

Expectations and Outcomes

Grade Level/Course: 9-12

Content Area: Physical Education

Unit Title	Guarantees
Standard 1	<ul style="list-style-type: none"> • WEIGHT TRAINING- Demonstrate the various skills and techniques necessary to execute a variety of lifts: Box Squat, Parallel Squat, Regular Bench, Towel Bench and Hex Bar. Understands and demonstrates the 6 Absolutes of Correct Lifting Techniques. • Demonstrates knowledge of Auxiliary lifts to be used in and out of class. • BADMINTON- Demonstrates the basic skills and technique, strokes used in badminton. Underhand short and long serve, Drop Shot, Clear, and Smash. Students will understand and use rally scoring. • VOLLEYBALL- Perform pass, set and spike in a practice setting and games for volleyball. • Demonstrate underhand and overhand volleyball serve • Demonstrates knowledge of rally scoring. • BASKETBALL- Demonstrate fundamental skills of passing, dribbling, shooting, rebounding in basketball • Demonstrates knowledge of different defenses and offenses. • HOCKEY- Executes basic skills of dribbling, passing, stopping and shooting puck. • Demonstrates knowledge of rules and safety during competition. • SOCCER- Demonstrating inside and outside dribbling in soccer • Demonstrate kicks to be used for passing and scoring in soccer • Demonstrates knowledge of rules, scoring and spacing. • ARCHERY- Demonstrate the 11 steps to correct Archery shooting and scoring.
Standard 2	<ul style="list-style-type: none"> • WEIGHT TRAINING- Compare different purposes of strength training • Demonstrate proper use of weight lifting equipment • Understand the basic terminology and practices to carry out a successful individual weight training program • Know what muscle groups are worked per lift • BADMINTON- Demonstrate the strategies for singles and doubles play

Unit Title	Guarantees
	<ul style="list-style-type: none"> • VOLLEYBALL, BADMINTON, BASKETBALL, HOCKEY AND SOCCER- Understand game terminology and basic team strategies • VOLLEYBALL, BADMINTON, BASKETBALL, HOCKEY AND SOCCER- Understands equipment use, court and field boundaries, and basic sport rules • Understand the official game rules and the differences of class “house” rules • ARCHERY- Understand the terminology for the Compound Bow and parts of the Arrow in Archery.
Standard 3	<ul style="list-style-type: none"> • WEIGHT TRAINING Know what muscle groups are worked per lift • Keep a record sheet to track daily workouts; rotations and progress • Creates and performs a personal fitness program • Participates in the Fitnessgram testing program • Participates in military fitness testing program • Participates in BRFHS fitness testing. Sit ups, Pushups, Tricep hold, Distance run, Pacer, and the 6 inch Abs test • Demonstrates proper use of weight lifting equipment
Standard 4	<ul style="list-style-type: none"> • Students are able to participate in a safe and considerate playing environment • Students are able to demonstrates 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