

## Middlesex County Schools Curriculum Pacing Guide

Grade/Course PE 10

School Year 2014-2015

Time Frame	Unit/SOLs	SOL #	Strand	Essential Knowledge/ Understandings	Date of Common Formative Assessment (i.e. Unit Tests/Benchmark Tests)
September Week 1-2	<b>Presidential Fitness</b> 10.3 The student will demonstrate the ability to independently apply basic principles of training and scientific concepts and principles to increase physical activity and improve personal fitness. a) Select and apply appropriate principles of training (mode, intensity, duration, frequency, progression) in a chosen game/sport, dance, recreational pursuit, or fitness activity to increase regular physical activity and/or improve performance.	10.3 A	Fitness	Students will be proficient in the: <ul style="list-style-type: none"> <li>• The mile run, set ups, pull ups/flex arm hang, shuttle run, and sit and reach.</li> </ul>	9-12-14/ Pre Test
September Week 3-4	<b>Flag Football</b> 10.2 The student will apply movement principles and concepts to skill performance. a) Explain and apply selected scientific principles (e.g., physiological, biomechanical) that aid in the improvement of skills and performance in specialized movement forms. b) Integrate movement principles and concepts to analyze and improve the performance of self and others in specialized movement forms.	10.2 A/B	Movement Principles and Concepts	Students will be proficient in: <ul style="list-style-type: none"> <li>• Throwing, Catching, Running, and rules/regulations in Football.</li> </ul>	
October Week 5-6	<b>Soccer</b> 10.1 The student will demonstrate proficiency in all basic movement skills and patterns and competency in at least three self-selected, lifelong, skill-related physical activities. a) Apply competencies in all movement skills to appropriate game/sport, dance, and recreational activities.	10.1 A	Skilled Movement	Students will Be proficient in: <ul style="list-style-type: none"> <li>• Dribbling</li> <li>• Trapping</li> <li>• Kicking</li> </ul>	
October Week 7-8	<b>Tennis</b> 10.5 The student will analyze and evaluate the significance of physical activity to their present and future development and maintenance of a healthy lifestyle. a) Participate regularly in health-enhancing physical activities that contribute to personal enjoyment and the attainment and maintenance of personal physical activity goals.	10.5 A	Physically Active Lifestyle	Students will be proficient in: <ul style="list-style-type: none"> <li>• Serving</li> <li>• Front/Back Hand</li> <li>• scoring</li> </ul>	
November Week 9-10	<b>Pickelball</b> 10.5 The student will analyze and evaluate the significance of physical activity to their present and future development and maintenance of a healthy lifestyle. c) Describe common barriers to participation in regular physical activity and methods of overcoming these barriers.	10.5 C	Physically Active Lifestyle	Students Will be able to: <ul style="list-style-type: none"> <li>• Volley</li> <li>• Move side to side &amp; Forward &amp; Back</li> </ul>	

				While avoiding a net!	
November Week 11-12	<b>Badminton</b> 10.4 The student will demonstrate appropriate behavior in all physical activity settings. a) Initiate and maintain appropriate personal behaviors in physical activity settings. b) Exhibit leadership and the ability to follow others when working with a group. e) Demonstrate respect for differences among people in physical activity settings.	10. 4 A B E	Responsible Behaviors	Students will be proficient in: <ul style="list-style-type: none"> <li>Working with a partner</li> <li>Show good sportsmanship</li> <li></li> </ul>	
December Week 13-14	<b>Volleyball</b> 10.4 The student will demonstrate appropriate behavior in all physical activity settings. c) Anticipate and avoid potentially dangerous situations in physical activity settings.	10. 4 C	Responsible Behaviors	Students will be proficient in: <ul style="list-style-type: none"> <li>Bump</li> <li>Set</li> <li>Spike</li> <li>serve</li> </ul>	
December Week 15-16	<b>Ultimate Frisbee</b> 10.5 The student will analyze and evaluate the significance of physical activity to their present and future development and maintenance of a healthy lifestyle. b) Demonstrate an understanding of how personal characteristics, participation behavior patterns, and activity preferences are likely to change over time, and determine strategies to deal with those changes.	10. 5 C	Physically Active Lifestyle	Students will be proficient in: <ul style="list-style-type: none"> <li>lifelong fitness components</li> </ul>	
January Week 17-18	<b>Basketball</b> 10.4 The student will demonstrate appropriate behavior in all physical activity settings. d) Explain the role of sport in understanding the perspectives of other cultures	10. 4 D	Responsible Behaviors	Students will be proficient in: <ul style="list-style-type: none"> <li>History of basketball</li> <li>Dribbling</li> <li>Passing</li> <li>shooting</li> </ul>	
January Week 19-20	<b>Indoor Soccer</b> 10.2 The student will apply movement principles and concepts to skill performance. a) Explain and apply selected scientific principles (e.g., physiological, biomechanical) that aid in the improvement of skills and performance in specialized movement forms. b) Integrate movement principles and concepts to analyze and improve the performance of self and others in specialized movement forms.	10. 2 A B	Movement Principles and Concepts	Students will be proficient in: <ul style="list-style-type: none"> <li>trapping</li> <li>passing</li> <li>kicking</li> <li>punting</li> </ul>	
February Week 21-22	<b>Floor Hockey</b> 10.1 The student will demonstrate proficiency in all basic movement skills and patterns and competency in at least three self-	10. 1	Skilled Movement	Students will be proficient in:	

