







**** Physical Education ****

Timeline	Unit/theme	Standard	Student Focused Objective	Resources/ Suggested Activities
Q1	Entry Sports	<p>Throw using proper form for power appropriate to the practice task. (Standard 1.2)</p> <p>Catch using proper form from a variety of trajectories using various objects and tasks. (Standard 1.3)</p> <p>Demonstrate basic knowledge of rules & regulations for a variety of games and activities. (Standard 2.1)</p> <p>ID appropriate sporting behavior & etiquette related to a variety of games and activities. (Standard 2.2)</p>	<p>While focusing on some entry-level sports, students will learn and hone multiple game-related skills. Some of these will include kicking and defensive fielding during kickball, playing dodgeball, and the frisbee game “elimination.”</p> <p>Students will also learn appropriate rules to various games, player and participant safety, as well as good sportsmanship.</p>	<p>Kickball Tips with Coach KandMan</p> <p> Kickball Tips With Coa...</p> <p>Learn the Frisbee Basics (YouTube)</p> <p>  Learn the FRISBEE ...</p>



		<p>ID appropriate safety behaviors related to a variety of games and activities. (Standard 2.3)</p> <p>ID offensive and defensive tactics to create or reduce open space in a variety of activities. (Standard 2.4)</p>		
Q1-Q4 WW	Workout Wednesday	<p>ID positive influences as well as barriers to participating in physical activities. (Standard 3.1)</p> <p>Engage in a variety of moderate to vigorous activities. (Standard 3.2)</p> <p>ID activities one can perform outside of class.</p>	<p>Everyone’s favorite Workout Wednesdays returns for the 2024-2025 school year. We’ll perform a weekly workout utilizing dumbbells, slam balls, kettlebells, battle ropes, body weight movements, etc.</p> <p>Students will research various apps that relate to health and physical fitness and incorporate them in fitness tracking and goal-setting.</p> <p>Students will also learn major muscle groups and ID their use during various physical activities.</p> <p>Students will also learn to identify muscle groups as</p>	<p>Daily Stretching Routines (YouTube)</p> <p> BEST DAILY STRETCHING ROUTINES</p> <p><i>Kinesiology Made Easy- a Quick Guide to Musculoskeletal Anatomy, 4th Edition</i> — David Merlino, LMT (book)</p> <p><i>Bodyweight Strength Training</i></p>



		<p>(Standard 3.3) ID and implement various forms of technology to enhance physical activity. (Standard 3.4)</p> <p>ID components of health-related and skill-related fitness. (Standard 3.5)</p> <p>Set & monitor an individual goal for health-related fitness based on your current fitness level. (Standard 3.6)</p> <p>Learn the role of warm-up and cool-down and discover techniques for stretching. (Standard 3.7)</p> <p>FITT formula (frequency, intensity, time, & type). (Standard 3.8)</p>	<p>they stretch, plus learn the importance of stretching before and after activities and stretching's role toward overall health.</p>	<p><i>Anatomy</i>— Bret Contreras (book)</p> <p><i>Dumbbell Training</i>— Allen Hedrick (book)</p>
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		<p>Understand and manipulate heart rate. (Standard 3.9)</p> <p>ID and locate major muscle groups in various physical activities. (Standard 3.10)</p> <p>ID ways to track fitness and nutrition. (Standard 3.11)</p>		
Q2	Team Sports	<p>Pass and receive in a stationary position. (Standard 1.4)</p> <p>Utilize a variety of offensive skills such as pivots, fakes, etc (Standard 1.5)</p> <p>Demonstrate quick recovery when transitioning from offense to defense. (Standard 2.5)</p>	<p>During the autumn quarter we'll focus on team sports such as flag football, Ultimate Frisbee, and gaga ball. The flow of football and Ultimate covers multiple pass/catch, offense/defense, sportsmanship, and movement strategies.</p> <p>Students will participate in various drills and games to utilize these standards.</p> <p>We'll also offer friendly and more competitive options for games and drills to accommodate students' needs and skills.</p> <p>Additionally and in-game, students will learn to score</p>	<p>The Rules of Ultimate Frisbee Explained (YouTube)</p> <p>▶ The Rules of Ultimate ...</p> <p>NFL Flag Football Basics (YouTube)</p> <p>▶ How to Play Flag Footb...</p> <p>How to Play Dodgeball (Official Rules) (YouTube)</p>



		<p>ID skills or strategies necessary to score. (Standard 2.6)</p> <p>ID skills or strategies necessary to prevent the opponent from scoring. (Standard 2.7)</p> <p>Vary application of movement concepts during physical activities. (Standard 2.8)</p>	and develop techniques to prevent their opponent from scoring.	<p>How To Play Dodgeball...</p>
Q3	Individual Sports	<p>Shoot on goal. (Standard 1.7)</p> <p>Strike with form and control using an implement. (Standard 1.11)</p>	<p>For our winter quarter students will practice and/or play golf and disc golf. Students will practice driving, chipping, and putting from various distances.</p> <p>As weather permits, we'll also work on some disc golf basics. The students will learn to throw a disc and/or frisbee for accuracy on goals. Additionally, students will learn to think outside of the box by</p>	<p>Disc Golf Basics (YouTube)</p> <p>The Rules of Disc Golf ...</p>



			incorporating novel approaches to throwing from multiple angles and with multiple styles of throwing.	<p>Tiger Woods Driver Clinic (YouTube)</p> <p>Tiger Woods' Driver Cli...</p>
Q4	Enhanced Team Sports	<p>Dribble with dominant and non-dominant hand or foot while changing speed and/or direction. (Standard 1.6)</p> <p>Shoot on a goal with accuracy and power. (Standard 1.7)</p> <p>Demonstrate defensive readiness and movement in all directions. (Standard 1.8)</p> <p>Perform a serve using correct technique. (Standard 1.9)</p> <p>Strike with proper form. (Standard 1.10)</p>	<p>In our spring quarter students will participate in faster-paced, more enhanced team sports such as soccer, basketball, and volleyball.</p> <p>Students will be able to dribble with either hand (or foot) and move in game and drill situations.</p> <p>Students will then be able to shoot on a goal.</p> <p>All the while, students will also work on defensive readiness while participating in game and drill scenarios.</p> <p>During volleyball days, students will learn and perform serving with technique, striking with proper form, and to volley.</p>	<p>Michael Jordan-MasterClass: Basketball Fundamentals (YouTube)</p> <p>Michael Jordan - Maste...</p> <p>KoKo Volley Volleyball Basics (YouTube)</p> <p>How To PASS a Volley...</p> <p>The School of Soccer (YouTube)</p> <p>Soccer Rules Football...</p> <p>Soccer Roles and Positions Explained (YouTube)</p> <p>Soccer Player Roles a...</p> <p>Lionel Messi Teaches</p>



		Forehand-volley with mature form. (Standard 1.11)		Dribbling (YouTube) ▶ Lionel Messi Teaching ...
Q4	Dance Time!	Recognize & ID correct rhythmic activities and sequences of steps for various dance forms. (Standard 1.1)	Students will learn and/or make up various dances individually or as a group. Students will create and perform an independent dance in class.	
Q1-Q4	Social Interaction	Display personal responsibility. (Standard 4.1) ID and use appropriate strategies to self-evaluate positive behaviors. (Standard 4.2) Develop personal responsibility by accepting feedback to	Throughout the course of the school year and through active class participation, Standards 4.1-4.4 should be a natural and ongoing development.	



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		<p>improve performance. (Standard 4.3)</p> <p>Accept differences among classmates by providing encouragement & positive feedback. (Standard 4.4)</p>		
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