



SPRING GROVE AREA SCHOOL DISTRICT



PLANNED COURSE OVERVIEW

Course Title: Lifetime Sports and Recreation Grade Level(s): 10 - 12 Units of Credit: .50 Classification: Elective	Length of Course: 15 cycles Periods Per Cycle: 6 Length of Period: 43 minutes Total Instructional Time: 64.5
---	---

Course Description

This course is designed for grades 10 - 12 males and females. 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. The course emphasizes physical fitness and life-long recreational activities which may include archery, softball, ultimate frisbee, golf, ping pong, team building, bowling, disc golf, wall ball, introduction to self-defense, volleyball, and badminton. This course is designed to help students experience the social and wellness aspects of physical fitness and activity that promotes healthy living.

Instructional Strategies, Learning Practices, Activities, and Experiences

Dynamic Warm Up Activity Peer Skills Teaching	Rules of Game Play Modified Games	Small-Sided Games Fitness Technology
--	--------------------------------------	---

Assessments

Tests/Quizzes Peer Checks	Skill Checks Dynamic Warm Up Activity	Peer Skills Teaching
------------------------------	--	----------------------

Materials/Resources

Books	Videos	Internet
-------	--------	----------

Adopted: 6/20/11; 5/16/16
Revised:
Departmental Review: 10/2017

Team Building Activities	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Group Completion of Challenge Task	10.3.9.D - Analyze the role of individual responsibility for safety during organized group activities
Personal Involvement in Group Decision Making Process	10.3.12.D - Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.
Use Positive Communication and Listening Skills	10.4.9.A - Analyze and engage in physical activities that are developmentally/ individually appropriate and support achievement of personal fitness and activity goals.
Develop Success Strategies For Group Success	10.4.9.B - Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.
Explore and Evaluate Personal Strengths and Weaknesses	10.4.9.F - Describe and apply game strategies to complex games and physical activities.
Use of Personal Strengths for Group Task Completion	10.4.12.A - Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.
<u>Related Vocabulary</u> cooperation communication negativity vision self-discipline self-worth task	10.4.12.B - Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. 10.4.12.F - Assess and use strategies for enhancing adult group interaction in physical activities.

Wall Ball	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Rules of Wall Ball	10.3.9.B - Describe and apply strategies for emergency and long-term management of injuries.
Serving Technique	10.3.9.C - Analyze and apply strategies to avoid or manage conflict and violence during adolescence.
Spacing of Players	10.3.9.D - Analyze the role of individual responsibility for safety during organized group activities.
Court Design	10.4.9.A - Analyze and engage in physical activities that are developmentally/ individually appropriate and support achievement of personal fitness and activity goals.
Striking of the Ball	10.4.9.B - Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.
Receiving Position Technique	10.4.9.C - Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.
Scoring of Wall Ball	10.4.9.D - Analyze factors that affect physical activity preferences of adolescents.
Strategy of Wall Ball	10.4.9.E - Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.
Strategy of Wall Ball	10.4.9.F - Analyze the effects of positive and negative interactions of adolescent group members in physical activities.
<u>Related Vocabulary</u>	10.5.9.A - Describe and apply the components of skill-related fitness to movement performance.
paddle	10.5.9.B - Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.
tennis ball	10.5.9.C - Identify and apply practice strategies for skill improvement.
foul line	10.5.9.D - Identify and describe the principles of training using appropriate vocabulary.
serving block	
lob shot	
smash or spike shot	
agility	
strategy	
speed	

Wall Ball (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
	<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> <p>10.3.12.D - Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12.A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>10.4.12.B - Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <p>10.4.12.C - Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <p>10.4.12.D - Evaluate factors that affect physical activity and exercise preferences of adults.</p> <p>10.4.12.E - Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>10.4.12.F - Assess and use strategies for enhancing adult group interaction in physical activities.</p> <p>10.5.12.A - Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>10.5.12.B - Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <p>10.5.12.C - Evaluate the impact of practice strategies on skill development and improvement.</p>

Wall Ball (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
	<p>10.5.12.D - Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.</p> <p>10.5.12.E - Evaluate movement forms for appropriate application of scientific and biomechanical principles.</p> <p>10.5.12.F - Analyze the application of game strategies for different categories of physical activities.</p>