	<p>selected, lifelong, skill-related physical activities.</p> <p>a) Apply competencies in all movement skills to appropriate game/sport, dance, and recreational activities.</p>	A		<ul style="list-style-type: none"> <li>• passing</li> <li>• shooting</li> <li>•</li> </ul>	
February Week 23-24	<p><b>Whiffle-ball</b></p> <p>10.2 The student will apply movement principles and concepts to skill performance.</p> <p>a) Explain and apply selected scientific principles (e.g., physiological, biomechanical) that aid in the improvement of skills and performance in specialized movement forms.</p> <p>b) Integrate movement principles and concepts to analyze and improve the performance of self and others in specialized movement forms.</p>	10. 2 A B	Movement Principles and Concepts	<p>Students will be proficient in:</p> <ul style="list-style-type: none"> <li>• Batting</li> <li>• Catching</li> <li>• throwing</li> </ul>	
March Week 25-26	<p><b>Cross fit</b></p> <p>10.1 The student will demonstrate proficiency in all basic movement skills and patterns and competency in at least three self-selected, lifelong, skill-related physical activities. b)Design, implement, evaluate, and modify a plan for three or more lifelong, skill-related physical activities. Key concepts include analysis of performance, application of principles of movement and principles of training, setting of goals, improvement of personal skills, and planning for future physical activity beyond school years</p>	10. 1 B	Skilled Movement	<p>Students will be proficient in:</p> <ul style="list-style-type: none"> <li>• Olympic lifts</li> <li>• FIT principle</li> <li>• Concept of thermo burn</li> </ul>	Workout log
March Week 27-28	<p><b>Softball</b></p> <p>10.2 The student will apply movement principles and concepts to skill performance.</p> <p>a) Explain and apply selected scientific principles (e.g., physiological, biomechanical) that aid in the improvement of skills and performance in specialized movement forms.</p> <p>b) Integrate movement principles and concepts to analyze and improve the performance of self and others in specialized movement forms.</p>	10. 2 A B	Movement Principles and Concepts	<p>Student will be proficient in:</p> <ul style="list-style-type: none"> <li>• Hitting</li> <li>• Catching</li> <li>• throwing</li> </ul>	
April Week 29-30	<p><b>Track &amp; Field</b></p> <p>10.3 The student will demonstrate the ability to independently apply basic principles of training and scientific concepts and principles to increase physical activity and improve personal fitness. b)Use a variety of resources, including available technology, to analyze, assess, and improve physical activity and personal fitness.</p>	10. 3 B	Personal Fitness	<p>Students will be proficient in:</p> <ul style="list-style-type: none"> <li>• Run</li> <li>• Jump</li> <li>• Throw</li> <li>• bound</li> </ul>	Time trials

April Week 31-32	<b>Kickball</b> <b>10.2 The student will apply movement principles and concepts to skill performance.</b> <b>a) Explain and apply selected scientific principles (e.g., physiological, biomechanical) that aid in the improvement of skills and performance in specialized movement forms.</b>	10. 2 A	Movement Principles and Concepts	Students will be proficient in: <ul style="list-style-type: none"> <li>• Kick</li> <li>• Catch</li> <li>• run</li> </ul>	
May Week 33-34	<b>SPARK Fitness Test! 10.3 The student will demonstrate the ability to independently apply basic principles of training and scientific concepts and principles to increase physical activity and improve personal fitness. b)Use a variety of resources, including available technology, to analyze, assess, and improve physical activity and personal fitness.</b>	10. 3 B	Personal Fitness	Students will be proficient in: <ul style="list-style-type: none"> <li>• Increase physical activity</li> <li>• Apply fitness to their healthy lifestyle</li> <li>•</li> </ul>	5-15-15/ SPARK FITNESS TEST
May Week 35-36	<b>Presidential Fitness</b> <b>10.3 The student will demonstrate the ability to independently apply basic principles of training and scientific concepts and principles to increase physical activity and improve personal fitness.</b> <b>a) Select and apply appropriate principles of training (mode, intensity, duration, frequency, progression) in a chosen game/sport, dance, recreational pursuit, or fitness activity to increase regular physical activity and/or improve performance.</b>	10. 3 A	Personal Fitness	Students will be proficient in: <ul style="list-style-type: none"> <li>• The mile run, set ups, pull ups/flex arm hang, shuttle run, and sit and reach.</li> </ul>	5-29-15/Content Knowledge Exam over all Units!