

## Expectations and Outcomes

Grade Level/Course: 11-12

Content Area: Physical Education

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

| <b>Unit Title</b> | <b>Guarantees</b>  |
|-------------------|--|
|                   | <ul style="list-style-type: none"> <li>• Participates in the Fitnessgram testing program</li> <li>• Participates in military fitness testing program</li> <li>• Participates in BRFHS fitness testing. The following tests will be conducted and tracked: Sit ups, Pushups, Tricep hold, Distance run, Pacer, and the 6 inch stomach test</li> </ul>   |
| Standard 4        | <ul style="list-style-type: none"> <li>• In all activities, create safe and considerate playing environment</li> <li>• Demonstrate good sportsmanship and game etiquette during play</li> </ul>  |
| Standard 5        | <ul style="list-style-type: none"> <li>• In all activities, demonstrate enthusiasm and enjoyment while participating in physical activity</li> <li>• Demonstrated ability to work with partners and teammates in physical activity</li> <li>• Demonstrates the ability to encourage others</li> <li>• Demonstrates the ability to do your very best during class activities and fitness testing</li> </ul> |