



**SPRING GROVE AREA SCHOOL DISTRICT**



**PLANNED COURSE OVERVIEW**

<b>Course Title:</b> Introduction to Sports and Fitness Education <b>Grade Level(s):</b> 9 <b>Units of Credit:</b> .50 <b>Classification:</b> Required	<b>Length of Course:</b> 15 cycles <b>Periods Per Cycle:</b> 6 <b>Length of Period:</b> 43 minutes <b>Total Instructional Time:</b> 64.5 hours
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***Course Description***

Through this course students are introduced to physical education at the high school level. An essential part of all physical education is monitoring cardiovascular fitness. In this course students will use Heart Rate technology to monitor and assess student performance. By combining various activities of team, individual, and lifetime sports, students develop an understanding of the future courses they may elect to take in grades 10, 11, and 12. The course blends strenuous physical activity and physical fitness through game play. Units may include but are not limited to: Soccer, Football, Rocketball, Weight Training and Conditioning, Volleyball, Basketball, Team Building, Badminton, Softball, Swimming, and Biking. Each student evaluates the various types of stress as they begin their high school careers as well as evaluating other environmental stressors pertaining to their own lifestyle. The students also learn about how stress, if not handled, can lead to different types of mental disorders and the unfortunate result of suicide as a last resort. The student learns about anatomy and weight training as a part of nutrition/fitness. Another area of focus includes evaluating their own exercise/fitness plan that corresponds to their eating behaviors.

***Instructional Strategies, Learning Practices, Activities, and Experiences***

Discussions Bell Ringers Group Projects	Think-Pair-Share Modified Games Dynamic Warmup	Videos Stations Fitness Technology
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***Assessments***

Tests/Quizzes Peer Checks	Modified Games Game Play	Skill Checks
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***Materials/Resources***

Books	Videos	Internet
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**Adopted:**

Revised: 8/16/00; 8/21/06; 6/20/11; 5/16/16

Departmental Review: 10/2017

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Softball	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Positions On the Field</p> <p>Rules of Game Play</p> <p>Throwing Technique</p> <p>Catching Technique</p> <p>Hitting Technique</p> <p>Fair vs. Foul Ball</p> <p><u>Related Vocabulary</u></p> <p>safe</p> <p>out</p> <p>fair ball</p> <p>foul ball</p> <p>ground ball</p> <p>pop up</p> <p>position names</p>	<p>10.4.9.A - Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.</p> <p>10.5.9.B - Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.</p> <p>10.5.9.C - Identify and apply practice strategies for skill improvement.</p>

Football	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Game Play</p> <p>Offensive Strategies</p> <p>Defensive Strategies</p> <p>Game Rules/Scoring</p> <p><u>Related Vocabulary</u>                      pass                      reception                      interception                      line of scrimmage                      downs                      first downs                      completion                      lateral</p>	<p>10.4.9.A - Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.</p> <p>10.5.9.A - Describe and apply the components of skill-related fitness to movement performance.</p> <p>10.5.9.C - Identify and apply practice strategies for skill improvement.</p> <p>10.5.9.F - Describe and apply game strategies to complex games and physical activities.</p>

Soccer	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Striking Fitness Conditioning Offensive Strategies Defensive Strategies Team Communication  <u>Related Vocabulary</u> spatial awareness touch pass leading your partner defense line changes mid field	10.4.9.E - Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.  10.4.9.F - Analyze the effects of positive and negative interactions of adolescent group members in physical activities.  10.5.9.A - Describe and apply the components of skill-related fitness to movement performance.  10.5.9.B - Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.  10.5.9.C - Identify and apply practice strategies for skill improvement.  10.5.9.F - Describe and apply game strategies to complex games and physical activities.

Speedball	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Throwing Kicking Passing Spatial Awareness Offensive Strategies Defensive Strategies Scoring  <u>Related Vocabulary</u> conversion spatial awareness leading	10.4.9.A - Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.  10.4.9.F - Analyze the effects of positive and negative interactions of adolescent group members in physical activities.  10.4.12.F - Assess and use strategies for enhancing adult group interaction in physical activities.  10.5.9.A - Describe and apply the components of skill-related fitness to movement performance.  10.5.9.C - Identify and apply practice strategies for skill improvement.  10.5.9.E - Analyze and apply scientific and biomechanical principles to complex movements.  10.5.12.C - Evaluate the impact of practice strategies on skill development and improvement.  10.5.12.E - Evaluate movement forms for appropriate application of scientific and biomechanical principles.

