

Sunapee School District

SAU #85

K-12 Physical Education Curriculum



Sunapee School District K-12 Physical Education Curriculum (2012)

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Physical Education Curriculum Overview

Introduction

The Sunapee Physical Education department collaborated to create this document during the 2011-2012 school year. This document was created to help streamline and spiral the physical education curriculum in grades K-12 in the Sunapee school district. The committee used a standards based approach that encompassed all of the units taught in each grade. Going forward this overview will allow teachers the ability to revise, refine and change all units taught.

Features

We have set up the document to include two columns. The first column contains the national standards for physical education. Currently the state of New Hampshire does not have approved state standards. The next column displays essential questions for the unit being covered. Not all areas of the standards have essential questions. The essential questions can be modified yearly to meet the needs of the students. The overview is also organized in chronological sections. Grades K-5, 6-8, and 9-12 comprise the order of the document.

How to create a CORE map

- ✓ Review the Curriculum Overview. Be sure to look at the grade levels above and below your grade level.
- ✓ Look at the National Physical Education standards.
- ✓ For each core map unit include 2 or 3 standards that you will assess.
- ✓ Refer to the essential questions in the Curriculum Overview.
- ✓ Units will generally include 1-4 essential questions.
- ✓ Use standards to identify 2 or 3 skills.
- ✓ Do not include specific lessons or assessments in the CORE map

How to create a course map

- ✓ Expand the list of concepts and skills from the CORE map as needed. Be sure to reference the Essential Skills document.
- ✓ Include lesson plans and assessments.

Physical Education Essential Skills

1. Throw and catch variety of objects demonstrating both accuracy and distance.
2. Continuously strike a ball to a wall, or a partner, with a paddle, golf club or hockey stick.
3. Design and perform gymnastics and dance sequences that combine traveling, rolling, balancing, and weight transfer.
4. Hand dribble and foot dribble while preventing an opponent from stealing the ball.
5. In a small group keep an object continuously in the air without catching it.
6. Design and play small group games that involve cooperating with others to keep an object away from opponents (basic offensive and defensive strategy).
7. Design and refine a routine combining various jump rope movements to music.
8. Leap, roll, balance, transfer weight, bat, volley, hand and foot dribble, strike a ball with a paddle, using a variety of movement patterns.
9. Demonstrate proficiency in front, back, and side swimming strokes.
10. Participate in activity while monitoring heart rate.
11. Correctly demonstrate activities designed to improve and maintain muscular strength and endurance, flexibility, and cardiorespiratory functioning.
12. Participate in games, sports, dance, and outdoor pursuits, both in and outside of school, based on individual interests and capabilities.
13. Recognize the role of games, sports, and dance in getting to know and understand others of like and different cultures.
14. Identify opportunities in the school and community for regular participation in physical activity.
15. Identify principles of training and conditioning for physical activity.
16. Identify proper warm-up, conditioning, and cool-down techniques and the reasons for using them.
17. Identify benefits resulting from participation in different forms of physical activities.
18. Detect, analyze, and correct error in personal movement patterns.
19. Describe ways to use the body and movement activities to communicate ideas and feelings.
20. Accept and respect the decisions made by game officials, whether they are students, teachers, or officials outside of school.
21. Seek out, participate with, and show respect for persons of like and different skill levels.
22. Choose to exercise at home for personal enjoyment and benefit.

Physical Education Curriculum Overview		Grade K-1		Grade 2-3		Grade 4-5	
Unit: Racquet Skills	Standards	Essential Questions	Essential Questions	Essential Questions	Essential Questions	Essential Questions	Essential Questions
	Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities	What is the proper grip when holding a racquet?	What is the proper grip when holding a racquet?	What is the proper grip when holding a racquet?	What is the proper grip when holding a racquet?	What is the proper grip when holding a racquet?	What is the proper grip when holding a racquet?
	Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	What games are played that use a racquet?	Why is it important to understand the different strokes with a racket?	Why is it important to understand the different strokes with a racket?	Why is it important to understand the different strokes with a racket?	Why is it important to understand the different strokes with a racket?	Why is it important to understand the different strokes with a racket?
	Standard 3: Participates regularly in physical activity.	What kinds of movements are needed when playing tennis?	How does being physically fit help you with your game?	How does being physically fit help you with your game?	How does being physically fit help you with your game?	How does being physically fit help you with your game?	How does being physically fit help you with your game?
	Standard 4: Achieves and maintains a health-enhancing level of physical fitness		How does participation in racket games improve physical fitness?				
	Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings	Why is it important to exhibit socially acceptable behavior and provide examples of good sportsmanship?	Why is it important to exhibit socially acceptable behavior and provide examples of good sportsmanship?	Why is it important to exhibit socially acceptable behavior and provide examples of good sportsmanship?	Why is it important to exhibit socially acceptable behavior and provide examples of good sportsmanship?	Why is it important to exhibit socially acceptable behavior and provide examples of good sportsmanship?	Why is it important to exhibit socially acceptable behavior and provide examples of good sportsmanship?
	Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction		What role does cooperation play in physical activities and sports?	What role does cooperation play in physical activities and sports?	What role does cooperation play in physical activities and sports?	What role does cooperation play in physical activities and sports?	How do teamwork and sportsmanship affect game play?

