

**High School PE Standards**

**HS Physical Education**

**Course Overview:** High School PE is a course designed to develop previously learned motor skills/movements and transform them into higher more proficient levels. These skills will be put to use within the course in team type activities/settings designed to incorporate higher level learning as well as responsible personal and social skills. Students in this class will focus on achieving healthy lifetime fitness skills, knowledge and skills in a variety of activities, and learning within the physical education scope and sequence. Many aspects of being a lifetime health advocate such as personal fitness goals, five components of fitness and exhibiting a physically active lifestyle are the main focus within HS Physical Education.

**Bold standards are essential standards that all students will learn as they complete the course.**

**Unit 1 Five Components of Fitness (Ongoing)**

**Description:** In this unitstudents will be able to identify the 5 components of fitness and how they relate to their overall fitness Levels. Students will also be taught the concepts of heart rate and how they relate to fitness and their overall health.

**Standards**

1. **Students will know what muscular strength is and be able to identify it. (State PE standards: 1,3,4,6,7)**
2. **Students will know what muscular endurance is and how to identify it. (State PE standards: 1,3,4,6,7)**
3. **Students will know what cardiovascular endurance is and how to identify it. (State PE standards: 1,3,4,6,7)**
4. **Students will know what flexibility is and how to identify it. (State PE standards: 1,3,4,6,7)**
5. **Students will know what body composition is and how to identify it. (State PE standards: 1,3,4,6,7)**
6. **Students will learn what their target heart rate is and how it relates to their overall health and fitness. (State PE standards: 1,3,4,6,7)**

**Unit 2 Flicker ball / Flag football (10 days)**

**Description:** In this unit students will be participating in the football unit which is comprised of flicker ball and flag football.

**Standards**

1. Students will know the rules of flag football as well as identify positions on the field. (State PE standards:2,5,6)
2. Students will know the rules to flicker ball and gameplay strategies. (State PE standards2, 7)
3. **The students will concentrate on basic football skills (pass, catch, handoffs, running, punt, and kick), positions, rules, and strategies. (State PE standards: 1, 2, 3)**
4. **The students will learn the proper cues to execute a throw with a football. Pivot, cradle high, face ball away, pronate hand on release (thumbs down), and follow-through. (State PE standards:1,2,3)**
5. **The students will learn the proper way to catch a football. (State PE standards:1,2,3)**

**Unit 3 Volleyball (10 days)**

**Description:** In this unit, the students will learn and understand basic fundamental skills in volleyball such as bumping, setting, and spiking. Students will also learn basic knowledge in volleyball such as terms, rules, simple strategies, and positions.

**Standards**

1. Students will know the rules of volleyball as well as offensive and defensive strategies. (State PE standards:2)
2. **Students will be able to execute and bump and setting pass in volleyball (State PE standards:1,3,4)**
3. **Students will be able to perform an overhand and underhand serve. (State PE standards:1,3,4)**
4. Students will be able to perform an overhand and underhand serve. (State PE standards:1,3,4)
5. Students will be able to identify the positions on a volleyball team as well as the W formation and rotation. (State PE standards:2,5,6,7)

**Unit 4 Basketball (10 days)**

**Description:** Students will be taught skills, strategies, and rules to the game of basketball

**Standards**

1. **Students will know how to dribble, pass and shoot a basketball correctly. (State PE standards:1)**
2. Students will know how to pivot, rebound and play defense in basketball (State PE standards: 1, 2)
3. **Students will know the basic rules to basketball. (State PE standards: 2, 6, 7)**

**Unit 5 Floor Hockey (10 days)**

**Description:** In this unit, the basic rules, skills, and strategies for floor hockey will be introduced and executed.

**Standards**

1. **Students will know how to handle the puck, pass and shoot in floor hockey. (State PE standards:1)**
2. **Students will know the different positions on a hockey team as well as know basic concepts and strategies. (State PE standards:2,4)**
3. Students will know the rules and safety procedures for playing floor hockey. (State PE standards5, 6, and 7 :)

**Unit 6 Badminton/Pickle ball (15 days)**

**Description:** In this unit, the game of badminton and pickle ball will be taught as well as skills and strategies introduced so that students are able to be proficient in a game.

**Standards**

1. **Students will know the rules and basic strategies for badminton and pickle ball. (State PE standards:2)**
2. Students will know and be able to identify the two different types of serves as well as the 5 different types of shots in badminton. (State PE standards:1)
3. Students will know and be able to identify the different types of serves, ground strokes, and volleying shot in pickle ball. (State PE standards: 1)

**Unit 7 Broomball (5 days)**

**Description:** In this unit students will learn how to play the game of broomball along with the skills and safety procedures necessary to become proficient.

**Standards**

1. Students will learn skills needed for the safe play of a game of broomball. (State PE standards: 1, 2, 5, 6, 7)
2. Students will learn rules, scoring, and strategies needed to participate in a game of broomball (State PE standards: 2)

**Unit 8 Soccer/Speedball (10 days)**

**Description:** Students will learn the rules and strategies for soccer and speedball as well as the skills necessary to play and be proficient.

**Standards**

1. The students will learn the rules and the basics of the game of speedball (State PE standards: 2)
2. Students will know the basic soccer rules to play a game. (State PE standards: 2)
3. **Students will be able to dribble, pass, kick and trap a soccer ball properly. (State PE standards:1)**
4. Students will be able to execute the various skills in speedball such as football, soccer and basketball components. (State PE standards:1,6,7)

**Unit 9 Softball (10 days)**

**Description:** In this unit, the students will learn the rules and strategies as well as a skill necessary to participate in a game of slow-pitch softball.

