

**Physical Education Standards**

**Grades 11-12 Lifetime Sports**

**Course Overview:** Lifetime Sports is a course designed for the individual learner with a focus more on personal activities related to fitness. 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, 5 components of fitness and exhibiting a physically active lifestyle are the main focus within Physical Education 9.

**Unit 1: Volleyball (5 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 2: Basketball (5 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 3: Badminton/Pickle ball (10 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 4: Softball (5 days)**

**Description:** In this unit the students will learn the rules and strategies as well as 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 to 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 5: 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 6: 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 7: Weight Training (10 days)**

**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 8: Aquatics (5 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 9: Tennis (5 days)**

**Description:** Students will learn tennis skills and rules taught to allow a competitive game of singles or doubles

**Standards**

1. **The student will be able to score a singles match or a doubles match, along with knowing the correct rules for the game of tennis (State PE standards: 2,5,6,7)**
2. The students will be able to execute various skills and apply them to either a singles or doubles game of tennis (State PE standards: 1, 2)

**Unit 10: Touch Football (5 days)**

**Description:** Students will be able to perform skills necessary to play a game of touch football.

**Standards**

1. Students will learn basic throwing and catching skills to successfully participate in a modified game of touch Football. (State PE standards: 1, 3, 5, 7)

**Unit 11: Disk Golf (5 days)**

**Description:** Students will be able to play disk golf incorporating Frisbee throwing skills and scoring.

**Standards**

1. **Students will learn and understand the physical components of successfully throwing a golf disc towards a goal. They will also learn strategies and scoring skills. (State PE standards: 1,3,5,7)**

**Unit 12: Table Tennis (5 days)**

**Description:** Students will learn the basic skills/ and scoring system used to play a competitive game of ping pong (table tennis).

**Standards**

1. **Students will watch and understand the basic scoring system used in a game of competitive table tennis. (State PE standards: 1, 3, 5, 7)**
2. Students will be able to perform skills necessary to serve and play a game of table tennis. (State PE standards: 1)

**Unit 13: Canoeing and Kayaking (5 days)**

**Description:** Students will learn the basic skills used in order to canoe/kayak safely.

**Standards**

1. **Students will demonstrate safe loading and unloading techniques using proper form to eliminate injuries. (State PE standards: 1,3,5,7)**
2. Students will learn and perform strokes such as J-stroke, pry and feather enabling students to navigate on a lake or stream. (State PE standards: 1,2)

**Unit 14: Lawn game (Bochy ball, croquet, horse shoes, lawn darts, bean bags) (5 days)**

**Description:** Students will learn the basic skills used in order to play lawn game.

**Standards**

1. **Students will learn the skills and strategies necessary to play various lawn games. (State PE standards: 1, 4, 7)**

**Unit 15: Biking (5 days)**

**Description:** Students will learn the basic skills and safety concepts to ride a mountain bike.

**Standards**

1. **Students will learn the basic skills and safety concepts to ride a mountain bike. (State PE standards: 1, 4, 7)**