Physical Education Curriculum Overview			
Unit: Soccer	Grade K-1 Essential Questions	Grade 2-3 Essential Questions	Grade 4-5 Essential Questions
Standards			
Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities	Why is it important to be able to kick a ball? What sports activities require kicking skills?	Where does your point your non-kicking foot do when getting ready to kick? Can students manipulate a ball in general and personal space?	How do you position your body to keep the ball on the ground or in the air? What is the difference between a punt and a kick?
Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	What part of your foot do you kick with?	How do position your body when kicking to a partner?	How can one contribute to the team effort by executing appropriate skills and strategy in soccer?
Standard 3: Participates regularly in physical activity.	Why is physical activity important?	Why is physical activity important?	Why is physical activity important?
Standard 4: Achieves and maintains a health-enhancing level of physical fitness	How does playing soccer improve your level of fitness?	How does playing soccer improve your level of fitness?	How does playing soccer improve your level of fitness?
Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings	What does consideration and cooperation for classmates look like in PE?	Why is it important to exhibit socially acceptable behavior and provide examples of good sportsmanship and fair play in kickball and soccer?	Why is it important to exhibit socially acceptable behavior and provide examples of good sportsmanship and fair play in soccer?
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction	What activities can you play that involve kicking a ball?	What activities can you play that involve kicking a ball?	What activities can you play that involve kicking a ball?

Physical Education Curriculum Overview		Grade K-1	Grade 2-3	Grade 4-5
Unit: Locomotor Skills	Standards	Essential Questions	Essential Questions	Essential Questions
Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities	What are different ways to move other than walking?	What different ways can the body move given a specific purpose?	How can I move effectively and efficiently?	
Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	When moving in general space where should your eyes be focused and why?	Why is it important to maintain balance and control when moving?	How do we move safely and effectively in PE?	
Standard 3: Participates regularly in physical activity.	What is the role that physical activity plays in your overall health?	What is the role that physical activity plays in your overall health?	What is the role that physical activity plays in your overall health?	
Standard 4: Achieves and maintains a health-enhancing level of physical fitness	How do we use motor skills to stay active?	How do we use motor skills to stay active?	How do we use motor skills to stay active?	
Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings	Why is it important to avoid others/obstacles when moving in general space?	Why is it important to avoid others/obstacles when moving in general space?	Why is it important to avoid others/obstacles when moving in general space?	
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction	Why does physical activity make you feel good?	How can we use locomotor skills for recreation and wellness?	Explain why physical activity is good for health.	

Physical Education Curriculum Overview			Grade 4-5 Essential Questions	
Unit: Fitness	Grade K-1 Essential Questions	Grade 2-3 Essential Questions	Grade 4-5 Essential Questions	
Standards				
Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities	What can I do to be physically active?	How do I pace myself when I run? What exercises can I do for upper body strength?		
Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	Why is it important to be physically active? Why is it important to have strong muscles?	Why do I need a strong core?		What is the role physical activity plays in your overall health?
Standard 3: Participates regularly in physical activity.	What changes happen to my body when I am physically active?			
Standard 4: Achieves and maintains a health-enhancing level of physical fitness	What does it mean to be healthy?	Why is it important to warm-up?		How do I stay physically fit?
Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings	How do I act with others during physical activity?	How will physical activity help now and in the future?		Why is respect for individual differences so important?
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction	What can I do to be physically active?	What does it mean to be physically fit?		How can physical activity provide a wide range of lifelong benefits?

Physical Education Curriculum Overview			Grade 4-5	
Unit: Striking Skills (Volleyball)			Grade 2-3	Grade 4-5
Standards	Essential Questions	Essential Questions	Essential Questions	Essential Questions
Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities	What part of our arm do we strike the ball with?	What are the key skills needed to strike a ball in the air continuously?	Why is it important to demonstrate proficiency in the execution of skills (i.e. forearm pass, set and serve) during a game situation?	
Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	What does it mean to be in the ready position?	Why is necessary to exhibit the knowledge of rules and scoring during game play?	How can one contribute to the team effort by executing appropriate skills and strategy in volleyball?	
Standard 3: Participates regularly in physical activity.	What activities can I play that involve my hands to strike a ball?			
Standard 4: Achieves and maintains a health-enhancing level of physical fitness			Why is Volleyball a good lifetime activity?	
Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings	Why is it important to be a good sport?	Why is it important to exhibit socially acceptable behavior and provide examples of good sportsmanship and fair play?	Why is it important to exhibit socially acceptable behavior and provide examples of good sportsmanship and fair play?	
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction	Why is it important to play by the rules?	How is the ready position similar to that of other sports?	What are the benefits of developing an appreciation of volleyball?	