Ultimate Frisbee	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Grips For Different Throws	10.3.9.B - Describe and apply strategies for emergency and long-term management of injuries.
Catching	10.3.9.C - Analyze and apply strategies to avoid or manage conflict and violence during adolescence.
Pivoting	10.3.9.D - Analyze the role of individual responsibility for safety during organized group activities.
Guarding	10.4.9.A - Analyze and engage in physical activities that are developmentally/ individually appropriate and support achievement of personal fitness and activity goals.
Field Markings	10.4.9.B - Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.
Scoring	10.4.9.C - Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.
Fouls	10.4.9.D - Analyze factors that affect physical activity preferences of adolescents.
History of the Game	10.4.9.E - Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.
<u>Related Vocabulary</u>	10.4.9.F - Analyze the effects of positive and negative interactions of adolescent group members in physical activities.
interception	10.5.9.A - Describe and apply the components of skill-related fitness to movement performance.
stall count	10.5.9.B - Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.
rim	10.5.9.C - Identify and apply practice strategies for skill improvement.
edge	10.5.9.D - Identify and describe the principles of training using appropriate vocabulary.

Ultimate Frisbee (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
	<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> <p>10.3.12.D - Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12.A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>10.4.12.B - Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <p>10.4.12.C - Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <p>10.4.12.D - Evaluate factors that affect physical activity and exercise preferences of adults.</p> <p>10.4.12.E - Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>10.4.12.F - Assess and use strategies for enhancing adult group interaction in physical activities.</p> <p>10.5.12.A - Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>10.5.12.B - Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <p>10.5.12.C - Evaluate the impact of practice strategies on skill development and improvement.</p>

Ultimate Frisbee (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
	<p>10.5.12.D - Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.</p> <p>10.5.12.E - Evaluate movement forms for appropriate application of scientific and biomechanical principles.</p> <p>10.5.12.F - Analyze the application of game strategies for different categories of physical activities.</p>

Archery	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Basic Skills of Archery</p> <p>Local and National Resources Available to Students In Archery</p> <p>Safety Procedures of Archery</p> <p><u>Related Vocabulary</u> arrow bow draw aim round release nock anchor quiver</p>	<p>10.3.9.B - Describe and apply strategies for emergency and long-term management of injuries.</p> <p>10.3.9.C - Analyze and apply strategies to avoid or manage conflict and violence during adolescence.</p> <p>10.3.9.D - Analyze the role of individual responsibility for safety during organized group activities.</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.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>10.4.9.E - Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.</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.A - Describe and apply the components of skill-related fitness to movement performance.</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.D - Identify and describe the principles of training using appropriate vocabulary.</p>

Archery (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
	<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> <p>10.3.12.D - Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12.A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>10.4.12.B - Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <p>10.4.12.C - Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <p>10.4.12.D - Evaluate factors that affect physical activity and exercise preferences of adults.</p> <p>10.4.12.E - Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>10.4.12.F - Assess and use strategies for enhancing adult group interaction in physical activities.</p> <p>10.5.12.A - Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>10.5.12.B - Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <p>10.5.12.C - Evaluate the impact of practice strategies on skill development and improvement.</p>

Archery (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
	<p>10.5.12.D - Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.</p> <p>10.5.12.E - Evaluate movement forms for appropriate application of scientific and biomechanical principles.</p> <p>10.5.12.F - Analyze the application of game strategies for different categories of physical activities.</p>

Golf	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Basic Swing	10.3.9.B - Describe and apply strategies for emergency and long-term management of injuries.
Shot Variety	10.3.9.C - Analyze and apply strategies to avoid or manage conflict and violence during adolescence.
Rules of Play	10.3.9.D - Analyze the role of individual responsibility for safety during organized group activities.
Ball Progression	10.4.9.A - Analyze and engage in physical activities that are developmentally/ individually appropriate and support achievement of personal fitness and activity goals.
Swing Progression	10.4.9.B - Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.
Hit to Target	10.4.9.C - Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.
<u>Related Vocabulary</u> etiquette	10.4.9.D - Analyze factors that affect physical activity preferences of adolescents.
slice	10.4.9.E - Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.
fade	10.4.9.F - Analyze the effects of positive and negative interactions of adolescent group members in physical activities.
hook	10.5.9.A - Describe and apply the components of skill-related fitness to movement performance.
draw	10.5.9.B - Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.
chip shot	10.5.9.C - Identify and apply practice strategies for skill improvement.
punch shot	10.5.9.D - Identify and describe the principles of training using appropriate vocabulary.
toe	
face	
sole	
heel	
shaft	
grip	
divot	
eagle	
birdie	
par	

