

Strand	Content	PA Standard	Skills	Assessment
<p>PHYSICAL FITNESS Lessons</p> <p>Wks @ Wks@ 5/wk 3/wk</p> <p>1 5 2</p>	<p>Fitnessgram</p> <p>Pre Test</p>	<p>10.4.A 10.4.C 10.5.D</p>	<p>PE 2</p> <p>By the end of the grade, in order to meet Grade 12 benchmarks, a student should be able to do the following:</p> <p>Use technology to track the results of periodic fitness assessments to guide changes in a personal program of physical activity for self and/or others.</p> <p>Use technology to access valid information sources and services which can be utilized to attain and maintain physical fitness over a life span.</p> <p>Use fitness training principles/factors in implementing a personal physical fitness program.</p> <p>Maintain healthy levels within the components of physical fitness:</p> <ul style="list-style-type: none"> - aerobic capacity - muscular strength, & endurance - flexibility - body composition. <p>Monitor exercise and other behaviors which affect the components of physical fitness.</p> <p>Apply biomechanical concepts and principles to analyze and improve performance of self.</p>	<p>Complete the FITNESSGRAM assessment of physical fitness with a partner and assist in assessing others.</p> <p>Enter raw data from FITNESSGRAM assessment into the computer and assists others in entering their data.</p> <p>Develop a plan using training principles and factors to reach and maintain the Healthy Fitness Zone in aerobic capacity, body composition and muscular strength, endurance & flexibility and assist others to develop their plan.</p> <p>Implement fitness plan and help others to implement theirs.</p> <p>Assess fitness plans and analyze the extent to which they utilize training principles and factors in achieving the Health Fitness Zone.</p> <p>Cooperatively research (using technology if possible Internet, Worldwide Web, etc.) at least three Ultimate Activities. Present to a group</p>

<p>3 15 5</p>	<p>Choose 2-3 activities from the following suggested list.</p> <p>Weight Training Cycling Aerobics Circuit Training Walking Jogging Running Rope Jumping Yoga</p>	<p>10.3.D 10.4.A 10.4.C 10.4.D 10.5.D</p>	<p>Participate regularly in activities that contribute to a physically active way of life in recreational, non-competitive, and competitive settings.</p> <p>Understand the ways in which personal characteristics, performance styles and activity choices will change over a life span.</p> <p>Set personal goals for health-related activities and work toward their achievement.</p> <p>Recognize and understand the opportunities for the risks and challenges that physical activities provide.</p> <p>Apply knowledge of stress management techniques.</p> <p>Demonstrate and appreciation of the benefits of participation in physical activity.</p> <p>Identify how sport has had a role in the politics, economics, and cultures of various countries.</p>	<p>(using multi-media, if possible) the activity that is the best for improving fitness and the rationale for its choice.</p> <p>Develop a Fitness Plan to be used upon graduation to stay in the Healthy Zone for all components of physical fitness. Plan to include: goals to be reached; and name, location, cost of the activities.</p> <p>Establish patterns of healthful living through activity beyond the school walls. List and analyze activities.</p> <p>Identify common patterns of personal preference for activity (i.e., strenuous, outdoor, aesthetic, team, individual, etc.). What values are associated with the activities?</p> <p>Survey the community for opportunities for continued activity outside of school (community, recreation dept., etc.). Create a data base listing the activity fee, time of day, season of year, gender, age, etc.</p> <p>Maintain a personal fitness journal describing, among other things, the feelings derived from participating in physical activities. Use categories such as activity,</p>
<p>Total ----- ----- 4 20 7</p>				

				<p>skill level, time schedule, etc.</p> <p>Develop a personal physical activity plan including a calendar of scheduled activities and a budget for time and expense using a spreadsheet program.</p> <p>Continue exercise and exercise log after required date.</p> <p>Explain why employment personnel might recruit graduates who played high level sports.</p> <p>Explain how stress reduction techniques could be beneficial in acquiring and keeping a job.</p> <p>Create a video tape of people experiencing enjoyment, challenge, self expression and stress reduction during physical activity.</p> <p>Implement a fitness program for members of your community.</p>
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Physical Education

Grade 11/12

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<p>Self Confidence/ Self Reliance</p> <p>Lessons Wks @ Wks @ 5/Wk 3/Wk</p> <p>4 20 7</p>	<p>Choose 2-3 activities from the following suggested list.</p> <p>Adventure Outdoor Activities Wilderness Survival Personal Defense Stunts & Tumbling</p>	<p>10.4.A 10.4.D</p> <p>a)10.3.C 10.4.F</p> <p>b) 10.4.F</p> <p>c) 10.3.C</p> <p>d) 10.3.C</p> <p>e) 10.5.D</p>	<p>PE2</p> <p>By the end of the grade, in order to meet Grade 12 benchmarks, a student should be able to do the following:</p> <p>Use appropriate safety precautions and equipment.</p> <p>Recognize dangers in the environment, and demonstrate the ability to protect themselves and others.</p> <p>Identify and use personal and group</p>	<p>Experience rock climbing activities explain and discuss how it influenced stress, enjoyment, and self- expression.</p> <p>Resolve a risk/challenging situation, in partners or small groups, using problem solving techniques in an adventure activity. Discuss how groups work as communities.</p> <p>Demonstrate proficiency by</p>

