

Physical Education 11-12

Month	Content	Skills	Assessment	Essential Questions
September through June	Lifeguard Training <ul style="list-style-type: none"> - Water Rescues - Breathing - Emergencies - CPR for Professional Rescuer - AED - First Aid 	Rescues and Holds AED Skills Rescue Breathing CPR Choking First Aid	Written Test for Emergency Preparation, Lifeguard Training, CPR for the Professional Rescuer, First Aid and AED Skills Test for rescues, back boarding, Breathing emergencies, CPR, Choking, AED and First Aid	What qualities make a good Lifeguard? Does being a Lifeguard change how you look at life?
September and October	Tennis <ul style="list-style-type: none"> - Rules - Skill concept 	Review grips, review backhand and forehand, footwork, punch serve, scoring and serve	Forehand, backhand and game play	How do an individual's actions and behaviors impact physical activity? Why do we participate in lifelong activities and individual sports?
	Flag Football <ul style="list-style-type: none"> - Rules and strategy - Play development - Safety - Skill concept 	Catching, throwing, positions, safety, patterns, kicking	Catching, throwing, and play development	How do team sports prepare an individual for life?

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October and November	<p style="text-align: center;">Archery</p> <ul style="list-style-type: none"> - Anatomy of bow and arrow - Safety 	Stance, draw, anchor, aim, release and follow through (6 point), safety, group shooting and scoring	6 point skill assessment on shooting and accuracy	<p>How do an individual's actions and behaviors impact physical activity?</p> <p>Why do we participate in lifelong activities and individual sports?</p>
	<p style="text-align: center;">Frisbee Activities</p> <ul style="list-style-type: none"> - Rules and Strategy - Skill concept 	Throwing, catching, and positions	Throwing and catching	How do team sports prepare an individual for life?
November	<p style="text-align: center;">Fitness Test</p> <ul style="list-style-type: none"> - Components of the Fitness Gram 	Pacer test, curl ups, push-ups, trunk lift, BMI, sit and reach.	Fitness Gram Test	Why is physical activity important to quality of life?
	<p style="text-align: center;">Orienteering</p> <ul style="list-style-type: none"> - Compass reading - Map skills - Bearings - Land marks 	Compass skills, pacing, bearings, and landmarks	Map and course construction and ability to maneuver through a course	<p>How do an individual's actions and behaviors impact physical activity?</p> <p>Why do we participate in lifelong activities and individual sports?</p>

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November and December	<p style="text-align: center;">Pilates</p> <ul style="list-style-type: none"> - History of Pilates - Core muscles - Resources - Safety 	Advanced routine including rowing the boat, seal, and the use of props	Creation of a mini routine Written test	Why is physical activity important to quality of life?
	<p style="text-align: center;">Yoga</p> <ul style="list-style-type: none"> - History - Safety concepts - Health benefits - Resources 	Advanced routine including, king dancer, reverse triangle, and twisted warrior. Introduction to flowing or “power” yoga.	Creation and performance of a group mini routine. Written test	Why is physical activity important to quality of life?
December and January	<p style="text-align: center;">Basketball</p> <ul style="list-style-type: none"> - Rules - Scoring - Skill concept 	Dribbling, ball handling, lay up, set shot, passing, rebounding	Dribbling, game play, shooting	How do team sports prepare an individual for life?
	<p style="text-align: center;">Aerobics</p> <ul style="list-style-type: none"> - safety - pulse - target heart rate - FITT principal - Hypokinetic diseases 	Basic step kick boxing, and circuit training	Finding target heart rate, FITT, Hypokinetic diseases, warm-up and cool down Physiology, safe execution of skills	Why is physical activity important to quality of life?