Physical Education Curriculum Overview			
Unit: Striking skills (Golf)	Grade K-1 Essential Questions	Grade 2-3 Essential Questions	Grade 4-5 Essential Questions
Standards			
Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities	What are the proper mechanics for the golf swing?		Can students apply skills learned to a game situation?
Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	How does good golf etiquette make the game more enjoyable for all players?	How does good golf etiquette make the game more enjoyable for all players?	How do the rules help or hinder the flow of play of Golf?
Standard 3: Participates regularly in physical activity.			
Standard 4: Achieves and maintains a health-enhancing level of physical fitness			
Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings	Why is it important to exhibit socially acceptable behavior and provide examples of good sportsmanship and fair play in golf?	Why is it important to exhibit socially acceptable behavior and provide examples of good sportsmanship and fair play in golf?	Why is it important to exhibit socially acceptable behavior and provide examples of good sportsmanship and fair play in golf?
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction			Why is cooperation important in games and in life?

Physical Education Curriculum Overview			
Unit: Striking Skills (Floor Hockey)	Grade K-1 Essential Questions	Grade 2-3 Essential Questions	Grade 4-5 Essential Questions
Standards			
Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities	How is Floor Hockey like / different from other "stick" type games?	How do the rules help or hinder the flow of play of Floor Hockey? What are safety considerations when playing "stick" type games?	How can one contribute to the team effort by executing appropriate skills and strategy in floor hockey?
Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.			
Standard 3: Participates regularly in physical activity.			
Standard 4: Achieves and maintains a health-enhancing level of physical fitness			
Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings	Why is it important to exhibit socially acceptable behavior and provide examples of good sportsmanship and fair play in noodle hockey?	Why is it important to exhibit socially acceptable behavior and provide examples of good sportsmanship and fair play in noodle/floor hockey?	Why is it important to exhibit socially acceptable behavior and provide examples of good sportsmanship and fair play in noodle/floor hockey? How do class rules and team rules help make competitive sports and individual sports more enjoyable?
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction			

Physical Education Curriculum Overview			
Unit: Jump Rope	Grade K-1 Essential Questions	Grade 2-3 Essential Questions	
Standards	Grade K-1 Essential Questions	Grade 4-5 Essential Questions	
Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities	What is the proper way to hold a jump rope?	How does jumping backward differ from jumping forward?	Why do you think it is necessary to only bounce one when jumping rope?
Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	How do you find the correct length of your jump rope?		
Standard 3: Participates regularly in physical activity.	Why do we have weekly fitness activities?	How does jumping rope increase your overall fitness level?	
Standard 4: Achieves and maintains a health-enhancing level of physical fitness	What changes in your body do you notice when you exercise?	What could you use to jump with if you don't have a jump rope?	How does rope jumping affect your fitness level?
Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings	Why is safety important?		
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction	How does your heart feel when jumping rope?		

Physical Education Curriculum Overview			
Unit: Throwing	Grade K-1 Essential Questions	Grade 2-3 Essential Questions	Grade 4-5 Essential Questions
Standards			
Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities	What important job do your eyes have when throwing?	Describe the different ways to throw?	What are the proper mechanics of a good throw?
Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	What important job do your eyes have when throwing?	What important job do your eyes have when throwing?	What are the important components of a good throw?
Standard 3: Participates regularly in physical activity.			
Standard 4: Achieves and maintains a health-enhancing level of physical fitness			What are the benefits of regular participation in physical activities?
Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings	What kind of force is used when throwing to a partner?	How can sports help me focus?	
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction	What different sports involve throwing?		How does ultimate frisbee promote lifelong fitness?

Physical Education Curriculum Overview			
Unit: Catching	Grade K-1 Essential Questions	Grade 2-3 Essential Questions	Grade 4-5 Essential Questions
Standards			
Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities	How many hands do we use to catch an object?	What does it mean to absorb or give with your hands?	How are your hands or implement positioned when catching over your head vs. below your waist?
Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	Why is it important to keep your eyes on the object you are trying to catch?		
Standard 3: Participates regularly in physical activity.			
Standard 4: Achieves and maintains a health-enhancing level of physical fitness			
Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings			
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction	What games do we play that involve catching?		