**Standards**

1. **Students will learn and work on the skills of throwing, catching and fielding a softball. (State PE standards:1)**
2. **Students will learn the proper skills necessary in order to hit a softball and run the bases in a game. (State PE standards:1)**
3. Students will know the rules of playing softball as well and the different positions on defense. They will also know some basic game play strategies. (State PE standards:2,5,6,7)

**Unit 10 Team Handball (5 days)**

**Description:** In this unit, the **s**tudents will learn the rules, strategies, and skills necessary to play a game of team handball.

**Standards**

1. The students will be able to pass, dribble, pivot and guard in team handball. (State PE standards: 1)
2. Students will know the rules and be able to identify basic strategies of team handball. (State PE standards: 2)

**Unit 11 Lacrosse (5 days)**

**Description:** In this unit students will learn the rules, skills, and strategies for playing team Lacrosse

**Standards**

1. Students will know the rules and regulations of lacrosse. (State PE standards:2,5)
2. Students will learn how to trap, scoop, pass, shoot and play defense in team Lacrosse. (State PE standards:1,3)

**Unit 12 Ultimate Frisbee (5 days)**

**Description:** In this unit students will learn the rules/strategies and skills necessary to play a game of ultimate Frisbee.

**Standards**

1. Students will know the rules and be able to identify basic strategies in ultimate Frisbee. (State PE standards: 2)
2. Students will be able to throw, catch and pivot while playing ultimate Frisbee. (State PE standards:1)

**Unit 13 Archery (5 days)**

**Description:** In this unit students will learn proper form, techniques, terms, and strategies in order to successfully shoot a bow and arrow.

**Standards**

1. **Students will learn the proper cues and progressions to fire an arrow from a bow proficiently. (State PE standards:2)**
2. Students will be taught all rules and safety regulations to be able to shoot in class and in an archery competition. (State PE standards: 2, 5, 6, 7)

**Unit 14 Fitness Testing (5 days)**

**Description:** In this unit students will learn how to perform and improve in the different areas of fitness testing (Fit gram and presidential tests.

**Standards**

1. **Students will know how to run the pacer and understand how it relates to their fitness. (State PE standards:3,4)**
2. **Students will know how to perform the push-up and sit up test and understand how it relates to their fitness. (State PE standards: 3, 4)**
3. **Students will be able to perform the sit and reach as well as the trunk lift. They will know how it relates to their fitness. (State PE standards3, 4 :)**
4. **Students will know how to do the shuttle run as well as know how it relates to their fitness. (State PE standards:3,4)**

**Unit 15 Track and Field (10 days)**

**Description:** In this unit students will learn the various events in track and field and become competent in identifying and participating in each.

**Standards**

1. Students will know how to run the 50 & 100-meter dash. Also know how to run the 400, 800, 1200, & 1600 meter relays. (State PE standards:1)
2. Students will know and identify components of the hurdles, high/long jump, triple jump, shot and discus in the field events. (State PE standards: 1)

**Unit 16 Weight Training (Ongoing)**

**Description:** In this unit students will be taught basic weight training lifts and techniques in order to work on their muscular strength and endurance.

**Standards**

1. **The students will know how to perform proper lifting techniques as well as partake in a workout plan. (State PE standards: 3, 4)**
2. **Students will learn and be able to perform in a cardio vascular, speed and agility program working on improving their cardiovascular endurance as well as muscular endurance. (State PE standards:3,4)**

**Unit 17 First Aid and CPR (10 days)**

**Description:** In this unit students will be learning the skills necessary to perform CPR and first aid

**Standards**

1. Providing immediate safe care for a person in need. Proper care, wound treatment, emergency procedures, and splinting and bracing. (State PE standards:5)
2. Students will be able to conduct CPR and the proper steps involved. (State PE standards:5)

**Unit 18 Aquatics (10 days)**

**Description:** In this unit students at all ability levels will work to develop their swimming skills. The emphasis is on learning basic water safety and basic stroke work and so you can enjoy lifelong aquatic activities and fitness. Other games included are water polo, diving, survival swim, snorkeling, water volleyball and basketball, and synchronized swimming. PHILOSOPHY: To instill in students the importance of water safety and the knowledge of basic water skills.

**Standards**

1. Students will learn basic water/pool safety. (State PE standards:2,5)
2. **Students will learn and perform the correct leg and arm technique for the front crawl (State PE standards:1,2)**
3. **Students will learn and perform the basic stroke mechanics of the Back Crawl. (State PE standards:1,2)**
4. **Students will learn and perform mechanics of the elementary backstroke. (State PE standards:1,2)**
5. **Students will learn and perform the basic mechanics of the sidestroke. (State PE standards:1,2)**
6. **Students will learn and perform the basic stoke mechanics of the butterfly stroke. (State PE standards:1,2)**
7. **Students will learn how to float on their back and front. (State PE standards: 1, 2)**

**Unit 19 Lifetime Activities (Biking, canoeing, kayaking, rock climbing, golf, Frisbee golf) (15 days)**

**Description:** In this unit students will be learning the skills necessary to perform lifetime activities such as biking, canoeing, kayaking, rock climbing, golf, Frisbee Golf

**Standards**

1. **Students will learn basic safety strategies for biking. (State PE standards: 3, 4, 7)**
2. **Students will learn how to safely canoe and kayak. (State PE standards: 3, 4, 7)**
3. **Students will learn how to safely rock climb and ballet. (State PE standards: 3, 4, 7)**
4. **Students will learn the rules, skills, and strategies for golfing. (State PE standards: 3, 4, 7)**
5. **Students will learn the rules, skills, and strategies to Frisbee golf. (State PE standards: 3, 4, 7)**