|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **1st 9 Weeks** | | |  | **2nd 9 Weeks** | | |
| **Activity** | **Duration** | **Standard** |  | **Activity** | **Duration** | **Standard** |
| Orientation, Rules, Pre-Physical Fitness Test, and Lead Up Activities | Week 1 | **3A 1**: Identify current and future lifetime physical activity opportunities.  **3B3**: Identify different types of strength activities and apply fitness principles to develop muscular strength and endurance  **4A1**: Contribute to the development and maintenance of rules that provide for safe participation in physical activities.  **5A1**: Analyze the impact of physical activity on the body and explain the health benefits of regular participation in moderate to vigorous physical activity. |  | Football | Week 10 | **2A3:** Describe the transfer knowledge of  previously learned tactics and strategies to similar but different movement forms(e.g.  games, individual performance activities, lifetimes physical activities ) |
| Soccer/Team Handball/Speed-ball | Week 11 | **1B1**: Demonstrate competent skill performance by maintaining possession, scoring and defending scoring in small-sided and/or full-sided invasion games (e.g. soccer, basketball, hockey, team handball, rugby, lacrosse).  **2A 2**: Implement effective strategies for successful performance in select categories of movement forms (e.g. games, individual performance activities, lifetime physical activities). |
| Swampball:  Rules, introduction of specific new skills to be assessed, practice skills, play game, assess skills. | Week 2 | **1B1**: Demonstrate competent skill performance by maintaining possession, scoring and defending scoring in small-sided and/or full-sided invasion games (e.g., soccer, basketball, hockey, team handball, rugby,).  **2A1**: Describe tactics to participate successfully in small-sided games across multiple categories of movement forms (e.g., games, individual performance activities, lifetime physical activities). |  | Basketball | Weeks 12-13 | **1B 1:** Demonstrate competent skill performance by maintaining possession, scoring and defending in small-sided and/or full-sided invasion games (e.g. soccer, basketball, hockey, team handball, rugby, lacrosse).  **2A1:** Describe tactics to participate successfully in small-sided games across multiple categories of movement forms (e.g. games, individual performance activities, lifetime physical activities). |
| Old P. E. Favorites | Week  3 & 4 | **1B 3**: Demonstrate competent skill performing by scoring (e.g. base running, batting) and defending scoring (pitching, bowling, fielding) in small-sided and/or full-sided striking and fielding games (softball, cricket, baseball). |  | Swampball | Week 14 | **1B1**: Demonstrate competent skill performance by maintaining possession, scoring and defending scoring in small-sided and/or full-sided invasion games (e.g., soccer, basketball, hockey, team handball, rugby,).  **2A1**: Describe tactics to participate successfully in small-sided games across multiple categories of movement forms (e.g., games, individual performance activities, lifetime physical activities). |
| Volleyball | Week  5 & 6 | **1B2**: Demonstrate competent skill performance of basic and advanced skills by maintaining possession, scoring and defending scoring in invasion games with authentic settings.  **2A2**: Implement effective strategies for successful performance in select categories of movement forms (e.g. games, individual performance activities, lifetime physical activities). |  | Archery | Week 15 | **1B4:** Demonstrate competent skill performance by scoring and preventing scoring in target games with and without an opponent (e.g., golf, archery, bowling, shuffleboard, croquet, bocce, baggo). |
| Baseball/Softball | Week  7 & 8 | **1B3**: Demonstrate competent skill performing by scoring (e.g. base running, batting) and defending scoring (pitching, bowling, fielding) in small-sided and/or full-sided striking and fielding games (softball, cricket, baseball).  **2A2**: Implement effective strategies for successful performance in select categories of movement forms (e.g. games, individual performance activities, lifetime physical activities). |  | Post Physical Fitness Test and Pickleball | Weeks 16 & 17 | 1B2: Demonstrate competent skill performance by scoring and defending scoring in small-sided and/or full-sided net-wall games (e.g., badminton, volleyball, tennis, racquetball, pickleball, and squash). |
| Football | Week 9 | **1B2:** Demonstrate competent skill performance by scoring and defending scoring in small-sided and/or full-sided net-wall games (e.g., badminton, volleyball, tennis, racquetball, pickleball, squash). |  | Year in Review | Week 18 | **Benchmark B:** Demonstrate specialized manipulative skills in a variety of settings.  **Benchmark A:** Apply knowledge of tactical concepts and strategies in authentic settings  **5A1:** Analyze the impact of physical activity on the body and explain the health benefits of regular participation in moderate to vigorous physical activity.  **5B4:** Share the specific social benefits resulting from participation in a selected physical activity |

In each unit: We will go over the rules, introduction to new skill to be assessed, practice skills, play game, and assess skills.

\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Daily Lessons will be using the following Standards:

Standard 3A 1: Identify current and future physical activity opportunities.

Standard 3B: Implement principles and practices to develop a fitness and nutritional plan to meet individual needs.

Standard 4A : Demonstrate leadership by holding self and others responsible for following safe practices, rules, procedures and etiquette in physical activity

settings.

Standard 4B: Initiate responsible, personal, social behavior and positively influence the behavior of others in physical settings.

\*\*\*\*\*\*\*\*\*\*\*

These units are interchangeable and not necessarily this order every semester with the exception of week one.