Physical Education Curriculum Overview			Grade K-1	Grade 2-3	Grade 4-5
Unit: Snowshoeing/Hiking	Standards	Essential Questions	Essential Questions	Essential Questions	Essential Questions
Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities	What are the proper shoes to wear when snowshoeing?	How can we use the outdoors for recreational and fitness activities?			
Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.		What safety and survival skills are essential when exercising in the cold?			
Standard 3: Participates regularly in physical activity.					
Standard 4: Achieves and maintains a health-enhancing level of physical fitness	What are ways we can stay active in winter time?				
Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings		How does a healthy environment relate to a healthy human population?			
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction					

Physical Education Curriculum Overview		Grade K-1	Grade 2-3	Grade 4-5
Unit: Bowling		Essential Questions	Essential Questions	Essential Questions
Standards				
Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities		Why is the proper form important in bowling?		
Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.		What is it called when you knock over all the pins in the first try?	How can you improve your accuracy when bowling?	
Standard 3: Participates regularly in physical activity.				
Standard 4: Achieves and maintains a health-enhancing level of physical fitness				
Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings		Why is it important to exhibit socially acceptable behavior and provide examples of good sportsmanship and fair play in bowling?	Why is it important to exhibit socially acceptable behavior and provide examples of good sportsmanship and fair play in bowling?	Why is it important to exhibit socially acceptable behavior and provide examples of good sportsmanship and fair play in bowling?
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction		Is bowling an activity you can participate in outside of school?		

Physical Education Curriculum Overview		Grade K-1		Grade 2-3		Grade 4-5	
Unit: Dribbling (Basketball)		Essential Questions	Essential Questions	Essential Questions	Essential Questions	Essential Questions	Essential Questions
Standards							
Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities		What are the key elements in dribbling a basketball with good form?	What are the key elements in dribbling a basketball with good form?	What are the key elements in dribbling a basketball with good form?	What are the key elements in dribbling a basketball with good form?	What are the key elements in dribbling a basketball with good form?	What are the key elements in dribbling a basketball with good form?
Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.		Why is passing in basketball essential?	Why is passing in basketball essential?	Why is passing in basketball essential?	Why is passing in basketball essential?	Why is passing in basketball essential?	Why is passing in basketball essential? What are the strategies for offensive and defensive play?
Standard 3: Participates regularly in physical activity.							
Standard 4: Achieves and maintains a health-enhancing level of physical fitness							
Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings		Why is it important to exhibit socially acceptable behavior and provide examples of good sportsmanship and fair play in basketball?	Why is it important to exhibit socially acceptable behavior and provide examples of good sportsmanship and fair play in basketball?	Why is it important to exhibit socially acceptable behavior and provide examples of good sportsmanship and fair play in basketball?	Why is it important to exhibit socially acceptable behavior and provide examples of good sportsmanship and fair play in basketball?	Why is it important to exhibit socially acceptable behavior and provide examples of good sportsmanship and fair play in basketball?	Why is it important to exhibit socially acceptable behavior and provide examples of good sportsmanship and fair play in basketball?
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction							Why is it important to comply with the rules of basketball?

Physical Education Curriculum Overview		Grade K-1	Grade 2-3	Grade 4-5
Unit: Frisbee/Football	Standards	Essential Questions	Essential Questions	Essential Questions
Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities	What is the proper way to throw a Frisbee or football?			
Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	What is the importance of spatial awareness when playing Frisbee golf?			
Standard 3: Participates regularly in physical activity.				
Standard 4: Achieves and maintains a health-enhancing level of physical fitness				
Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings	Why is it important to exhibit socially acceptable behavior and provide examples of good sportsmanship?	Why is it important to exhibit socially acceptable behavior and provide examples of good sportsmanship and fair play?	Why is it important to exhibit socially acceptable behavior and provide examples of good sportsmanship and fair play?	Why is it important to exhibit socially acceptable behavior and provide examples of good sportsmanship and fair play?
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction	What are games you can play in your back yard or at the beach?	How is teamwork and communication implemented in Frisbee?		

Physical Education Curriculum Overview	
Unit: Soccer	Grade: 6-8
Standards	Essential Questions
Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities	How are the skills practiced in soccer incorporated into a game situation? How do skills and movements involved in soccer compare to skills performed in other sports?
Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	How are offensive and defensive strategies utilized in soccer?
Standard 3: Participates regularly in physical activity.	
Standard 4: Achieves and maintains a health-enhancing level of physical fitness	
Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings	
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction	How can creativity play a role in the game of soccer?

