

Time Frame	Unit/SOLs	SOL #	Strand	Essential Knowledge/ Understandings	Date of Common Formative Assessment (i.e. Unit Tests/Benchmark Tests)
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<p>Week 1</p>	<p>9.1 The student will perform all basic movement skills and demonstrate competence in at least two self-selected, lifetime, skill-related physical activities from individual, dual, or team game/sport, dance, and recreational pursuit activities categories. b) design, implement, evaluate, and modify a plan for at least two self-selected, lifetime, skill-related physical activities. Key concepts include analysis of performance, application of principles of movement and training, and focus on goal setting and improvement of personal skills.</p>	<p>9.1b 9.2a 9.2b</p>	<p>Skilled Movement</p>	<p>a. use of motor skills in complex team and individual/dual sports, outdoor pursuits and dance/rhythms. b. Analyze skill performance and set goals for the improvement of personal skills in at least two self-selected lifetime activities. c. demonstrate the ability to design, implement and evaluate a personal physical activity plan, with particular emphasis on goal setting and reassessment based on accomplishment of goals.</p>	<p>Pre-test self-assessment of skills videotaped. Weekly journal writing to be collected each 9 weeks of progress toward skill goals. Final self-assessment video tape to be compared against pre-test self assessment at the end of the year. Paper to explain their progress.</p>
<p>Week 2</p>	<p>Fitness Testing 9.3 a, b, c, d The student will demonstrate achievement and maintenance of a health-enhancing level of personal fitness by designing, implementing, and modifying a personal fitness program. 9.5 The student will participate in school and community physical activities that are challenging and health-enhancing and that provide opportunities for social interaction. a) Maintain a record of daily participation in physical activities. b) Develop and evaluate progress toward personal physical activity goals within and outside of physical education class. c) Analyze long-term physiological and psychological benefits that may result from regular participation in physical activity.</p>	<p>9.3a 9.3b 9.3c 9.3d 9.5a 9.5b 9.5c</p>	<p>Personal Fitness/ Physically Active Lifestyle</p>	<p>a. use appropriate goal-setting strategies b. apply time management goal-setting strategies c. Use the FITT principle and other principles of training d. enhance physical fitness by participating in a variety of physical activities.</p>	<p>Fitness test pre-test. Goals to be set in health class. Weekly journal writings on progress to be checked each 9 weeks. Mid-term reassessment of tests. Final assessment of tests- final exam</p>
<p>Weeks 3-4</p>	<p>Flag Football 9.1 The student will perform all basic movement skills and demonstrate competence in at least two self-selected, lifelong, skill-related physical activities from individual, dual, or team game/sport, dance, and recreational pursuit categories. a) Apply competencies in all locomotor, non-locomotor, and manipulative skills to appropriate game/sport, dance, and recreational activities. 9.2 The student will apply movement principles and concepts to specific sport, dance, and recreational skill performance. a) Apply selected scientific principles (e.g., physiological [warm-up, cool down, overload, specificity, and progression], biomechanical [levers, types of muscle contractions, and force]) that aid in the improvement of movement skills. b) Use movement principles and concepts to improve the movement performance of self and others 9.4 The student will demonstrate appropriate behaviors in all physical activity settings. a) Act independently, and resist negative peer influences in physical activity settings. b)Exhibit respect for the unique characteristics and abilities of peers. c)Act responsibly to avoid conflict.</p>	<p>9.1d 9.2a 9.2b 9.41 9.4b 9.4c</p>	<p>Skilled Movement/ Movement Principles and Concepts/ Responsible Behaviors</p>	<p>a. Demonstrate competent basic skills in complex versions of a at least two different types of movement forms. b. be able to apply concepts previously learned. c. Apply movement principles and concepts to skill performance in sports. d. use appropriate social interactions and decision making skills. e. show respect for cultural differences and abilities</p>	<p>Informal observation of participation and effort.</p>

Week 5-6	<p>Volleyball</p> <p>9.1 a) Apply competencies in all locomotor, non-locomotor, and manipulative skills to appropriate game/sport, dance, and recreational activities.</p> <p>9.2 b) Use movement principles and concepts to improve the movement performance of self and others</p>	9.1a	Skilled Movement/ Movement Principles and Concepts	<p>a. Apply the principles associated with force generation and force absorption to skill and fitness principles.</p> <p>b. Use biomechanical principles to control the magnitude and timing of applied forces to change movement speed and range of motion.</p>	Daily informal observation of participation and effort.