Ultimate Frisbee	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Spatial Awareness Offensive Strategies Defensive Strategies Gameplay  <u>Related Vocabulary</u> spatial awareness backhand forehand/flick throw hammer throw thumberang	10.4.9.A - Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.  10.4.9.D - Analyze factors that affect physical activity preferences of adolescents.  10.4.9.E - Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.  10.4.9.F - Analyze the effects of positive and negative interactions of adolescent group members in physical activities.  10.5.9.E - Analyze and apply scientific and biomechanical principles to complex movements.

Teen Suicide	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Teen Suicide</p> <p><u>Related Vocabulary</u>                      depression                      cluster suicides                      suicide                      non verbal                      verbal                      statistics                      mental disorders</p>	<p>10.1.9.A - Analyze factors that impact growth and development between adolescence and adulthood.</p> <p>10.1.9.E - Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.</p> <p>10.2.9.C - Analyze media health and safety messages and describe their impact on personal health and safety.</p> <p>10.2.9.D - Analyze and apply a decision-making process to adolescent health and safety issues.</p>



Stress Management	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Stress Management</p> <p><u>Related Vocabulary</u></p> <p>stressor                      eustress                      distress                      biological stressor                      environmental stressor                      cognitive stressor                      life situation stressor                      personal behavior stressor                      alarm                      resistance                      fatigue                      endocrine system                      nervous system                      stress management skills                      ways to prevent stress</p>	<p>10.1.9.A - Analyze factors that impact growth and development between adolescence and adulthood.</p> <p>10.1.9.E - Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.</p> <p>10.2.9.C - Analyze media health and safety messages and describe their impact on personal health and safety.</p> <p>10.2.9.D - Analyze and apply a decision-making process to adolescent health and safety issues.</p>

Nutrition/Fitness	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Nutrition/Fitness</p> <p><u>Related Vocabulary</u>                      nutrient                      appetite                      hunger                      environmental factors                      calories                      obesity                      body mass index (BMI)                      MyPlate                      diet</p>	<p>10.1.9.A - Analyze factors that impact growth and development between adolescence and adulthood.</p> <p>10.1.9.C - Analyze factors that impact nutritional choices of adolescents.</p> <p>10.1.9.E - Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.</p> <p>10.2.9.B - Analyze the relationship between health-related information and adolescent consumer choices.</p> <p>10.2.9.D - Analyze and apply a decision-making process to adolescent health and safety issues.</p> <p>10.4.9.B - Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.</p> <p>10.4.9.D - Analyze factors that affect physical activity preferences of adolescents.</p>

Rocketball	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Game Rules Offensive Strategies Defensive Strategies Scoring Methods  <u>Related Vocabulary</u> conversion touchdown goal line change	10.4.9.A - Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.  10.4.9.F - Analyze the effects of positive and negative interactions of adolescent group members in physical activities.  10.5.9.F - Describe and apply game strategies to complex games and physical activities.

Badminton	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Service</p> <ul style="list-style-type: none"> <li>• Short Service Line</li> <li>• Serving Underhand</li> <li>• Serving Diagonally</li> <li>• Service Depth</li> <li>• Service Rotation</li> </ul> <p>Keeping Score</p> <p>Offensive/Defensive Strategies</p> <p><u>Related Vocabulary</u>                      forehand                      backhand                      drop shot                      lob/clear                      short service line                      net violation                      service boxes                      long service line</p>	<p>10.4.9.B - Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.</p> <p>10.4.9.C - Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.</p> <p>10.4.9.D - Analyze factors that affect physical activity preferences of adolescents.</p> <p>10.5.9.C - Identify and apply practice strategies for skill improvement.</p> <p>10.5.9.E - Analyze and apply scientific and biomechanical principles to complex movements.</p> <p>10.5.9.F - Describe and apply game strategies to complex games and physical activities.</p>

Team Building	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Team work</p> <p>Collaboration</p> <p>Problem Solving</p> <p><u>Related Vocabulary</u> collaborate</p>	<p>10.4.9.A - Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.</p> <p>10.4.9.D - Analyze factors that affect physical activity preferences of adolescents.</p> <p>10.4.9.F - Analyze the effects of positive and negative interactions of adolescent group members in physical activities.</p>