Physical Education Curriculum Overview	
Unit: Flag Football	
Grade: 6-8	
Essential Questions	
Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities	How does throwing a football differ from throwing a baseball or softball? Why is it important to practice skills necessary to play flag football before participating in a game?
Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	How do all of the different positions in football work together to achieve the common goal of the team?
Standard 3: Participates regularly in physical activity.	
Standard 4: Achieves and maintains a health-enhancing level of physical fitness	
Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings	Why is it important to respect the rules of the game and your classmates while playing flag football?
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction	

Physical Education Curriculum Overview	
Unit: Capture the Flag	Grade: 6-8
Standards	Essential Questions
<p>Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities</p>	
<p>Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p>	What types of strategies could be developed while playing capture the flag?
<p>Standard 3: Participates regularly in physical activity.</p>	
<p>Standard 4: Achieves and maintains a health-enhancing level of physical fitness</p>	
<p>Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings</p>	How does capture the flag promote teamwork, sportsmanship, and fair play?
<p>Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction</p>	What are some ways capture the flag can be modified and still have the same goal?

Physical Education Curriculum Overview	
Unit: Volleyball	Grade: 6-8
Standards	Essential Questions
Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities	What are the proper techniques to performing the appropriate hits for volleyball? When is the appropriate time to use the different types of hits?
Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	How do tactics in volleyball differ from sports that involve much more movement?
Standard 3: Participates regularly in physical activity.	
Standard 4: Achieves and maintains a health-enhancing level of physical fitness	
Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings	
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction	What role does communication play when playing volleyball?

Physical Education Curriculum Overview	
Unit: Team Handball	
Grade: 6-8	
Essential Questions	
Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities	How are the skills necessary to play team handball used in a game situation?
Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	What skills and strategies from other sports can be applied to Team Handball?
Standard 3: Participates regularly in physical activity.	
Standard 4: Achieves and maintains a health-enhancing level of physical fitness	
Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings	How does teamwork play a role in Team Handball?
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction	

Physical Education Curriculum Overview	
Unit: Basketball	Grade: 6-8
Standards	Essential Questions
<p>Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities</p>	Why is it important to focus on proper form for skills before playing a basketball game?
<p>Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p>	What are some different offensive and defensive strategies?
<p>Standard 3: Participates regularly in physical activity.</p>	
<p>Standard 4: Achieves and maintains a health-enhancing level of physical fitness</p>	
<p>Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings</p>	How is sportsmanship a factor in basketball even though there is some physical play?
<p>Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction</p>	How do individual and team play combine into success in basketball?

Physical Education Curriculum Overview	
Unit: Jump Rope	Grade: 6-8
Standards	Essential Questions
<p>Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities</p> <p>Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p> <p>Standard 3: Participates regularly in physical activity.</p> <p>Standard 4: Achieves and maintains a health-enhancing level of physical fitness</p> <p>Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings</p> <p>Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction</p>	<p>How can different jumps be coordinated to make a routine?</p> <p>How does jump rope improve physical fitness?</p> <p>How does jump rope promote a healthy life style?</p>

Physical Education Curriculum Overview	
Unit: Wii in PE	
Grade: 6-8	
Essential Questions	
Standards	How do different games improve knowledge of different physical activities?
Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities	
Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	
Standard 3: Participates regularly in physical activity.	How can the Nintendo Wii help promote physical fitness?
Standard 4: Achieves and maintains a health-enhancing level of physical fitness	How does Wii Dance pertain to physical fitness?
Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings	
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction	How can the Nintendo Wii be used outside of class to stay active?

Physical Education Curriculum Overview	
Unit: Fitness	Grade: 6-8
Standards	Essential Questions
<p>Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities</p> <p>Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p> <p>Standard 3: Participates regularly in physical activity.</p> <p>Standard 4: Achieves and maintains a health-enhancing level of physical fitness</p> <p>Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings</p> <p>Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction</p>	<p>How do different exercises for different work different muscle groups?</p> <p>How do cardiorespiratory endurance, flexibility, and muscular strength and endurance promote a healthy lifestyle?</p> <p>How can teamwork and cooperation play a role in physical fitness?</p>

Physical Education Curriculum Overview	
Unit: Pickleball/Ping Pong	
Grade: 6-8	
Essential Questions	
<p>Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities</p> <p>Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p> <p>Standard 3: Participates regularly in physical activity.</p> <p>Standard 4: Achieves and maintains a health-enhancing level of physical fitness</p> <p>Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings</p> <p>Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction</p>	<p>Why is it important to practice different types of hits for both games before playing in a friendly competition?</p> <p>How do ping pong and pickleball promote physical fitness?</p> <p>Why is it important to use sportsmanship when playing both of these games?</p>

Physical Education Curriculum Overview	
Unit: Floor Hockey	Grade: 6-8
Standards	Essential Questions
<p>Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities</p>	How are the skills needed to play floor hockey translated into a game situation?
<p>Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p>	Why is it important to develop strategies and keep proper spacing while playing floor hockey?
<p>Standard 3: Participates regularly in physical activity.</p>	How can different types of hockey be played outside of the classroom setting?
<p>Standard 4: Achieves and maintains a health-enhancing level of physical fitness</p>	
<p>Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings</p>	Why is it important to use sportsmanship and fair play when playing floor hockey?
<p>Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction</p>	

Physical Education Curriculum Overview	
Unit: Badminton	Grade: 6-8
Standards	Essential Questions
Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities	Why is it important to be able to execute the different types of hits to be successful in badminton?
Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	
Standard 3: Participates regularly in physical activity.	
Standard 4: Achieves and maintains a health-enhancing level of physical fitness	
Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings	Why is badminton labeled a lifetime activity?
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction	How and where can badminton be played outside of the physical education class?