Week 7-8	<p>Eclipseball</p> <p>9.1 a) Apply competencies in all locomotor, non-locomotor, and manipulative skills to appropriate game/sport, dance, and recreational activities.</p>	9.1a	Skilled Movement	Use motor skills in complex team sport.	Daily informal observation of participation and effort.
Week 9-10	<p>Indoor Soccer</p> <p>9.1 a) Apply competencies in all locomotor, non-locomotor, and manipulative skills to appropriate game/sport, dance, and recreational activities.</p> <p>9.2 b) Use movement principles and concepts to improve the movement performance of self and others</p>	9.1a 9.2b	Skilled Movement/ Movement Principles and Concepts	<p>a. demonstrate competent basic skills in complex versions of at least two different types of movement forms.</p> <p>b. Be able to apply concepts previously learned.</p>	Daily informal observation of participation and effort.
Week 11-12	<p>Badminton</p> <p>9.1 a) Apply competencies in all locomotor, non-locomotor, and manipulative skills to appropriate game/sport, dance, and recreational activities.</p> <p>9.2 b) Use movement principles and concepts to improve the movement performance of self and others</p>	9.1a 9.2b	Skilled Movement/ Movement Principles and Concepts	a. Apply movement principles and concepts to skill performance in a sport.	Daily informal observation of participation and effort.
Week 13	<p>Wiffleball:</p> <p>9.1a) Apply competencies in all locomotor, non-locomotor, and manipulative skills to appropriate game/sport, dance, and recreational activities.</p>	9.1a	Skilled Movement	a. Demonstrate competent basic skills in complex versions of at least two different types of movement forms.	Daily informal observation of participation and effort.
Week 14-15	<p>Basketball:</p> <p>9.1a) Apply competencies in all locomotor, non-locomotor, and manipulative skills to appropriate game/sport, dance, and recreational activities.</p> <p>9.4 a) Act independently, and resist negative peer influences in physical activity settings.</p> <p>b) Exhibit respect for the unique characteristics and abilities of peers.</p> <p>c) Act responsibly to avoid conflict.</p>	9.1a 9.4a 9.4b 9.4c	Skilled Movement/ Responsible Behaviors	<p>a. Use motor skills in a complex team sport.</p> <p>b. Demonstrate competent basic skills in complex versions of at least two different types of movement forms.</p> <p>c. Use appropriate social interactions and decision-making skills.</p> <p>d. Show respect for cultural differences and abilities.</p>	Daily informal observation of participation and effort.
Week 16-17	<p>Capture the Flag Dodgeball</p> <p>9.1 a) Apply competencies in all locomotor, non-locomotor, and manipulative skills to appropriate game/sport, dance, and recreational activities.</p> <p>9.2 b) Use movement principles and concepts to improve the movement performance of self and others</p>	9.1a 9.2b	Skilled Movement/ Movement Principles and Concepts	<p>a. Use motor skills in complex team pursuits.</p> <p>b. Understand the movement concepts of balance, energy, force, and motion.</p> <p>c. Apply the principles associated with force generation and force absorption to skill and fitness activities.</p> <p>d. Apply movement principles and concepts to skill performance.</p>	Daily informal observation of participation and effort.

Week 18-19	Kan Jam 9.1 a) Apply competencies in all locomotor, non-locomotor, and manipulative skills to appropriate game/sport, dance, and recreational activities. 9.2 b) Use movement principles and concepts to improve the movement performance of self and others	9.1a 9.2b	Skilled Movement/ Movement Principles and Concepts	a. Use motor skills in complex team pursuits. b. Understand the movement concepts of balance, energy, force, and motion.	Daily informal observation of participation and effort.
Week 20	Team Handball 9.1 a) Apply competencies in all locomotor, non-locomotor, and manipulative skills to appropriate game/sport, dance, and recreational activities. 9.2 b) Use movement principles and concepts to improve the movement performance of self and others	9.1a 9.2b	Skilled Movement/ Movement Principles and Concepts	a. Use movement principles to improve personal skills. b Use motor skills in complex team pursuits. c. Understand the movement concepts of balance, energy, force, and motion. d. Apply the principles associated with force generation and force absorption to skill and fitness activities; projecting and receiving.	Daily informal observation of participation and effort.
Week 21-22	Floor Hockey 9.1 a) Apply competencies in all locomotor, non-locomotor, and manipulative skills to appropriate game/sport, dance, and recreational activities. 9.2 b) Use movement principles and concepts to improve the movement performance of self and others. 9.4a) Act independently and resist negative peer Influences in physical activity settings. b)Exhibit respect for the unique characteristics and abilities of peers. c)Act responsibly to avoid conflict.	9.1a 9.2b	Skilled Movement/ Movement Principles and Concepts/ Responsible Behaviors	a. Use motor skills in complex team pursuits. b. Understand the movement concepts of balance, energy, force, and motion. c. Use appropriate social interactions and decision making skills.	Daily informal observation of participation and effort.