Golf (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p><u>Related Vocabulary (continued)</u> bogey double bogey tee fairway rough fringe green sand trap water hazard out of bounds plane</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> <p>10.3.12.D - Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12.A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>10.4.12.B - Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <p>10.4.12.C - Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <p>10.4.12.D - Evaluate factors that affect physical activity and exercise preferences of adults.</p> <p>10.4.12.E - Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>10.4.12.F - Assess and use strategies for enhancing adult group interaction in physical activities.</p> <p>10.5.12.A - Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>10.5.12.B - Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <p>10.5.12.C - Evaluate the impact of practice strategies on skill development and improvement.</p>

Golf (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
	<p>10.5.12.D - Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.</p> <p>10.5.12.E - Evaluate movement forms for appropriate application of scientific and biomechanical principles.</p> <p>10.5.12.F - Analyze the application of game strategies for different categories of physical activities.</p>

Softball	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Throwing	10.3.9.B - Describe and apply strategies for emergency and long-term management of injuries.
Catching	10.3.9.C - Analyze and apply strategies to avoid or manage conflict and violence during adolescence.
Fielding Ground Balls	10.3.9.D - Analyze the role of individual responsibility for safety during organized group activities.
Fielding Fly Balls	10.4.9.A - Analyze and engage in physical activities that are developmentally/ individually appropriate and support achievement of personal fitness and activity goals.
Pitching	10.4.9.B - Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.
Hitting	10.4.9.C - Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.
Base Running	10.4.9.D - Analyze factors that affect physical activity preferences of adolescents.
Basic Rules	10.4.9.E - Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.
Offensive/Defensive Strategies	10.4.9.F - Analyze the effects of positive and negative interactions of adolescent group members in physical activities.
<u>Related Vocabulary</u>	10.5.9.A - Describe and apply the components of skill-related fitness to movement performance.
bunt	10.5.9.B - Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.
force out	10.5.9.C - Identify and apply practice strategies for skill improvement.
tag up	10.5.9.D - Identify and describe the principles of training using appropriate vocabulary.
single	
double	
triple	
grand slam	
homerun	
pitcher	
catcher	
first base	
second base	
short stop	
third base	

Softball (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p><u>Related Vocabulary</u> right field center field left field</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> <p>10.3.12.D - Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12.A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>10.4.12.B - Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <p>10.4.12.C - Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <p>10.4.12.D - Evaluate factors that affect physical activity and exercise preferences of adults.</p> <p>10.4.12.E - Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>10.4.12.F - Assess and use strategies for enhancing adult group interaction in physical activities.</p> <p>10.5.12.A - Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>10.5.12.B - Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <p>10.5.12.C - Evaluate the impact of practice strategies on skill development and improvement.</p>

Softball (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
	<p>10.5.12.D - Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.</p> <p>10.5.12.E - Evaluate movement forms for appropriate application of scientific and biomechanical principles.</p> <p>10.5.12.F - Analyze the application of game strategies for different categories of physical activities.</p>

Badminton	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Service</p> <ul style="list-style-type: none"> • Short Service Line • Serving Underhand • Serving Diagonally • Service Depth • Service Rotation <p>Keeping Score</p> <p>Offensive Strategy</p> <p>Defensive Strategy</p> <p>Skills Practice In Various Types of Shots</p> <p><u>Related Vocabulary</u> forehand backhand drop shot lob/clear smash short service line net violation service blocks long service line</p>	<p>10.3.9.B - Describe and apply strategies for emergency and long-term management of injuries.</p> <p>10.3.9.C - Analyze and apply strategies to avoid or manage conflict and violence during adolescence.</p> <p>10.3.9.D - Analyze the role of individual responsibility for safety during organized group activities.</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.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>10.4.9.E - Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.</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.A - Describe and apply the components of skill-related fitness to movement performance.</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.D - Identify and describe the principles of training using appropriate vocabulary.</p>

Badminton (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
	<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> <p>10.3.12.D - Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12.A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>10.4.12.B - Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <p>10.4.12.C - Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <p>10.4.12.D - Evaluate factors that affect physical activity and exercise preferences of adults.</p> <p>10.4.12.E - Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>10.4.12.F - Assess and use strategies for enhancing adult group interaction in physical activities.</p> <p>10.5.12.A - Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>10.5.12.B - Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <p>10.5.12.C - Evaluate the impact of practice strategies on skill development and improvement.</p>