Physical Education Curriculum Overview	
Unit: Softball	Grade: 6-8
Standards	Essential Questions
<p>Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities</p> <p>Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p> <p>Standard 3: Participates regularly in physical activity.</p> <p>Standard 4: Achieves and maintains a health-enhancing level of physical fitness</p> <p>Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings</p> <p>Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction</p>	<p>Why is it important to be able to catch and throw correctly before participating in a game?</p> <p>How are different strategies incorporated into baseball and softball?</p> <p>Why is it important to be mentally tough when participating in a baseball or softball game?</p>

Physical Education Curriculum Overview	
Unit: Archery	Grade: 6-8
Standards	Essential Questions
<p>Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities</p> <p>Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p> <p>Standard 3: Participates regularly in physical activity.</p> <p>Standard 4: Achieves and maintains a health-enhancing level of physical fitness</p> <p>Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings</p> <p>Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction</p>	<p>Why is it important to understand the proper form of how to shoot a bow and arrow?</p> <p>How does archery support muscular strength and endurance?</p> <p>Why is it important to follow all of the safety guidelines while participating in archery?</p>

Physical Education Curriculum Overview	
Unit: Lacrosse	Grade: 6-8
Standards	Essential Questions
<p>Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities</p> <p>Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p> <p>Standard 3: Participates regularly in physical activity.</p> <p>Standard 4: Achieves and maintains a health-enhancing level of physical fitness</p> <p>Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings</p> <p>Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction</p>	<p>Why is it more challenging to execute the skills necessary to be successful in lacrosse than some of the other games?</p> <p>How do the positions on the field differ from one another, while all maintaining the same level of importance?</p> <p>Why is it important to use self-control and sportsmanship while playing lacrosse?</p>

Physical Education Curriculum Overview	
Unit: Frisbee	Grade: 6-8
Standards	Essential Questions
<p>Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities</p> <p>Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p> <p>Standard 3: Participates regularly in physical activity.</p> <p>Standard 4: Achieves and maintains a health-enhancing level of physical fitness</p> <p>Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings</p> <p>Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction</p>	<p>When would you use the different types of throws in an ultimate Frisbee game, and why?</p>
	Why is Frisbee considered a leisure/ lifetime activity?
	How can Frisbee be played outside of class?

Physical Education Curriculum Overview	
Unit: New Games	Grade: 6-8
Standards	Essential Questions
<p>Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities</p> <p>Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p> <p>Standard 3: Participates regularly in physical activity.</p> <p>Standard 4: Achieves and maintains a health-enhancing level of physical fitness</p> <p>Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings</p> <p>Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction</p>	<p>How does teamwork and communication play a role in all of our individual games?</p> <p>How will some of these games be able to encourage physical activity outside of school?</p> <p>How do these games allow you to be creative and engage in social interactions with your classmates?</p>

Physical Education Curriculum Overview	
Unit: Soccer	
Grades 9-12	
Essential Questions	
<p>Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities</p>	How would having good foot skills contribute to the quality of game play?
<p>Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p>	How can one contribute to the team effort by executing appropriate skills and strategy in soccer?
<p>Standard 3: Participates regularly in physical activity.</p>	
<p>Standard 4: Achieves and maintains a health-enhancing level of physical fitness</p>	
<p>Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings</p>	Why is it important to exhibit socially acceptable behavior and provide examples of good sportsmanship and fair play in soccer?
<p>Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction</p>	How could learning the game of soccer benefit you as an adult?

Physical Education Curriculum Overview	
Unit: Flag Football	
Grades 9-12	
Essential Questions	
Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities	Why would being able to block correctly be important in the game of flag football?
Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	What are the benefits of developing an appreciation and understanding of the skills and team patterns of Flag Football?
Standard 3: Participates regularly in physical activity.	
Standard 4: Achieves and maintains a health-enhancing level of physical fitness	
Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings	Why is it important to exhibit socially acceptable behavior and sportsmanship when participating in Flag Football?
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction	What are the benefits of developing an appreciation and understanding of the skills and team patterns of Flag Football?

