

Expectations and Outcomes

Grade Level/Course: 10-12

Content Area: Physical Education

Unit Title	Guarantees
Standard 1	<ul style="list-style-type: none"> • Softball Demonstrates the throwing, catching, fielding and running skills necessary to play softball/baseball. Demonstrates knowledge of rules and strategies. • Tennis Demonstrates the following tennis skills necessary to play: serving, forehand, backhand, smash and volley. Demonstrates know of rules and scoring • Pickleball Demonstrates the serving, forehand, backhand, smash and volley skills necessary to play pickleball • Hockey Demonstrates the stickhandling skills necessary to complete the push pass, individual dribbling and passing in the game of floor hockey. Demonstrates blocking skills necessary to play goalie • Soccer Demonstrates the footwork skills necessary to control the ball and dribble a soccer ball. Demonstrates inside and outside foot passes, heading the ball skills, and blocking skills in soccer. Demonstrates the necessary blocking skills needed to play goalie in soccer • Badminton Demonstrates the badminton skills necessary to perform: drop, clear, smash, short and long serve.
Standard 2	<ul style="list-style-type: none"> • Softball, Soccer, Pickleball, Floor Hockey, Tennis, Badminton, Volleyball Demonstrates knowledge of game rules/penalties, positioning, offensive and defensive responsibilities necessary to play Tennis, Softball, Floor Hockey, Pickleball and Soccer. • Demonstrates the concept of teamwork • Demonstrates to knowledge necessary to enforce game rules • Understand the official game rules and the differences of class "house" rules
Standard 3	<ul style="list-style-type: none"> • Weight Training, Fitness Practice safety procedures during exercise and participation in activity • Know what muscle groups are worked per lift • Keep a record sheet to track daily workouts; rotations and progress • Creates and personal fitness program • Participates in the Fitnessgram testing program • Participates in military fitness testing program

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	<ul style="list-style-type: none"> • Participates in BRFHS fitness testing. The following tests will be conducted and tracked: Sit ups, Push-ups, Triceps hold, Distance run, Pacer, and the 6 inch stomach test
Standard 4	<ul style="list-style-type: none"> • Create safe and considerate playing environment • Demonstrate good sportsmanship and game etiquette during play
Standard 5	<ul style="list-style-type: none"> • Demonstrates enthusiasm and enjoyment while participating in physical activity • Demonstrated ability to work with partners and teammates in physical activity • Demonstrates the ability to encourage others • Demonstrates the ability to do your very best during class activities and fitness testing