	<p>Aquatics – Lifesaving</p> <p>Aquatics – Water Safety</p> <p>Wrestling</p> <p>Orienteering</p>	<p>f) 10.3.B</p> <p>g) 10.3.B</p> <p>h) 10.3.C</p>	<p>safety standards for various physical activities.</p> <p>Understand the concept of good sportsmanship and practice it when participating.</p> <p>Recognize the importance of using supportive language in physical activity settings.</p> <p>Demonstrate the importance of using language sensitive to race and gender in creating fair and inclusive physical activity settings.</p> <p>Work effectively with peers and adults of various cultural and physical abilities and backgrounds during physical activity.</p>	<p>teaching other students physical skills such as wrapping a harness for wall climbing, performing a forward roll, executing a flutter kick in swimming, etc.</p> <p>Know the safety equipment required for a movement activity, check condition, adjust before wearing and help others with their equipment.</p> <p>Participate in risk activities while showing concern for the safety of all participants by making sure that everyone has proper safety equipment and follows appropriate safety precautions during physical activity.</p> <p>Cooperatively develop safety rules with other participants before engaging in movement activity.</p> <p>Analyze the effect of balance in weight transfer in the new activity.</p> <p>Investigate the role of racism, sexism, or classism in the accessibility of different sports.</p>
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Physical Education

Grade 11/12

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<p>Work Related / Expressive Movement Lessons</p>	<p>Choose 2-3 activities from the following suggested list.</p>	<p>10.3.D 10.4.A 10.4.D 10.4.E 10.5.A 10.5.B 10.5.C</p>	<p>PE 2 By the end of the grade, in order to meet Grade 12 benchmarks, a student should be able to do the following: Acquire and demonstrate knowledge of</p>	<p>Compare movements of a physical activity, sport or dance to those depicted in sculptures by well-known artists. Cooperatively assess a</p>

<p>Wks@ Wks@ 5/wk 3/wk</p> <p>4 20 6</p>	<p>Aerobic Dance</p> <p>Rhythmic Gymnastics</p> <p>Modern dance</p> <p>Social Dance</p> <p>Ballet</p> <p>Tap Dance</p> <p>Square Dance</p> <p>Folk & ethnic Dance</p> <p>Work Related Movement</p> <p>Sport Related Movement</p>	<p>10.5.E</p>	<p>movement concepts and principles to the learning and development of more advanced motor skills.</p> <p>Demonstrate and explain several movement skills of an activity and the principles that govern those movement skills.</p> <p>Demonstrate the ability to learn, assess, and improve movement skills independently and cooperatively using a variety of recent technologies.</p> <p>Analyze a physical activity to determine its component parts (skills, sequences, strategies).</p> <p>Identify critical elements of physical skills to enable development of movement competence and proficiency.</p>	<p>player's performance in a variety of movement skills (i.e., watching a 76's game) and record your impressions.</p> <p>Teach basic movement skills to another student(s). Use a rubric to analyze and assess.</p> <p>Analyze the execution of a sport skill by an elite athlete, identifying the physics principles that made it successful.</p>
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Physical Education

Grade 11/12

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<p>Sports Activities Lessons</p>	<p>Choose 3-4 activities from the following suggested list.</p>	<p>10.3.D</p> <p>10.4.A</p> <p>10.4.D</p> <p>10.4.E</p>	<p>PE 2</p> <p>By the end of the grade, in order to meet Grade 12 benchmarks, a student should</p>	<p>Show good sportsmanship in competitive activities by:</p> <p>1) cooperatively establishing ground rules for a complex</p>

<p>Wks @ Wks@ 5/wk 3/wk</p> <p>6 30 10</p>	<p>INDIVIDUAL,DUAL & LIFETIME</p> <p>Archery , Fencing Badminton , Bowling Golf , Gymnastics Handball , Racquetball Paddleball , Quoits Horseshoes , Tennis Table Tennis , Skiing Roller / Inline Skating , Track & Field , Deck Shuffle Board , Recreational Games</p> <p>TEAM</p> <p>Basketball , Field Hockey Floor Hockey , Lacrosse Soccer , Softball Speedball, Team Handball Touch/Flag Football Volleyball Lead-up Games To Team Sports</p>	<p>10.4.F 10.5.A 10.5.B 10.5.C 10.5.E 10.5.F</p>	<p>be able to do the following:</p> <p>Demonstrate competency in several physical activities including one in each of the following groups: (a) team sports, (b) individual activities, (c) dual sports and games, (d) aquatics, (e) dance.</p> <p>Demonstrate proficiency in at least two of the preceding activities.</p> <p>Demonstrate proficiency by teaching physical skills to others, using a cooperative learning model.</p> <p>Demonstrate ability to create and implement individual, partners, and/or group activities which contribute to a physically active way of life.</p>	<p>movement activity, following rules during the contest and actively assisting other in following rules.</p> <p>2) encouraging all participants in a movement activity and attempting to get all participants involved.</p> <p>3) cheering outstanding performances of team mates and opponents.</p> <p>Use sensitivity in adjusting team makeup to equalize competitiveness.</p> <p>Diffuse potential conflict by communicating with other participants.</p> <p>Identify the sociological, political and historical role of sport, games</p> <p>Actively demonstrate, during play, correct application of rules.</p> <p>Accurately identify penalties for infractions during competition.</p> <p>Verbalize the advantages/ disadvantages of two different offensive/defensive strategies.</p> <p>Watch a taped or live sport and identify the offense/defense used.</p> <p>During competition:</p>
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				<ul style="list-style-type: none">- wear safety equipment willingly for movement activity.- follow safety precautions willingly, and understand the consequences of harmful behaviors.- follow rules and accept decisions of officials in a complex movement activity with the supervision of a teacher.- refrain from using negative comments during movement activities.- willingly accept team members of the opposite gender, varying abilities, and different backgrounds.- acknowledge a good play by a team mate.
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