

**PRESCOTT UNIFIED SCHOOL DISTRICT**  
**District Instructional Guide**  
**2014-2015 School Year**

<b>School:</b> Prescott High School	<b>Grade Level:</b> 9	<b>Subject:</b> Physical Education, Boys	<b>Quarter/Semester:</b> All 4 Quarters	<b>Core Text:</b> N/A
-------------------------------------	-----------------------	---	--	-----------------------

<b>Time Block</b>	<b>Unit / Theme</b>	<b>Content (Nouns)</b>	<b>Skills (Verbs)</b>	<b>Standards Focus P=Power</b>	<b>Assessments / Benchmarks</b>
<b>Week 1</b>	Orientation/Rules/Safety Video/Lockers/Fitness Testing	Syllabus, student handbook, squads	Listening, demonstrations, watching, reviewing	SI, S2, S3, S4, S5, S6, S7	Safety and class procedures, signed rules sheet, fire alarm and lockdown procedures
<b>Weeks 2 - 5</b>	Flag Football/Fitness Testing	Football games, sprinting, 40-yard dash, 60-yard dash, push up sit up test	Demonstrate throwing, catching, kicking, receiving, speed, quickness, upper body strength, and abdominal strength	SI, S2, S3, S4, S5, S6, S7	Throwing, catching, kicking, receiving, 40-yard time, push-ups, sit-ups, 60-yard time, number of push-ups, and sit-ups in 1 minute. Teacher observation
		Football games, sprinting, running, shuttle run, 800-meter run, mile run, mile walk, cross country mile, sit and reach test, tournament, fitness testing	Demonstrate throwing, catching, kicking, receiving, speed, quickness, upper body strength, abdominal strength, cardiovascular endurance, quickness, change of direction, and flexibility	SI, S2, S3, S4, S5, S6, S7	Throwing, catching, kicking, receiving, 60-yard time, shuttle run time, one mile run, cross country mile, 800-meter run time, 60-yard time, and flexibility test in inches. Teacher visual observations of students performing exercises and timing and recording of exercise scores.

<b>Weeks 6 - 8</b>	Softball Games & Tournament/Fitness Testing Make-ups	Softball skills such as throwing, hitting, catching and drills. Make-up fitness testing on all tests students missed	Demonstrate throwing, catching, hitting, and fielding	SI, S2, S3, S4, S5, S6, S7, ( 9-10.RH.2) (9-10.WHST.2)	Can they throw the ball accurately to their partner? Are they able to catch the ball consistently? Are they able to hit the ball off a tee and a live pitch? Can they field the ball consistently on the ground and catch a fly ball? Teacher observation.
		Softball games/tournament. Make-up fitness testing on all tests students missed	Demonstrate throwing, catching, hitting, and fielding. Complete a tournament.	SI, S2, S3, S4, S5, S6, S7	
<b>Week 9</b>	Fitness test, absent make ups, general conditioning week. Introduction to soccer.	Make-up fitness testing on all tests students missed, excused absences may be made up by running laps, 10-station circuit training for conditioning. Soccer rules and positions discussed.	Demonstrate running, kicking, push-ups, sit-ups, squats, wall sits, mountains climbers, planks, leg lifts, superman, high knees, and triceps dips	SI, S2, S3, S4, S5, S6, S7	Verbal quiz over soccer; teacher visual observations of students performing exercises; and timing and recording of exercise scores.

<b>Week 10</b>	Fitness Testing/Soccer	Fitness Testing for new students coming from 1 <sup>st</sup> quarter Health class. Continue soccer from last quarter. Work on skills and drills and play soccer games both indoor and outdoor, reviewing rules and team work.	Demonstrate running, kicking, pushups, sit ups, 40-yard and 60-yard dashes, and basic skills of soccer.	SI, S2, S3, S4, S5, S6, S7	Timing and recording of fitness tests. Monitor student's progress and improvement in soccer by teacher observation.
--------------------	------------------------	---	---	----------------------------	---