Badminton (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
	<p>10.5.12.D - Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.</p> <p>10.5.12.E - Evaluate movement forms for appropriate application of scientific and biomechanical principles.</p> <p>10.5.12.F - Analyze the application of game strategies for different categories of physical activities.</p>

Table Tennis	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Grip	10.3.9.B - Describe and apply strategies for emergency and long-term management of injuries.
Stance and Movement	10.3.9.C - Analyze and apply strategies to avoid or manage conflict and violence during adolescence.
Offensive Shots	10.3.9.D - Analyze the role of individual responsibility for safety during organized group activities.
Defensive Shots	10.4.9.A - Analyze and engage in physical activities that are developmentally/ individually appropriate and support achievement of personal fitness and activity goals.
Serve	10.4.9.B - Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.
<u>Related Vocabulary</u>	10.4.9.C - Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.
forehand	10.4.9.D - Analyze factors that affect physical activity preferences of adolescents.
backhand	10.4.9.E - Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.
backspin	10.4.9.F - Analyze the effects of positive and negative interactions of adolescent group members in physical activities.
block	10.5.9.A - Describe and apply the components of skill-related fitness to movement performance.
crosscourt	10.5.9.B - Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.
lob	10.5.9.C - Identify and apply practice strategies for skill improvement.
match	10.5.9.D - Identify and describe the principles of training using appropriate vocabulary.
topspin	
volley	

Table Tennis (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
	<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> <p>10.3.12.D - Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12.A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>10.4.12.B - Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <p>10.4.12.C - Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <p>10.4.12.D - Evaluate factors that affect physical activity and exercise preferences of adults.</p> <p>10.4.12.E - Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>10.4.12.F - Assess and use strategies for enhancing adult group interaction in physical activities.</p> <p>10.5.12.A - Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>10.5.12.B - Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <p>10.5.12.C - Evaluate the impact of practice strategies on skill development and improvement.</p>

Table Tennis (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
	<p>10.5.12.D - Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.</p> <p>10.5.12.E - Evaluate movement forms for appropriate application of scientific and biomechanical principles.</p> <p>10.5.12.F - Analyze the application of game strategies for different categories of physical activities.</p>

Bowling	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Approach	10.3.9.B - Describe and apply strategies for emergency and long-term management of injuries.
Delivery	10.3.9.C - Analyze and apply strategies to avoid or manage conflict and violence during adolescence.
Arm swing	10.3.9.D - Analyze the role of individual responsibility for safety during organized group activities.
Release	10.4.9.A - Analyze and engage in physical activities that are developmentally/ individually appropriate and support achievement of personal fitness and activity goals.
Strategy	
Scoring	10.4.9.B - Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.
<u>Related Vocabulary</u>	10.4.9.C - Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.
alley	
gutter	10.4.9.D - Analyze factors that affect physical activity preferences of adolescents.
approach	
delivery	10.4.9.E - Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.
foul	
split	
double	10.4.9.F - Analyze the effects of positive and negative interactions of adolescent group members in physical activities.
turkey	
frame	10.5.9.A - Describe and apply the components of skill-related fitness to movement performance.
pocket	
spare	10.5.9.B - Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.
strike	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.

Bowling (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
	<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> <p>10.3.12.D - Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12.A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>10.4.12.B - Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <p>10.4.12.C - Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <p>10.4.12.D - Evaluate factors that affect physical activity and exercise preferences of adults.</p> <p>10.4.12.E - Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>10.4.12.F - Assess and use strategies for enhancing adult group interaction in physical activities.</p> <p>10.5.12.A - Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>10.5.12.B - Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <p>10.5.12.C - Evaluate the impact of practice strategies on skill development and improvement.</p>

Bowling (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
	<p>10.5.12.D - Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.</p> <p>10.5.12.E - Evaluate movement forms for appropriate application of scientific and biomechanical principles.</p> <p>10.5.12.F - Analyze the application of game strategies for different categories of physical activities.</p>

Volleyball	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Passing Service Blocking Rotation Offensive and Defensive Strategy <u>Related Vocabulary</u> ace attack attack line backcourt block center line crosscourt shot dig foul hit kill pass stuff	10.3.9.B - Describe and apply strategies for emergency and long-term management of injuries. 10.3.9.C - Analyze and apply strategies to avoid or manage conflict and violence during adolescence. 10.3.9.D - Analyze the role of individual responsibility for safety during organized group activities. 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.B - Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement. 10.4.9.C - Analyze factors that affect the responses of body systems during moderate to vigorous physical activities. 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.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.D - Identify and describe the principles of training using appropriate vocabulary.

