

Oxford Area School District Physical Education Scope and Sequence:

Work Out for Wellness 'WOW' – Grades 9-12

*10.1*

- Explain classroom procedures.
- Recognize and list the effects of stress on the cardiovascular system.
- Describe various techniques for relaxation and stress relief.
- Explain the interdependence of the body systems during the stress response.
- Demonstrate and teach different types of physical activities to relieve stress.
- Master different exercises each week.

*10.1.9 E  
Health  
Maintenance  
and Disease*

- Introduce and discuss the benefits of lifetime healthy activities regarding health maintenance and disease prevention.
- Create and perform a workout (Warm-up, Workout, Cool Down).

*10.2.9, C  
Media Health  
& Safety*

- Discuss the relationship between social media usage and stress/wellness in teens.
- Discuss the lifelong impact of social media wellness over lifetime.
- Briefly introduce and discuss safe practices on social media.

*10.3.9, B  
Injury  
Prevention*

- Perform a warm-up before each exercise to get body ready.
- Complete a proper cool down after each workout.
- Introduce and complete active recovery workouts in between workout days.
- Discuss various injury prevention techniques.
- Discuss the effects of stress and injury prevalence.

*10.4.9, B  
Regular  
Exercise and  
Health  
Improvement*

- Students will learn stress management techniques through various forms of exercise/activities.
- Students will complete stress surveys throughout the semester to understand their stress level and improvement through physical activity.

*10.4.9, F  
Positive and  
Negative  
Interactions  
of  
Adolescent  
Group  
Members*

- Discuss internal and external factors regarding engagement in physical activity.
- Promote a positive and safe environment to complete various group activities.

# Work Out for Wellness ‘WOW’ Curriculum – Grades 9-12

Work Out for Wellness ‘WOW’ Grades 9-12			
<b>Big Idea</b> Participation in Physical Activity impacts wellness throughout a lifetime			
<b>Essential Question</b>  Why do people choose the physical activities they participate in over a lifetime?  How can participation in physical activity enhance MY life?  How can you enhance the quality of movement for lifelong participation in physical activity?  What knowledge is needed to select an appropriate response in a variety of physical activities?		<b>Standards</b> 10.2.12 C. Compare and contrast the positive and negative effects of the media on adult personal health and safety. 10.3.12 B. Analyze and apply strategies for the management of injuries. 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. B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. • social • physiological • psychological D. Evaluate factors that affect physical activity and exercise preferences of adults. • personal challenge • physical benefits • finances • motivation • access to activity • self-improvement E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime 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. F. Analyze the application of game strategies for different categories of physical activities. • individual • team • lifetime • outdoor	
Concepts	Competencies	Resources	Assessments
Determining an appropriate physical activity plan will support life-long personal health and fitness goals.	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.	Aux Gym/ Matted Floor: Yoga mats, resistance bands, weights, foam rollers  iPads: Blackboard, projects  Practice participating in a variety of individual and fitness programs:	Weekly Participation in various forms of physical activities.

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	Analyze skill-related fitness components needed to promote participation in lifelong physical activities.	Yoga, Meditation, Bodyweight Strength, HIIT, Tabata, JustDance, Cardio Aerobics, etc.	
-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.	Analyze the inter-relationship among emotional, social, physical and mental health, skill improvement and physical activity preferences and participation, over a lifetime.	Review of Heart Rate Monitoring (Taught in Walking for Fitness)	Personal Self Reflection (Affective Domain)
Vocabulary: cardiovascular endurance, muscular strength, muscular endurance, flexibility, body composition, speed, agility, coordination, reaction time, power, balance, frequency, intensity, time, type, dynamic warm-up, cooldown			

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Big Idea: Quality life-long movement is based on scientific principles and concepts	
Essential Question  What knowledge is needed to select an appropriate response in a variety of physical activities?	Standards 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. 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. <del>E.</del>

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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 physical activities: Yoga, Meditation, Bodyweight Strength, HIIT, Tabata, JustDance, Cardio Aerobics, etc.	Weekly application of movement skills and concepts in aerobic activities. <ul style="list-style-type: none"> <li>Master yoga poses and exercise form</li> </ul>
<p>-Proper application of scientific and biomechanical principles enhances quality of movement.</p> <p>-There is interrelationship among practice, motor skill development and physical activity.</p> <p>-Appropriate selection of motor skill development concepts improves the quality of movement.</p>	Incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.	Practice appropriate biomechanical techniques during physical activities.	Yoga Pose Checklist Exercise Checklist Workout/Exercise Project
Vocabulary			

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<p><b>Big Idea</b> Safety impacts individual and community well being</p>			
<p><b>Essential Question</b></p> <p>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?</p>		<p><b>Standards</b> 10.3.12</p> <p>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.</p>	
Concepts	Competencies	Resources	Assessments

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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.	Apply rules and safety concepts to warm-up, exercise, and cool down.	<p>Explain rules and regulations used in the aux gym and outside.</p> <p>Practice proper biomechanical techniques in different types of exercises.</p>
<p>Vocabulary</p> <p>Proper form, warm-up, cool-down, active recovery</p>			