand Throw 	1 class	selected life-long physical activities.	
O Olidernand Throw	1 Class		Field Space/Cym
		10.4.12 Physical Activity	Field Space/Gym
 Overhand Throw 			
		B. Analyze the effects of regular participation in a self-selected program of	Cones
 Catching 		moderate to vigorous physical activities.	
o catening		• social	Boundary Lines
			Boundary Lines
 Scooping 		• physiological	
		• psychological	Lacrosse Sticks
 Cradling 			
O Clading		C. Evaluate how changes in adult health status may affect the responses of the	Lacrosse Balls
		body systems during moderate to vigorous physical activity.	Laciusse Dans
• Ultimate Frisbee	4 classes	• injury	
		111/111/1	Lacrosse Nets
o Rule/Safety		D. Evaluate factors that affect physical activity and exercise preferences of	
			Goalie Pads
Explanations &		adults.	Guane I aus
Expectations		• personal challenge	
		• physical benefits	
o Pyramid Tournam	ent	• motivation	
		• access to activity	
Structure Explanat	HOH	• self-improvement	
(small teams)		E. Analyze the interrelationships among regular participation in physical	
		activity, motor skill improvement and the selection and engagement in	
 Team Breakdown 			
		lifetime physical activities.	
 Assign Tournamer 	-4	F. Assess and use strategies for enhancing adult group interaction in physical	ı

	activities.	
Group Record Keepers	• shared responsibility	
 Fitness Principle 	• open communication	
_	• goal setting	
Integration	goursoning	
Benefits	10.5.12 Concepts, Principles and Strategies of Movement	
 Target Heart Rate 	103.12 Concepts, 11 inceptes and Strategies of Provenient	
	A. Apply knowledge of movement skills, skill-related fitness and movement	
o Warm-Ups (Daily)	concepts to identify and evaluate physical activities that promote personal	
 Cardio Exercise 	lifelong participation.	
• Strength &	inclong participation.	
_	B. Incorporate and synthesize knowledge of motor skill development concepts to	
Endurance	improve the quality of motor skills.	
Exercise		
Flexibility	• open and closed skills	
Exercise	• short-term and long-term memory	
	• aspects of good performance	
 Pyramid Tournament 	C. Evaluate the impact of practice strategies on skill development and	
Explanation Play		
<u>Explanation Flay</u>	improvement.	
	E. Analyza the application of some strategies of physical activities (individual	
	F. Analyze the application of game strategies of physical activities (individual,	
C 1 W - H 1 - H	team, lifetime, outdoor). 5 classes 10.3.12 Safety and Injury Prevention	Heart Data Manitana
Sand Volleyball	5 classes 10.3.12 Safety and Injury Prevention	Heart Rate Monitors
- 37 11 1 1175	D. Evaluate the benefits, risks and safety factors associated with self-	Sand Volleyball Courts
Volleyball Tournament	selected life-long physical activities.	Sand Voneyban Courts
o Rule/Safety	31 3	D 1 T
Explanations &	10.4.12 Physical Activity	Boundary Lines
Expectations	1001112 1 11/51041 11001 110/	Doundary Emiles
Expectations		Doundary Emes
Expectations	B Analyze the effects of regular participation in a self-selected program of	Volleyballs
	B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.	
T D 11	moderate to vigorous physical activities.	
o Team Breakdown	moderate to vigorous physical activities. • social	
Team BreakdownAssign Tournament	moderate to vigorous physical activities. • social • physiological	
o Team Breakdown	moderate to vigorous physical activities. • social	
 Team Breakdown Assign Tournament Group Record Keepers 	moderate to vigorous physical activities. • social • physiological • psychological	
 Team Breakdown Assign Tournament Group Record Keepers Fitness Principle 	moderate to vigorous physical activities. • social • physiological • psychological C. Evaluate how changes in adult health status may affect the responses of the	
 Team Breakdown Assign Tournament Group Record Keepers Fitness Principle Integration 	moderate to vigorous physical activities. • social • physiological • psychological C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.	
 Team Breakdown Assign Tournament Group Record Keepers Fitness Principle 	moderate to vigorous physical activities. • social • physiological • psychological C. Evaluate how changes in adult health status may affect the responses of the	
 Team Breakdown Assign Tournament Group Record Keepers Fitness Principle Integration Benefits 	moderate to vigorous physical activities. • social • physiological • psychological C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity. • injury	
 Team Breakdown Assign Tournament Group Record Keepers Fitness Principle Integration 	moderate to vigorous physical activities. • social • physiological • psychological C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity. • injury D. Evaluate factors that affect physical activity and exercise preferences of	
 Team Breakdown Assign Tournament Group Record Keepers Fitness Principle Integration Benefits Target Heart Rate 	moderate to vigorous physical activities. • social • physiological • psychological C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity. • injury D. Evaluate factors that affect physical activity and exercise preferences of adults.	
 Team Breakdown Assign Tournament Group Record Keepers Fitness Principle Integration Benefits Target Heart Rate Warm-Ups (Daily) 	moderate to vigorous physical activities. • social • physiological • psychological C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity. • injury D. Evaluate factors that affect physical activity and exercise preferences of adults. • personal challenge	
 Team Breakdown Assign Tournament Group Record Keepers Fitness Principle Integration Benefits Target Heart Rate Warm-Ups (Daily) Cardio Exercise 	moderate to vigorous physical activities. • social • physiological • psychological C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity. • injury D. Evaluate factors that affect physical activity and exercise preferences of adults. • personal challenge • physical benefits	
 Team Breakdown Assign Tournament Group Record Keepers Fitness Principle Integration Benefits Target Heart Rate Warm-Ups (Daily) Cardio Exercise Strength & 	moderate to vigorous physical activities. • social • physiological • psychological C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity. • injury D. Evaluate factors that affect physical activity and exercise preferences of adults. • personal challenge • physical benefits • motivation	
 Team Breakdown Assign Tournament Group Record Keepers Fitness Principle Integration Benefits Target Heart Rate Warm-Ups (Daily) Cardio Exercise Strength & Endurance 	moderate to vigorous physical activities. • social • physiological • psychological C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity. • injury D. Evaluate factors that affect physical activity and exercise preferences of adults. • personal challenge • physical benefits • motivation • access to activity	
 Team Breakdown Assign Tournament Group Record Keepers Fitness Principle Integration Benefits Target Heart Rate Warm-Ups (Daily) Cardio Exercise Strength & Endurance Exercise 	moderate to vigorous physical activities. • social • physiological • psychological C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity. • injury D. Evaluate factors that affect physical activity and exercise preferences of adults. • personal challenge • physical benefits • motivation • access to activity • self-improvement	
 Team Breakdown Assign Tournament Group Record Keepers Fitness Principle Integration Benefits Target Heart Rate Warm-Ups (Daily) Cardio Exercise Strength & Endurance 	moderate to vigorous physical activities. • social • physiological • psychological C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity. • injury D. Evaluate factors that affect physical activity and exercise preferences of adults. • personal challenge • physical benefits • motivation • access to activity • self-improvement E. Analyze the interrelationships among regular participation in physical	
 Team Breakdown Assign Tournament Group Record Keepers Fitness Principle Integration Benefits Target Heart Rate Warm-Ups (Daily) Cardio Exercise Strength & Endurance Exercise 	moderate to vigorous physical activities. • social • physiological • psychological C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity. • injury D. Evaluate factors that affect physical activity and exercise preferences of adults. • personal challenge • physical benefits • motivation • access to activity • self-improvement E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in	
 Team Breakdown Assign Tournament Group Record Keepers Fitness Principle Integration Benefits Target Heart Rate Warm-Ups (Daily) Cardio Exercise Strength & Endurance Exercise Flexibility 	moderate to vigorous physical activities. • social • physiological • psychological C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity. • injury D. Evaluate factors that affect physical activity and exercise preferences of adults. • personal challenge • physical benefits • motivation • access to activity • self-improvement E. Analyze the interrelationships among regular participation in physical	

