Oxford Area School District Physical Education Scope and Sequence:

Grades 9-12

10.4

Physical Activity

- Evaluate and engage in an individual physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.
- Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.
- Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.
- Evaluate factors that affect physical activity and exercise preferences of adults.
- Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.
- Assess and use strategies for enhancing adult group interaction in physical activities.

10.5

Concepts, Principles and Strategies of Movement

- Apply and knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.
- Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.
- Evaluate the impact of practice strategies on skill development and improvement.
- Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.
- Evaluate movement forms for appropriate application of scientific and biomechanical principles.
- Analyze the application of game strategies for different categories of physical activities.

<table>
<tr><td colspan="4">Physical Education Grades 9-12</td></tr>
<tr><td colspan="4">Big Idea
Participation in Physical Activity impacts wellness throughout a lifetime</td></tr>
<tr><td colspan="2">Essential Question

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?

How do scientific principles, biomechanical principles and practice strategies influence movement forms?

What knowledge is needed to select an appropriate response in a variety of physical activities?</td><td colspan="2">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
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.
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</td></tr>
<tr><td>Concepts</td><td>Competencies</td><td>Resources</td><td>Assessments</td></tr>
<tr><td>Determining an appropriate physical activity plan will support life-long personal health and fitness goals.</td><td>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.
Analyze skill-related fitness components, movement concepts and</td><td>Weight Room: Free Weights, Kettle-bells, Medicine Balls, Plyo Boxes

Cardio Center (future): Treadmills, Elliptical, Spin Bikes, Row Machines, Recumbent Bikes

Athletic Fields
Gymnasiums
Fitness Center</td><td>Pre-Fitness Testing:
Cardiovascular Endurance: PACER, Mile Run
Muscular Strength: Pushups, Pull ups
Muscular Endurance: Sit ups
Flexibility: Sit and Reach

Weekly Participation in fitness and sport programs.</td></tr>
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	game strategies to promote participation in lifelong physical activities.	Tennis Courts iPads: Pages/Numbers Practice participating in a variety of fitness programs: *Jump Rope Activities* *Medicine Ball Activities* *Resistant Bands Activities* *Body Weight Exercises* *Aerobic Training* 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*	Post Fitness Testing: (rubric based on National Scores of Fitnessgram)
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	Analyze the inter-relationship among emotional, social, physical and mental health, skill improvement and physical activity preferences and participation, over a lifetime.	Heart rate Monitoring Perceived Exertion Workout partner interaction Team Oriented Activities: *Offensive Strategies* *Defensive Strategies* *Game Concepts and Rules* *Sportsmanship*	Calculating Maximum Heart Rate Worksheet Calculating Resting Heart Rate Worksheet Calculating Target Heart Rate (Lower and Upper) Worksheet Offensive and Defensive Strategy Design

contributing members of society.			Implement Spirit of the Game Philosophy Personal Self Reflection (Affective Domain)
Movement skills, movement concepts and skill-related fitness enrich movement performance throughout life.	Analyze skill-related fitness components, movement concepts and game strategies to promote participation in lifelong physical activities. Incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.	Health related components of fitness: Cardiovascular Endurance Muscular Endurance Muscular Strength Body Composition Flexibility Skill Related Components: Speed Balance Coordination Reaction Time Agility Power Exercise Training Principles: FITT Principle Principal of Warm up and Cool down Weight Room Cardio Center Athletic Fields	Weekly application of movement skills and concepts in small sided games. Explaining rules, scorings, and game strategies to individual and team activities. Applying Fitness Knowledge Quiz Using Appropriate Terminology in class
Game Strategies are used to recognize tactical problems and to select the appropriate responses in a variety of physical activities.	Analyze movement performance and the application of game strategies for life-long participation in physical activity.	Game tactical problems: Zone Defense Man to Man Defense Offensive Formations Moving without the ball Proper Defensive Position Open Space Spatial Awareness Body Awareness Proper Decision Making	Applying offensive and defensive game strategies in team and individual activities

Physical Education Grades 9-12			
Big Idea: Quality life-long movement is based on scientific principles and concepts			
Essential Question?: How do scientific principles, biomechanical principles and practice strategies influence movement forms? 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. 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: *Jump Rope Activities* *Medicine Ball Activities* *Resistant Bands Activities* *Body Weight Exercises* *Aerobic Training* Practice participating in a variety of individual and sport activities: *Disc Golf* *Tennis* *Softball* *Flag Football*	Weekly application of movement skills and concepts in small sided games.

		Soccer *Lacrosse* *Rugby* *Street Hockey* *Badminton* *Speed Minton* *Pickleball* *Basketball* *Speedball* *Volleyball* *Team Handball* Athletic Fields Gymnasiums Fitness Center Tennis Courts Weight Room: *Free Weights, Kettle-bells, Medicine Balls, Plyo Boxes* Cardio Center (future): *Treadmills, Elliptical, Spin Bikes, Row Machines, Recumbent Bikes*	
Proper application of scientific and biomechanical principles enhances quality of movement. There is an interrelationship among practice, motor skill development and physical activity. Appropriate selection of motor skill development concepts improves the quality of movement.	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	Biomechanical Checklist Partner Assessment Checklist
Vocabulary: activities, aerobic training, Disc Golf , Tennis, Softball, Flag Football, Soccer, Lacrosse, Rugby, street Hockey, Badminton, Speed Minton Pickleball, Basketball, Speedball, Volleyball, Team Handball			

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<tr><td colspan="4">Big Idea
Safety impacts individual and community well being</td></tr>
<tr><td colspan="2">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?</td><td colspan="2">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.</td></tr>
<tr><td>Concepts</td><td>Competencies</td><td>Resources</td><td>Assessments</td></tr>
<tr><td>Determining the benefits, risks and safety factors of an activity can lead to safe participation in self-selected, life-long physical activities.</td><td>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.</td><td>Fitness Center Rules

Sport Specific Safety Worksheet

Applying rules and safety concepts to game strategies</td><td>Fitness Safety Unit Quiz

Fitness Room Guide Mapping

Summarize how to operate fitness equipment

Explaining rules and regulations used in the fitness center and gymnasium

Practice proper biomechanical techniques in sports and games.</td></tr>
<tr><td colspan="4">Vocabulary: personal space, safety, rules, well-being, safe space, equipment rules, sport techniques</td></tr>
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