

Advanced Physical Education Grades 10-12	
Big Idea Participation in Physical Activity impacts wellness throughout a lifetime	
Essential Question	Standards
Why do people choose the physical activities they participate in over a lifetime?	10.4.12 A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.
How can participation in physical activity enhance MY life?	B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. • social • physiological • psychological
How can you enhance the quality of movement for lifelong participation in physical activity?	D. Evaluate factors that affect physical activity and exercise preferences of adults. • personal challenge • physical benefits • finances • motivation • access to activity • self-improvement
How do scientific principles, biomechanical principles and practice strategies influence movement forms?	E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.
What knowledge is needed to select an appropriate response in a variety of physical activities?	10.5.12 A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation. D. Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use. E. Evaluate movement forms for appropriate application of scientific and biomechanical principles. • efficiency of movement • mechanical advantage • kinetic energy • potential energy • inertia • safety F. Analyze the application of game strategies for different categories of physical activities. • individual • team • lifetime • outdoor

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Concepts	Competencies	Resources	Assessments
Determining an appropriate physical activity plan will support life-long personal health and fitness goals.	<p>Evaluate personal preferences in the selection of physical activities that support the engagement in and achievement of personal fitness and activity goals over a lifetime.</p> <p>Analyze skill-related fitness components, movement concepts and game strategies to promote participation in lifelong physical activities.</p>	<p>Cardio Center (future): <i>Treadmills, Elliptical, Spin Bikes, Row Machines, Recumbent Bikes</i></p> <p>Athletic Fields Gymnasiums Fitness Center Tennis Courts</p> <p>Practice participating in a variety of fitness programs: Jump Rope Activities Medicine Ball Activities Resistant Bands Activities Body Weight Exercises Aerobic Training</p> <p>Practice participating in a variety of individual and sport activities: Disc Golf Tennis Softball Flag Football Soccer Lacrosse Rugby Street Hockey Badminton Speed Minton Pickleball Basketball Speedball Volleyball Team Handball</p>	<p>Pre-Fitness Testing: Cardiovascular Endurance: PACER, Mile Run Muscular Strength: Pushups, Pull ups Muscular Endurance: Sit ups Flexibility: Sit and Reach</p> <p>Daily participation in fitness and sport programs.</p> <p>Post Fitness Testing: (rubric based on National Scores of Fitnessgram)</p>

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<ul style="list-style-type: none"> - Regular physical activity impacts an individual physiologically, socially, and psychologically throughout a lifetime. - Adult group interactions that occur in physical activities provide an opportunity to develop the skills necessary to be productive and contributing members of society. 	<p>Analyze the inter-relationship among emotional, social, physical and mental health, skill improvement and physical activity preferences and participation, over a lifetime.</p>	<p>Perceived Exertion</p> <p>Team Oriented Activities: Offensive Strategies Defensive Strategies Game Concepts Rules Application Game adaptation Sportsmanship Team work</p>	<p>Offensive and Defensive Strategy Design</p> <p>Adapt games to number of players Adapt games to facility availability Implement Spirit of the Game Philosophy Personal Self Reflection (Affective Domain)</p>
<p>Movement skills, movement concepts and skill-related fitness enrich movement performance throughout life.</p>	<p>Analyze skill-related fitness components, movement concepts and game strategies to promote participation in lifelong physical activities.</p> <p>Incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.</p>	<p>Health related components of fitness: Cardiovascular Endurance Muscular Endurance Muscular Strength Body Composition Flexibility</p> <p>Skill Related Components: Speed Balance Coordination Reaction Time Agility Power</p> <p>Exercise Training Principles: FITT Principle Principal of Warm up and Cool down</p>	<p>Weekly application of movement skills and concepts in small sided games.</p> <p>Explaining rules, scorings, and game strategies to individual and team activities.</p> <p>Using Appropriate Terminology in class</p>
<p>Game strategies are used to recognize tactical problems and to select the appropriate responses in a variety of physical activities</p>	<p>Analyze movement performance and the application of game strategies for life-long participation in physical activity.</p>	<p>Game tactical problems: Zone Defense Man to Man Defense Offensive Formations Moving without the ball Proper Defensive Position Open Space Spatial Awareness Body Awareness</p>	<p>Applying offensive and defensive game strategies in team and individual activities</p>

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		Proper Decision Making	
Vocabulary: biomechanical techniques, frequency, intensity, time, type, FITT, Health components of: cardiorespiratory endurance, muscular endurance, muscular strength, and flexibility, Skill components of: agility, balance, speed, power, coordination and reaction time, defense, offense, strategy, decision-making, first-aid, self-control, self-discipline, self-regulate and sportsmanship			

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Big Idea: Quality life-long movement is based on scientific principles and concepts			
Essential Question?:		Standards	
How do scientific principles, biomechanical principles and practice strategies influence movement forms?		10.4.12	
What knowledge is needed to select an appropriate response in a variety of physical activities?		A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.	
		B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. • social • physiological • psychological	
		A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.	
		D. Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.	
		E. Evaluate movement forms for appropriate application of scientific and biomechanical principles. • efficiency of movement • mechanical advantage • kinetic energy • potential energy • inertia • safety	
Concepts	Competencies	Resources	Assessments

Practice strategies affect motor skill development and enhance skill performance.	Analyze the inter-relationship among emotional, social, physical and mental health, skill improvement and physical activity preferences and participation, over a lifetime.	Practice participating in a variety of fitness programs: Dynamic Warm-up Application Small games of competition Practice participating in a variety of individual and sport activities: Disc Golf Tennis Softball Flag Football Soccer Lacrosse Rugby Street Hockey Badminton Speed Minton Pickleball Basketball Speedball Volleyball Team Handball Agility games Athletic Fields Gymnasiums Tennis Courts Cardio Center (future): Treadmills, Elliptical, Spin Bikes, Row Machines, Recumbent Bikes	Daily application of movement skills and concepts in small sided games.
-Proper application of scientific and biomechanical principles enhances quality of movement. -There is an interrelationship among practice, motor skill development and physical activity	Incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.	Practice appropriate biomechanical techniques during sports and games	Execution of skills and strategies

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-Appropriate selection of motor skill development concepts improves the quality of movement.			
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Advanced Physical Education Grades 10-12			
Big Idea Safety impacts individual and community well being			
Essential Question What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me?		Standards 10.3.12 B. Analyze and apply strategies for the management of injuries. D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.	
Concepts	Competencies	Resources	Assessments
Determining the benefits, risks and safety factors of an activity can lead to safe participation in self-selected, life-long physical activities.	Assess safe and unsafe practices in the home, school, community and in physical activity settings and determine the associated personal and/or legal consequences and the impact on personal and community well-being.	Sport Specific Safety Worksheet Applying rules and safety concepts to game strategies	Explaining rules and regulations used in the gymnasium Practice proper biomechanical techniques in sports and games.
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