

Curriculum at a Glance
Physical Education
9-12th Grades

The high school Physical Education curriculum is based off the Shape America’s National Standards. Each unit of content, students will continuously work on the following skills and build off their prior knowledge over the years. The curriculum offers students a wide variety of opportunities to gain knowledge, and skills necessary to participate in regular physical exercise as well as learning the rules and regulations of the various lifetime sports. At the high school we have a four year commitment to lifetime fitness. In 9th and 10th grade skill development is the emphasis and in 11th and 12th grade the emphasis is on development and application of a personal fitness program.

- **Standard 1** - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- **Standard 2** - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- **Standard 3** - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- **Standard 4** - The physically literate individual exhibits responsible personal and social behavior that respects self and others.
- **Standard 5** - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Unit Name/Description	Content and/or Skills
Fitness	<ul style="list-style-type: none"> • Cardiovascular Exercise <ul style="list-style-type: none"> o Intensity(heart rate), Duration • Muscular Strength and Endurance (selectorized) <ul style="list-style-type: none"> o Equipment set-up o Muscular failure o Muscle identification and function

<p>Fitness (Cont.)</p>	<ul style="list-style-type: none"> ● Free weight Technique <ul style="list-style-type: none"> ○ Dumbbells ○ Safety and spotting ○ Bench press ○ Squat ● Flexibility <ul style="list-style-type: none"> ○ Stretching ○ Roller ● TRX <ul style="list-style-type: none"> ○ Basic strength movements ○ Basic Flexibility Positions
<p>Tennis</p>	<ul style="list-style-type: none"> ● Rules/Etiquette/Safety/Sportsmanship ● Skills <ul style="list-style-type: none"> ○ Forehand ○ Backhand ○ Serve ○ Volley ○ Drop shot ○ Overhead smash ○ Net play ● Strategies <ul style="list-style-type: none"> ○ Doubles ○ Singles
<p>Badminton</p>	<ul style="list-style-type: none"> ● Rules/Etiquette/Safety/Sportsmanship ● Skills <ul style="list-style-type: none"> ○ Forehand ○ Backhand ○ Serve ○ Volley

<p>Badminton (Cont.)</p>	<ul style="list-style-type: none"> o Drop shot o Overhead smash o Net play • Strategies <ul style="list-style-type: none"> o Doubles o Singles
<p>Pickle ball</p>	<ul style="list-style-type: none"> • Rules/Etiquette/Safety/Sportsmanship • Skills <ul style="list-style-type: none"> o Forehand o Backhand o Serve o Volley o Drop shot o Overhead smash o Net play • Strategies <ul style="list-style-type: none"> o Doubles <p>Singles</p>

<p>Volleyball</p>	<ul style="list-style-type: none"> ● Rules/Etiquette/Safety/Sportsmanship ● Skills <ul style="list-style-type: none"> ○ Forearm pass ○ Overhead pass ○ Spiking ○ Blocking ○ Serving ○ Digging ○ Serve Receive <ul style="list-style-type: none"> ▪ Formations: W, 3, 4 Cup ● Strategies/Tactics <ul style="list-style-type: none"> ○ Team Offense <ul style="list-style-type: none"> ▪ 4-2, 5-1 ○ Team Defense <ul style="list-style-type: none"> ▪ Middle back, middle up
<p>Soccer</p>	<ul style="list-style-type: none"> ● Rules/Etiquette/Safety/Sportsmanship ● Skills <ul style="list-style-type: none"> ○ Dribbling ○ Passing ○ Trapping ○ Kicking ○ Shooting ○ Throw in ● Strategies/Tactics
<p>Floor Hockey</p>	<ul style="list-style-type: none"> ● Rules/Etiquette/Safety/Sportsmanship ● Skills <ul style="list-style-type: none"> ○ Dribbling ○ Passing ○ Shooting ○ Defense

	<ul style="list-style-type: none"> ○ Goal Tending
Team Handball	<ul style="list-style-type: none"> ● Rules/Etiquette/Safety/Sportsmanship ● Skills <ul style="list-style-type: none"> ○ Ball Handling ○ Basic defense tactics and techniques ○ Basic Offense tactics and techniques ○ Basic Goaltending
Basketball	<ul style="list-style-type: none"> ● Rules/Etiquette/Safety/Sportsmanship ● Skills <ul style="list-style-type: none"> ○ Dribbling ○ Passing <ul style="list-style-type: none"> ▪ Chest pass ▪ Bounce pass ○ Shooting <ul style="list-style-type: none"> ▪ Jump shot ▪ Set shot ▪ Lay-up ○ Rebounding ○ Defense <ul style="list-style-type: none"> ▪ Man ▪ Zone ○ Strategies/Tactics <ul style="list-style-type: none"> ▪ Picks/Screens
Ultimate Frisbee	<ul style="list-style-type: none"> ● Rules/Etiquette/Safety/Sportsmanship ● Skills <ul style="list-style-type: none"> ○ Backhand ○ Forehand ○ Overhead pass- “Hammer” ○ Catching

	<ul style="list-style-type: none">○ Defense, Blocking
Flag Football	<ul style="list-style-type: none">● Rules/Etiquette/Safety/Sportsmanship● Skills<ul style="list-style-type: none">○ Throwing○ Catching○ Punting○ Kicking○ Running○ Dodging● Offense/Defense Strategies