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January	Volleyball <ul style="list-style-type: none"> - Rules - Scoring - Skill concept 	Review forearm pass, set, and underhand serve, Rotation, overhand serve, blocking, offense, and spiking.	Pass, serve and game play	How do team sports prepare an individual for life?
February	Badminton/Ping Pong <ul style="list-style-type: none"> - History - Rules 	Review: <ul style="list-style-type: none"> • serves • clears • forehand and backhand • scoring drop shot • smash 	Serving, rallying, scoring, and 4 corner shot placement	How do an individual's actions and behaviors impact physical activity? Why do we participate in life long activities and individual sports?
February and March	Self Defense <ul style="list-style-type: none"> - Self defense - Psychology 	Review of previous skills Evading a situation Recognizing unhealthy relationships and advocating for one's well-being, protecting one's self from the ground using the environment to one's advantage	Skill application Written test	How do an individual's actions and behaviors impact physical activity? Why do we participate in life long activities and individual sports?
	Dance <ul style="list-style-type: none"> - Review elements of movement 	Performing various social dances, analyzing and critiquing dances from the TV show, "So You Think You Can Dance", Performing tribal dances, including African and Brazilian	Creation and performance of a group routine	How do individuals express themselves through movement?

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February and March	<p>Swimming</p> <ul style="list-style-type: none"> - Water safety - Water games 	<p>ARC level V Review:</p> <ul style="list-style-type: none"> • breaststroke • freestyle • backstroke • sidestroke • treading • prone and supine floats 	<p>Ability to perform strokes by ARC guidelines</p> <p>Game rules and team concepts</p>	<p>Why is physical activity important to quality of life?</p>
	<p>Weight Training</p> <ul style="list-style-type: none"> - Superficial muscles - Weight lifting vocabulary - Safety - Basic training principles - Health benefits 	<p>Core lifts, auxiliary lifts</p>	<p>Ability to execute core and auxiliary lifts correctly, equipment, safety, superficial muscles, vocabulary, safety, training principles, health benefits, creation of a personal fitness program</p>	<p>Why is physical activity important to quality of life?</p>
	<p>Floor Hockey</p> <ul style="list-style-type: none"> - Rules - Skill concept - Safety 	<p>Dribble, shooting, stick handling, passing, goal keeping</p>	<p>Safety, skill concept, team play and strategy</p>	<p>How do team sports prepare an individual for life?</p>
March and April	<p>Games</p> <ul style="list-style-type: none"> - rules - team strategy - team cooperation - skill concept 	<p>Throwing, kicking, passing, evading</p>	<p>Game play and scoring</p>	<p>How do team sports prepare an individual for life?</p>
April and May	<p>Team Handball</p> <ul style="list-style-type: none"> - Rules - Team concept 	<p>Throwing, spatial awareness, catching and goalie skills.</p>	<p>Rules, throwing, and team concept</p>	<p>How do team sports prepare an individual for life?</p>

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May and June	<p style="text-align: center;">Golf</p> <ul style="list-style-type: none"> - Rules - Skill concept - Etiquette 	Chipping, scoring, review grip, putting, driving, and club selection	Grip, drive, putt, chip	<p>How do an individual's actions and behaviors impact physical activity?</p> <p>Why do we participate in lifelong activities and individual sports?</p>
	<p>Project Adventure</p> <ul style="list-style-type: none"> - PA value contract 	Team building, problem solving, and trust activities, creating group games, abiding by PA value contract	Journal	How can leadership and problem solving effect group activity?
	<p style="text-align: center;">Walking</p> <ul style="list-style-type: none"> - MPH - Calorie burn - Pulse rate - Varying intensity - Health benefits 	Ability to stay with group and sustain heart rate	Calculating calories burned, finding target heart rate, health benefits, treating walking "over use" injuries	Why is physical activity important to quality of life?
	<p style="text-align: center;">Softball</p> <ul style="list-style-type: none"> - Rules - Positions - Team concept - Officiating - Safety 	Throwing, running bases, catching, batting	Skills, rules, positions, team concept	How do team sports prepare an individual for life?