Physical Education Curriculum Overview	
Unit: Swimming	Grades 9-12
Standards	Essential Questions
<p>Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities</p> <p>Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p> <p>Standard 3: Participates regularly in physical activity.</p> <p>Standard 4: Achieves and maintains a health-enhancing level of physical fitness</p> <p>Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings</p> <p>Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction</p>	<p>What is the most efficient way of staying afloat and what are some of the variety of ways one could stay afloat in water?</p> <p>How would swimming contribute to personal fitness levels?</p> <p>Why is knowledge of water safety important?</p> <p>How can being a competent swimmer enable you to enjoy social activities as you grow older?</p>

Physical Education Curriculum Overview	
Unit: Ultimate Frisbee	
Grades 9-12	
Essential Questions	
Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities	What types of throws are most advantageous to learn in the game of ultimate Frisbee?
Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	How would a team best utilize space and movement without the Frisbee to score points?
Standard 3: Participates regularly in physical activity.	
Standard 4: Achieves and maintains a health-enhancing level of physical fitness	Why would having good cardio vascular fitness be beneficial to the quality of game play in Ultimate Frisbee?
Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings	
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction	How does Ultimate Frisbee help maintain a healthy life style? What are some of the enjoyments of playing Ultimate Frisbee as an adult?

Physical Education Curriculum Overview	
Unit: Bocce Ball	
Grades 9-12	
Essential Questions	
Standards	Why can basically anyone play this game?
Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities	What are the benefits of throwing last in a game?
Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	
Standard 3: Participates regularly in physical activity.	
Standard 4: Achieves and maintains a health-enhancing level of physical fitness	
Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings	What social skills are needed to play the game of bocce?
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction	What role does history and ethnicity have in the game of bocce? In what settings is this game typically played and why?

Physical Education Curriculum Overview	
Unit: Volleyball	
Standards	
Grades 9-12	
Essential Questions	
Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities	What is the best way to get the ball over the net realizing ball speed and body position as a factor?
Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	How do the rules of volleyball help with the flow of the game How does strategy help in winning a game of volleyball?
Standard 3: Participates regularly in physical activity.	
Standard 4: Achieves and maintains a health-enhancing level of physical fitness	
Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings	How would students demonstrate good sportsmanship in the course of a game?
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction	Can volleyball be considered a lifetime sport?

Physical Education Curriculum Overview	
Unit: Basketball	
Grades 9-12	
Essential Questions	
Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities	What skills are needed to successfully play a game of basketball?
Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	What type strategies would a team use to counter a physically taller team they are playing against? How type of game would be most beneficial to a team with speed?
Standard 3: Participates regularly in physical activity.	
Standard 4: Achieves and maintains a health-enhancing level of physical fitness	
Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings	Why is it important to exhibit socially acceptable behavior and sportsmanship when participating in basketball?
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction	What options are available to adults in the game of basketball?

Physical Education Curriculum Overview	
Unit: Team Handball	
Standards	
Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities	Grades 9-12 Essential Questions How do the skill sets of the sports of soccer, softball and basketball relate to team handball?
Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	Why do teams work on possessing the ball instead of shooting or kicking goals? How would a team use space to their advantage in the game?
Standard 3: Participates regularly in physical activity.	
Standard 4: Achieves and maintains a health-enhancing level of physical fitness	
Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings	Why would a player need to have self-control when playing against inferior players? Why is respect for individual differences so important in sport?
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction	

Physical Education Curriculum Overview	
Unit: Badminton	Grades 9-12
Standards	Essential Questions
<p>Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities</p>	How would the skill set needed in badminton transfer to the skill set needed in other racquet sports?
<p>Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p>	Why would learning to play the net in badminton be important in the outcome of the game?
<p>Standard 3: Participates regularly in physical activity.</p>	
<p>Standard 4: Achieves and maintains a health-enhancing level of physical fitness</p>	
<p>Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings</p>	How would officiate the game by players have an impact on sportsmanship and fair play?
<p>Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction</p>	

Physical Education Curriculum Overview	
Unit: Pickle ball	
Grades 9-12	
Essential Questions	
<p>Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities</p>	How would the skill set needed in pickle ball transfer to the skill set needed in other racquet sports?
<p>Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p>	How does hitting to the corner set up an opponent so that you could gain an advantage?
<p>Standard 3: Participates regularly in physical activity.</p>	How does this activity differ from floor hockey in terms of a lifetime sport activity?
<p>Standard 4: Achieves and maintains a health-enhancing level of physical fitness</p>	
<p>Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings</p>	
<p>Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction</p>	What type of social settings might you avail yourself to with the ability to play pickleball?

