

Expectations and Outcomes

Grade Level/Course: 12

Content Area: Physical Education

Unit Title	Guarantees
Inhibitors and Icebreakers Unit	<ul style="list-style-type: none"> • Create a positive group atmosphere • Help students to relax • Break down social barriers • Energize & motivate • Help students to "think outside the box" • Help students to get to know one another
Flag Football	<ul style="list-style-type: none"> • Improve Catching Skills • Improve Throwing Skills • Pulling Flags (improving upper-body coordination)
Fishing	<ul style="list-style-type: none"> • Identify key components of fishing pole and tackle. <ul style="list-style-type: none"> ○ Rod, reel, line, bobber, and hook. • Safely cast using overhead and side-casting methods, • Safely reel line in • Develop confidence with rod in hand and with hook in hand to attempt to remove fish from hook. • Identify common WI species
Soccer	<ul style="list-style-type: none"> • Improve lower body coordination by dribbling, passing, and shooting with either foot. • Improve social appropriateness by appropriately defending another player in game-like situation. • Demonstrate good sportsmanship in game-like situation and after game by shaking hands.
Aquatics	<ul style="list-style-type: none"> • Students will learn how to be socially appropriate within public locker rooms/changing facilities.

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	<ul style="list-style-type: none"> • Students will learn functional skills of: <ul style="list-style-type: none"> ○ Back Float ○ Front Float ○ Front Stroke ○ Backstroke ○ Treading water for 45 seconds. ○ Submerging and getting to water surface. ○ Kneeling/standing dive
Kayaking	<ul style="list-style-type: none"> • Equipment Basics • Safety • Getting in and Out • Paddling <ul style="list-style-type: none"> ○ Forwards ○ Turning ○ Backwards
Sledding/Snowshoeing	<ul style="list-style-type: none"> • Equipment <ul style="list-style-type: none"> ○ Proper Clothing ○ Snowshoes ○ Poles • Standing up/falling down • Turning <ul style="list-style-type: none"> ○ Circle turns ○ T-turns • Striding
Basketball	<ul style="list-style-type: none"> • Dribbling/ball handling • Shooting • Passing • Defending/Creating Space
Archery	<ul style="list-style-type: none"> • Determine Dominant Eye • Drawstring Practice <ul style="list-style-type: none"> ○ Finger placement ○ Finding Anchor

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	<ul style="list-style-type: none"> ○ Keep both eyes open ● Whistle commands w/drawstrings ● 11-steps to archery success w/1 arrow. ● Shoot and Score with five shots in each round.
Disc Golf/Frisbee	<ul style="list-style-type: none"> ● Throws Technique <ul style="list-style-type: none"> ○ Overhead ○ Backhand ○ Sidearm ● Discs <ul style="list-style-type: none"> ○ Putter vs Driver ● Throw for distance vs. accuracy ● Scoring ● Playing a Round
Net/Wall Games	<ul style="list-style-type: none"> ● Improve ability to strike with <ul style="list-style-type: none"> ○ Hands ○ Short-handled implement ○ Long-handled implement ● Improve ability to move body to be in position to make play on moving object. ● Improve turn-taking and ability to work along with others.
Softball	<ul style="list-style-type: none"> ● Further Improve hand-eye coordination <ul style="list-style-type: none"> ○ Throwing ○ Catching ○ Striking ● Basic understanding of softball/baseball terminology <ul style="list-style-type: none"> ○ Hit ○ Out ○ Strike ○ Flyball ○ Tag-up
Fitness:	<ul style="list-style-type: none"> ● Cardiovascular: <ul style="list-style-type: none"> ○ Finding HR ○ Timing HR

Unit Title	Guarantees
	<ul style="list-style-type: none"> ○ Different ways to work on Cardio ● Muscular Strength vs Endurance ● Flexibility ● Pedometers: <ul style="list-style-type: none"> ○ Goal Setting ○ Exertion levels and pedometer correlations
Yard Games	<ul style="list-style-type: none"> ● Work on turn taking ● Improving Social skills in low-competitive games.