Week 23-24	Ultimate Frisbee 9.1 a) Apply competencies in all locomotor, non-locomotor, and manipulative skills to appropriate game/sport, dance, and recreational activities. 9.2 b) Use movement principles and concepts to improve the movement performance of self and others.	9.1a 9.2b	Skilled Movement/ Movement Principles and Concepts	a. Use motor skills in complex team sports. b. Be able to apply concepts previously learned.	Daily informal observation of participation and effort.
Week 25-26	Aerobics 9.1 a) Apply competencies in all locomotor, non-locomotor, and manipulative skills to appropriate game/sport, dance, and recreational activities. 9.2a) Apply selected scientific principles that aid in the Improvement of movement skills. 9.2 b) Use movement principles and concepts to improve the movement performance of self and others.	9.1a 9.2a 9.2b	Skilled Movement/ Movement Principles and Concepts	a. Use motor skills in complex individual dance/rhythms. b. Use Movement principles to improve personal skills. c. Understand the importance of warm-ups and cool-downs and investigate the physiological responses to various warm-ups and cool-downs. d. Understand the movement concepts of balance, energy, force, and motion.	Daily informal observation of participation and effort.
Week 27-28	Softball 9.1 a) Apply competencies in all locomotor, non-locomotor, and manipulative skills to appropriate game/sport, dance, and recreational activities. 9.2 b) Use movement principles and concepts to improve the movement performance of self and others.	9.1a 9.2b	Skilled Movement/ Movement Principles and Concepts	a. Use motor skills in complex team sports. b. Be able to apply concepts previously learned.	Daily informal observation of participation and effort.

Week 29	Pickleball 9.1 a) Apply competencies in all locomotor, non-locomotor, and manipulative skills to appropriate game/sport, dance, and recreational activities.	9.1a	Skilled Movement	a. Use motor skills in complex team sports.	Daily informal observation of participation and effort.
Week 30	Speedminton 9.1 a) Apply competencies in all locomotor, non-locomotor, and manipulative skills to appropriate game/sport, dance, and recreational activities.	9.1a	Skilled Movement	a. Use of motor skills in complex team sports.	Daily informal observation of participation and effort.
Week 31-32	Tennis 9.1 a) Apply competencies in all locomotor, non-locomotor, and manipulative skills to appropriate game/sport, dance, and recreational activities. 9.2 b) Use movement principles and concepts to improve the movement performance of self and others.	9.1a 9.2b	Skilled Movement/ Movement Principles and Concepts	a. Use motor skills in complex team sports. b. Be able to apply concepts previously learned	Daily informal observation of participation and effort.
Week 33-34	Soccer 9.1 a) Apply competencies in all locomotor, non-locomotor, and manipulative skills to appropriate game/sport, dance, and recreational activities. 9.2 b) Use movement principles and concepts to improve the movement performance of self and others. 9.4a) Act independently and resist negative peer Influences in physical activity settings. b)Exhibit respect for the unique characteristics and abilities of peers. c)Act responsibly to avoid conflict.	9.1a 9.2b 9.4a 9.4b 9.4c	Skilled Movement/ Movement Principles and Concepts/ Responsible Behaviors	a. Use motor skills in complex team pursuits. b. Understand the movement concepts of balance, energy, force, and motion. c. Use appropriate social interactions and decision making skills.	Daily informal observation of participation and effort.
Week 35	Kickball 9.1 a) Apply competencies in all locomotor, non-locomotor, and manipulative skills to appropriate game/sport, dance, and recreational activities. 9.2 b) Use movement principles and concepts to improve the movement performance of self and others.	9.1a	Skilled Movement/ Movement Principles and Concepts	a. use of motor skills in complex team sports. b. Be able to apply concepts previously learned.	Daily informal observation of participation and effort.
Week 36	Fitness Testing 9.2 b) Use movement principles and concepts to improve performance. 9.5 b) Develop and evaluate progress toward personal physical-activity goals within and outside of physical education class.	9.2b 9.5b	Skilled Movement/ Physically Active Lifestyle	a. be able to apply concepts previously learned. b. Apply the principles of exercise physiology to the fitness components of cardiorespiratory function, flexibility, muscular strength, and endurance. c. Evaluate fitness plan d. Participate and keep a record of physical activities completed daily to evaluate progress in achieving personal goals.	Final Exam- Passing by minimum of National standards of the Presidential Physical Fitness Test.