 Skill Practice & Team 		F. Assess and use strategies for enhancing adult group interaction in physical	
Practice Day		activities.	
Tractice Day		• shared responsibility	
David Dakin		• open communication	
o Round Robin		• goal setting	
<u>Tournament Play</u>			
		10.5.12 Concepts, Principles and Strategies of Movement	
o <u>Single Elimination</u>			
<u>Tournament Play</u>		A. Apply knowledge of movement skills, skill-related fitness and movement	
		concepts to identify and evaluate physical activities that promote personal	
		lifelong participation.	
		B. Incorporate and synthesize knowledge of motor skill development concepts to	
		improve the quality of motor skills.	
		• open and closed skills	
		• short-term and long-term memory	
		• aspects of good performance	
		C. Evaluate the impact of practice strategies on skill development and	
		improvement.	
		improvement.	
		F. Analyze the application of game strategies of physical activities (individual,	
		team, lifetime, outdoor).	
Softball & Team Obstacle	2 classes	10.3.12 Safety and Injury Prevention	
Course (if time allows)			Heart Rate Monitors
, , , , , , , , , , , , , , , , , , ,		D. Evaluate the benefits, risks and safety factors associated with self-	
Softball Leisure Game	1 class	selected life-long physical activities.	Field Space/Gym
Play			
1 111,		10.4.12 Physical Activity	Cones
Outside Obstacle Course	1 class	B. Analyze the effects of regular participation in a self-selected program of	
Completion		moderate to vigorous physical activities.	Softballs
Completion		• social	Sorteurs
		• physiological	Softball Gloves
		• psychological	Soltouri Gioves
		pojenorogiem	Softball Bats
		C. Evaluate how changes in adult health status may affect the responses of the	Softball Bats
		body systems during moderate to vigorous physical activity.	Doundamy Lines
		• injury	Boundary Lines
			Mata
		D. Evaluate factors that affect physical activity and exercise preferences of	Mats
		adults.	** 1 **
		• personal challenge	Hula Hoops
		• physical benefits	
		• motivation	Jump Ropes
		access to activityself-improvement	
		E. Analyze the interrelationships among regular participation in physical	
		activity, motor skill improvement and the selection and engagement in	
		lifetime physical activities.	
		metine physical activities.	

	1		
Fitnessgram	2 classes	F. Assess and use strategies for enhancing adult group interaction in physical activities. • shared responsibility • open communication • goal setting 10.5.12 Concepts, Principles and Strategies of Movement A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation. B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills. • open and closed skills • short-term and long-term memory • aspects of good performance C. Evaluate the impact of practice strategies on skill development and improvement. F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor). 10.3.12 Safety and Injury Prevention	CD
 Mile Run Push-ups Curl-ups Shoulder Stretch Cardio Exercise Strength & Endurance Exercise Flexibility Exercise 		D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities. 10.4.12 Physical Activity B. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation. C. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. • social • physiological • psychological D. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity. • injury E. Evaluate factors that affect physical activity and exercise preferences of adults. • personal challenge • physical benefits • motivation • access to activity • self-improvement	Stopwatch Mats