Table Tennis	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Rules for Singles and Doubles</p> <p>Serving Rules</p> <p>Scoring Rules for Singles/Doubles</p> <p><u>Related Vocabulary</u> forehand backhand serving</p>	<p>10.4.9.A - Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.</p> <p>10.4.9.F - Analyze the effects of positive and negative interactions of adolescent group members in physical activities.</p> <p>10.5.9.B - Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.</p> <p>10.5.9.C - Identify and apply practice strategies for skill improvement.</p> <p>10.5.9.F - Describe and apply game strategies to complex games and physical activities.</p>

Weight Room/Muscles	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Components of Fitness Strength Training Muscle Contractions Movement Planes Equipment Joints of the Body  <u>Related Vocabulary</u> repetition set barbell dumbbell concentric eccentric isometric pronate supinate agonist antagonist primary muscle secondary muscle pectoralis major quadriceps rectus abdominus	10.4.9.A - Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.  10.4.9.C - Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.  10.5.9.C - Identify and apply practice strategies for skill improvement.  10.5.9.D - Identify and describe the principles of training using appropriate vocabulary.  10.5.9.E - Analyze and apply scientific and biomechanical principles to complex movements.

Weight Room (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<u>Related Vocabulary (continued)</u> oblique bicep triceps deltoid trapezius latissimus dorsi biceps femoris gastrocnemius	



Muscles	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Muscles In the Body</p> <p><u>Related Vocabulary</u>                      quadriceps                      bicep femoris                      erector spinae                      gluteus maximus                      bicep                      triceps                      obliques                      rectus abdominis                      latissimus dorsi                      trapezius                      gastrocnemius                      pectoralis major                      anterior deltoid                      posterior deltoid</p>	<p>10.4.9.A - Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.</p> <p>10.4.9.C - Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.</p> <p>10.5.9.C - Identify and apply practice strategies for skill improvement.</p> <p>10.5.9.D - Identify and describe the principles of training using appropriate vocabulary.</p> <p>10.5.9.E - Analyze and apply scientific and biomechanical principles to complex movements.</p>

Target Heart Rate	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Analyze Your Personal Target Heart Rate Range (zone)</p> <p><u>Related Vocabulary</u>                      target heart rate zone                      percentage of your maximum heart rate (MHR)</p>	<p>10.4.9.C - Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.</p> <p>10.4.9.D - Analyze factors that affect physical activity preferences of adolescents.</p> <p>10.5.9.D - Identify and describe the principles of training using appropriate vocabulary.</p>

Volleyball	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Serving</p> <p>Volleyball Gameplay</p> <p>Passing Techniques</p> <p><u>Related Vocabulary</u>                      overhead pass                      set                      forearm pass                      underhand serve                      overhand serve                      rally scoring</p>	<p>10.5.9.B - Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.</p> <p>10.5.9.C - Identify and apply practice strategies for skill improvement.</p> <p>10.5.9.E - Analyze and apply scientific and biomechanical principles to complex movements.</p> <p>10.5.9.F - Describe and apply game strategies to complex games and physical activities.</p>

Biking	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Bike Basics</p> <ul style="list-style-type: none"> <li>• Seat Adjustment</li> <li>• Brake/Tire Check</li> <li>• Chains/Gears</li> </ul> <p>Safe biking</p> <ul style="list-style-type: none"> <li>• Road</li> <li>• Uphill/Downhill</li> <li>• Shifting Gears</li> <li>• Trail</li> </ul>	<p>10.3..A – Safe/Unsafe practices</p> <p>10.4..E – Physical activity and motor skill improvement</p> <p>10.5..A – Movement skills and concepts</p> <p>10.5..D – Principles of exercise/training</p>

Swimming	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Swimming Basics</p> <ul style="list-style-type: none"> <li>• Freestyle</li> <li>• Backstroke</li> <li>• Breaststroke</li> <li>• Swimming Safety and Water Rescue</li> </ul> <p>Water Workouts</p> <ul style="list-style-type: none"> <li>• Effects of Strength Training In vs. Out of Water</li> <li>• Circuit Training</li> <li>• Aerobics</li> <li>• Strength Training</li> </ul>	<p>10.2..D – Decision making skills</p> <p>10.3..A – Safe/Unsafe practices</p> <p>10.4..A – Physical activities that promote health &amp; fitness</p> <p>10.4..B – Effects of regular participation</p> <p>10.4..D – Physical activity preferences</p> <p>10.5..D – Principles of exercise/training</p>