Volleyball (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
	<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> <p>10.3.12.D - Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12.A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>10.4.12.B - Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <p>10.4.12.C - Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <p>10.4.12.D - Evaluate factors that affect physical activity and exercise preferences of adults.</p> <p>10.4.12.E - Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>10.4.12.F - Assess and use strategies for enhancing adult group interaction in physical activities.</p> <p>10.5.12.A - Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>10.5.12.B - Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <p>10.5.12.C - Evaluate the impact of practice strategies on skill development and improvement.</p>

Volleyball (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
	<p>10.5.12.D - Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.</p> <p>10.5.12.E - Evaluate movement forms for appropriate application of scientific and biomechanical principles.</p> <p>10.5.12.F - Analyze the application of game strategies for different categories of physical activities.</p>

Self-Defense	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Assessing the Situation	10.3.12.A - Assess the personal and legal consequences of unsafe practices in the home, school or community.
Evaluating the Aggressor	10.3.12.B - Analyze and apply strategies for the management of injuries.
Verbal Cues of Deescalating	10.3.12.C - Analyze the impact of violence on the victim and surrounding community.
Body Language and Body Positioning	10.3.12.D - Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.
Connecting With Safety Personnel Such as Police and Security Officials	
Statistical Data On Crime In the Community Surrounding	
Law Enforcement Demonstration and Discussion	
Guest Presenters From Local Martial Arts Clubs	
Defending Against Sexual Attacks	
Preventing Domestic Violence	
<u>Related Vocabulary</u>	
awareness	
assessment	
action	
guard	
neutralizing	
evasive side step	
punch	
kick	
sweep	
parallel	
fist	

Self-Defense (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p><u>Related Vocabulary (continued)</u> web flee soft vision centerline vulnerability head butt choke throw kata karate judo mixed martial arts</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.A - Describe and apply the components of skill-related fitness to movement performance.</p>

Fitness Testing	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Cardiovascular Endurance Muscular Strength Muscular Endurance Flexibility Body Composition <u>Related Vocabulary</u> cardiovascular endurance muscular strength muscular endurance flexibility body composition	10.4.9.C - Analyze factors that affect the responses of body systems during moderate to vigorous physical activities. 10.5.9.A - Describe and apply the components of skill-related fitness to movement performance.

Disc Golf/Frisbee Golf	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Throw Technique</p> <ul style="list-style-type: none"> • Backhand • Forehand • Hammer • Discus <p>Putting</p> <ul style="list-style-type: none"> • Skill Shot Group Activity <p><u>Related Vocabulary</u> eagle birdie par bogie double bogie triple bogie</p>	<p>10.3.9.B - Describe and apply strategies for emergency and long-term management of injuries.</p> <p>10.3.9.C - Analyze and apply strategies to avoid or manage conflict and violence during adolescence.</p> <p>10.3.9.D - Analyze the role of individual responsibility for safety during organized group activities.</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.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>10.4.9.E - Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.</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.A - Describe and apply the components of skill-related fitness to movement performance.</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.D - Identify and describe the principles of training using appropriate vocabulary.</p>

Disc Golf/Frisbee Golf (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
	<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> <p>10.3.12.D - Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12.A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>10.4.12.B - Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <p>10.4.12.C - Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <p>10.4.12.D - Evaluate factors that affect physical activity and exercise preferences of adults.</p> <p>10.4.12.E - Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>10.4.12.F - Assess and use strategies for enhancing adult group interaction in physical activities.</p> <p>10.5.12.A - Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>10.5.12.B - Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <p>10.5.12.C - Evaluate the impact of practice strategies on skill development and improvement.</p>

Disc Golf/Frisbee Golf (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
	<p>10.5.12.D - Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.</p> <p>10.5.12.E - Evaluate movement forms for appropriate application of scientific and biomechanical principles.</p> <p>10.5.12.F - Analyze the application of game strategies for different categories of physical activities.</p>