

Physical Education 9-10

Month	Content	Skills	Assessment	Essential Questions
September and October	Tennis <ul style="list-style-type: none"> - Rules - Skill concept 	Grip, backhand, forehand, punch serve, and footwork	Forehand, backhand, game play, rules, and scoring.	How does an individual's actions and behaviors impact physical activity? Why do we participate in lifelong activities and individual sports?
	Soccer <ul style="list-style-type: none"> - Rules - Positions - Skill concept 	Dribbling, shooting, throwing, passing, and ball control	Shooting and ball control	How do team sports prepare an individual for life?
	Flag Football <ul style="list-style-type: none"> - Rules and strategy - Play development 	Throwing, catching, and kicking.	Rules, strategy, throwing, catching, and game play.	How do team sports prepare an individual for life?
October and November	Archery <ul style="list-style-type: none"> - Anatomy of bow and arrow - Safety 	Stance, draw, anchor, aim, release, and follow through (6 points), and shooting at various distances.	Parts of the bow, arrow, and the 6 shooting fundamentals.	How does an individual's actions and behaviors impact physical activity? Why do we participate in lifelong activities and individual sports?
	Frisbee Activities <ul style="list-style-type: none"> - Rules - Skill concept 	Throwing and catching	Throwing, catching, rules, and skill concept.	How do team sports prepare an individual for life?

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November	Orienteering <ul style="list-style-type: none"> - Compass reading - Map skills - Bearings - Land marks 	Compass skills, pacing, bearings, landmarks	Map and course construction, ability to maneuver through a course	How does an individual's actions and behaviors impact physical activity? Why do we participate in lifelong activities and individual sports?
	Fitness Test <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?
November and December	Pilates <ul style="list-style-type: none"> - History of Pilates - Core muscles - Resources - Safety 	Practicing a beginner routine including: spinal imprinting, leg circles, single and double leg stretch, swan, shell, leg kicks, plank, the 100, and roll ups.	Creation of a Mini Routine History of Pilates, core muscles evaluating training resources, safety	Why is physical activity important to quality of life?
	Yoga <ul style="list-style-type: none"> - History - Safety concepts - Health benefits - Resources 	Practicing common Hatha positions including: downward/upward facing dog, mountain, warrior 1 and 2, peaceful, tree, planks, forward fold, eagle, resources, and ajjayi breathing	Performance and creation of a routine with a partner, pose identification, history, safety concepts, health benefits	Why is physical activity important to quality of life?

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December and January	Basketball <ul style="list-style-type: none"> - Rules, - Scoring - Skill concept 	Dribbling, ball handling, lay up, set shot, passing, and rebounding	Dribbling, game play, shooting, and rules.	How do team sports prepare an individual for life?
	Aerobics <ul style="list-style-type: none"> - Safety - Pulse - Target heart rate - FITT principal 	Performing basic step, kickboxing, and circuit training	Finding target heart rate, FITT, hypo kinetic diseases, warm up and cool down physiology, safe execution of skills.	Why is physical activity important to quality of life?
January	Volleyball <ul style="list-style-type: none"> - Rules - Scoring - Skill concept 	Rotation, underhand serve, forearm pass, set, and dink	Rules, scoring, skill concept, and game play.	How do team sports prepare an individual for life?
February and March	Self Defense <ul style="list-style-type: none"> - Self defense - Psychology 	Palm strikes, front kick, low side kick, oblique kick, roundhouse kick, elbows, knees, identifying a volatile situation, and identifying vulnerable targets.	Skill application against focus mitts, self defense, and psychology	How does an individual's actions and behaviors impact physical activity? Why do we participate in lifelong activities and individual sports?
February and March	Dance <ul style="list-style-type: none"> - Elements of movement - Count - Researching a specific area of dance 	Clapping and moving to a beat, simple pick up dances, country line dances, Texas 2 Step, basic Cha Cha, Salsa, and basic Swing, and Waltz.	Creation and performance of a 32 count small group dance routine, researching and reflecting on area resources	How do individuals express themselves through movement?

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February and March	Weight Training <ul style="list-style-type: none"> - Superficial muscles - Weight lifting vocabulary - Safety - Basic training principles - Health benefits 	Performing Core lifts	Ability to execute core lifts correctly, equipment, safety, superficial muscles, vocabulary, safety, training principles, and health benefits	Why is physical activity important to quality of life?
	Swimming <ul style="list-style-type: none"> - Water safety - ARC level 5 	Review of breaststroke, freestyle, backstroke, sidestroke, treading, prone and supine floats.	Ability to perform strokes by ARC guidelines	Why is physical activity important to quality of life?
February	Badminton <ul style="list-style-type: none"> - History - Rules 	Performing serves, overhead clear, underhand clear, and rallying.	Serving, rallying, rules, skill concept, and strategy	How does an individual's actions and behaviors impact physical activity? Why do we participate in lifelong activities and individual sports?
April and May	Team Handball <ul style="list-style-type: none"> - Rules - Team concept - Space invasion 	Throwing, court awareness, catching, and goalie skills.	Rules, throwing, and team concept	How do team sports prepare an individual for life?

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May and June	Golf <ul style="list-style-type: none"> - Rules - Etiquette - Skill concept - Club selection 	Putting, driving, scoring, and grip	Rules, grip, drive, and putt	How does an individual's actions and behaviors impact physical activity? Why do we participate in lifelong activities and individual sports?
	Project Adventure <ul style="list-style-type: none"> - PA value - Contract 	Practice team building, problem solving, trust activities, and creating group games	Journal	How can leadership and problem solving affect group activity?
	Softball <ul style="list-style-type: none"> - rules - positions - team concept - safety 	Throwing, running bases, catching, batting, and officiating	Skills, rules, positions, team concept	How do team sports prepare an individual for life?
	Walking <ul style="list-style-type: none"> - MPH - Calorie burn - Health benefits 	Power walking, calculating MPH, and caloric burn	Calculating calories burned, finding target heart rate, health benefits, treating walking "over use" injuries	Why is physical activity important to quality of life?