Physical Education Curriculum Overview	
Unit: Weight Lifting	Grades 9-12
Standards	Essential Questions
<p>Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities</p>	<p>Why would someone want to use a spotter while lifting?</p>
<p>Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p>	<p>How could a student use the knowledge of weightlifting and transfer the skills to a specific sport to improve sport performance?</p>
<p>Standard 3: Participates regularly in physical activity.</p>	
<p>Standard 4: Achieves and maintains a health-enhancing level of physical fitness</p>	<p>How can goal setting help improve your overall strength and fitness level?</p>
<p>Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings</p>	
<p>Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction</p>	<p>What type of challenges can you see yourself taking on through a diversified and progressive weight lifting program?</p>

Physical Education Curriculum Overview	
Unit: Snow Shoeing	Grades 9-12
Standards	Essential Questions
Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities	
Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	
Standard 3: Participates regularly in physical activity.	How can snow shoeing become an activity that you incorporate into your cardiovascular fitness regime?
Standard 4: Achieves and maintains a health-enhancing level of physical fitness	
Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings	
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction	What type of games can you modify to play in snowshoes?

Physical Education Curriculum Overview	
Unit: Floor Hockey	
Standards	
<p>Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities</p> <p>Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p> <p>Standard 3: Participates regularly in physical activity.</p> <p>Standard 4: Achieves and maintains a health-enhancing level of physical fitness</p> <p>Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings</p> <p>Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction</p>	<p>Grades 9-12 Essential Questions</p> <p>Why is the wrist shot such a difficult skill to learn and what are some of the lead up skills necessary to achieve this skill?</p> <p>How does playing a packed zone affect the creativity of the offensive team?</p> <p>Why are “goons” an accepted part of the professional hockey league?</p>

Physical Education Curriculum Overview	
Unit: New Games/Cooperative Games	Grades 9-12
Standards	Essential Questions
<p>Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities</p> <p>Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p> <p>Standard 3: Participates regularly in physical activity.</p> <p>Standard 4: Achieves and maintains a health-enhancing level of physical fitness</p> <p>Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings</p> <p>Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction</p>	<p>How can cooperating with all of the members of your group help achieve the team goal of the unit? What types of communication skills do you need to have to be a leader in the cooperative games?</p> <p>How can being a follower who does not listen to specific instructions affect the entire group?</p> <p>What type of person would enjoy games that are creative and expressive?</p>

Physical Education Curriculum Overview	
Unit: Fitness Testing	Grades 9-12
Standards	Essential Questions
Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities	How would you improve your cardiovascular endurance in the winter?
Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	What type of activities will enhance total fitness?
Standard 3: Participates regularly in physical activity.	Does the ability to do crunches at a medium pace help in upper body strength?
Standard 4: Achieves and maintains a health-enhancing level of physical fitness	How do the standards for age level fitness turn students off to fitness?
Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings	
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction	How does setting goals help improve fitness levels?

Physical Education Curriculum Overview	
Unit: Speedminton	
Standards	
Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities	How does the weather effect the game of Speedminton?
Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	How would you modify playing surfaces/ area to help accommodate the playing of this game?
Standard 3: Participates regularly in physical activity.	
Standard 4: Achieves and maintains a health-enhancing level of physical fitness	How would being physically fit help improve game play?
Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings	
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction	How would you teach some lesser skilled players the finer points of the game while at the same time get personal satisfaction through game play?

Physical Education Curriculum Overview	
Unit: Archery	Grades 9-12
Standards	Essential Questions
<p>Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities</p>	How would you adjust the point of aim relative to distance of target and strength of archer?
<p>Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p>	Why would bringing the string back to your forearm have an effect on the trajectory of the arrow?
<p>Standard 3: Participates regularly in physical activity.</p>	
<p>Standard 4: Achieves and maintains a health-enhancing level of physical fitness</p>	
<p>Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings</p>	Does competition in an arching event change the ability of the archer?
<p>Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction</p>	Where are some places that one could demonstrate archery ability and if ability is above average, what are some of the personal traits one could get out of the sport?

Physical Education Curriculum Overview	
Unit: Lacrosse	
Grades 9-12	
Essential Questions	
<p>Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities</p> <p>Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p> <p>Standard 3: Participates regularly in physical activity.</p> <p>Standard 4: Achieves and maintains a health-enhancing level of physical fitness</p> <p>Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings</p> <p>Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction</p>	<p>How can you use some of the skills in Lacrosse and transfer them to other sports and movements?</p> <p>Why would you want to be able to see open space, and what are the advantages of throwing the ball to space rather than to a teammate close by?</p> <p>Why do you think that many Lacrosse programs have issues with the player's behavior in and out of school?</p>

Physical Education Curriculum Overview	
Unit: Softball	Grades 9-12
Standards	Essential Questions
Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities	Why would the rules makers of softball opt for a ball that is bigger than a baseball for players who typically have smaller hands?
Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	How could you put pressure on the defensive team if you were to get on base and you possessed good speed and understood the weakness of the opposing team's players?
Standard 3: Participates regularly in physical activity.	
Standard 4: Achieves and maintains a health-enhancing level of physical fitness	
Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings	
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction	How could playing softball in high school and learning the rules and strategies of the game be beneficial to you as an adult?