<b>Weeks 11 - 13</b>	Introduction to Volleyball	Introduction to volleyball. Cover rules, court dimensions, participants, and game procedures.	Demonstrate basic volleyball skills: bump, serve, set, pass, spike, and block. Demonstrate working with partners to practice the skills.	SI, S2, S3, S4, S5, S6, S7, (9-10.RH.2) (9-10.WHST.2)	Can they bump, set, and pass to their teammates under control? Are their techniques improving? Do they understand the basic general rules? Teacher observes skills and students' understanding of the rules.
	Volleyball	Introduction to volleyball. Cover rules, court dimensions, participants, and game procedures. Organize teams, and round robin tournament.	Demonstrate basic volleyball skills: bump, serve, set, pass, spike, and block. Demonstrate working with partners to practice the skills. Practice games and complete round robin tournament.	SI, S2, S3, S4, S5, S6, S7	Written exam at end of last week.
<b>Weeks 14 - 17</b>	Introduction to Basketball	Introduction to basketball. Cover rules, court dimensions, participants, and game procedures.	Demonstrate basic basketball skills: shooting, dribbling, passing, and defense. Demonstrate all skills. Demonstrate working with partners to practice the skills.	SI, S2, S3, S4, S5, S6, S7	Can they dribble, shoot, pass, and play defense at an adequate level? Do they understand the rules of the game? Teacher observes skills and understanding of the rules.
	Basketball	Introduction to basketball. Cover rules, court dimensions, participants, and game procedures. Organize teams, and round robin tournament.	Demonstrate basic basketball skills: shooting, dribbling, passing, and defense. Demonstrate working with partners to practice the skills. Practice games. Round robin tournament	SI, S2, S3, S4, S5, S6, S7,(9-10.RH.2) (9-10.WHST.2)	Written test at the end of the last week.
<b>Week 18</b>	Finals/Make up Week	Written final exam. Finish any fitness tests that need to be made up.	Complete physical fitness tests, showing improvement from their previous scores earlier in the year. Complete written exam.	SI, S2, S3, S4, S5, S6, S7	Improvement on fitness tests. Are they going to improve their previous score on fitness tests? Written exam.
<b>Weeks 19 - 21</b>	Introduction to Handball	Introduction to Handball. Cover rules, court dimensions, participants, and game procedures. Play tournament games round robin style.	Demonstrate basic handball skills. Perform practice games. Complete a round robin tournament.	SI, S2, S3, S4, S5, S6, S7	Are students able to understand and play by the rules of handball? Teacher observation.
<b>Week 22</b>	Gymnastics	Take to gymnastic center @ Prescott YMCA. Introduction of gymnastic skills and the sport of gymnastics.	Demonstrate basic gymnastic skills and use of equipment. Demonstrate tumbling, handstands, trampoline, pommel horse, parallel bars, and vaulting.	SI, S2, S3, S4, S5, S6, S7	Can the students perform basic gymnastics techniques as demonstrated by YMCA gymnastic instructor? Is there 100% effort to try all of the techniques and improvement during the week on those techniques? Teacher observation.
<b>Weeks 23 - 25</b>	Hockey	Introduction to Hockey. Cover rules, court dimensions, participants, and game procedures. Play tournament games round robin style.	Demonstrate basic hockey skills: puck control, use of stick, shooting, passing, and general safety rules. Complete practice games. Demonstrate working in teams, knowledge of basic rules, and playing round robin games. Complete written exam.	SI, S2, S3, S4, S5, S6, S7	Can students demonstrate the ability to perform basic skills in hockey such as controlling the puck and shooting? Do they understand and can they play by the rules of hockey? Teacher observation.  Written exam at the end of the last week.

<b>Week 26</b>	Make Up/Fitness Testing	Make up absence runs. Make ups for missed fitness test.	Demonstrate running for 3 minutes in the gym, or one lap on the track for each day missed. Complete fitness tests.	SI, S2, S3, S4, S5, S6, S7	Fitness tests.
--------------------	-------------------------	---	--	----------------------------	----------------

<b>Week 27</b>	Introduction to Weight Training/AIMS Testing Week	Proper lifting techniques for the bench press, squat, clean, and push press. Safety techniques and safety film.	Demonstrate proper lifting techniques for bench, squats, cleans, and push press. Demonstrate good team work and proper safety techniques.	SI, S2, S3, S4, S5, S6, S7	Demonstrate the proper lifting techniques for bench, squat, cleans, and push press. Test and teacher observation.
<b>Week 28</b>	General Fitness/Obstacle Course	Ten-station circuit training for conditioning.	Demonstrate ability to work through a circuit, using proper technique for each exercise.	SI, S2, S3, S4, S5, S6, S7	Effort and improvement in a variety of agility and body weight exercises as observed by teacher.
<b>Week 29</b>	Fitness Testing/Make Up/Quarter Exam	Indoor/ outdoor fitness tests	Complete various fitness tests: 40-yard and 60-yard run, 800 yd., mile, push-ups, sit-ups, shuttle run, standing long jump, etc.	SI, S2, S3, S4, S5, S6, S7	Students complete any fitness tests that are required by the end of the year or ones they have missed due to absences. Written exams, fitness tests, and body performance measurements.
<b>Weeks 30 - 31</b>	General Fitness / Ultimate Frisbee	General fitness exercises and testing. Rules of Ultimate Frisbee, basic skills practice, and tournaments.	Perform a variety of agility and body weight exercises. Demonstrate basic skills of Ultimate Frisbee and compete in tournaments.	SI, S2, S3, S4, S5, S6, S7	Understanding of the rules of Ultimate Frisbee and proper performance of the basic techniques used in the game as observed by teacher. Written test at the end of the unit.
<b>Weeks 32 - 33</b>	Pickleball / AIMS Testing	Rules of pickleball and practice of the basic skills.	Demonstrate basic skills of pickleball in practice games.	SI, S2, S3, S4, S5, S6, S7	Understanding of the rules of pickleball and proper performance of the basic techniques used in the game as observed by teacher. Written test at the end of the unit.
<b>Weeks 34 - 36</b>	Tennis/Horseshoes	Rules of tennis and the system for scoring. Rules and scoring for horseshoes. Practice of both sports.	Demonstrate basic techniques of tennis such as forehand, backhand, serve, and volley. List the rules of scoring in tennis.	SI, S2, S3, S4, S5, S6, S7	Students will show an understanding of the rules of tennis and horseshoes and be able to perform the basic techniques in games. Teacher observation.  Written exam at the end of the unit.
		Alternate days between playing tennis and horseshoes.	Demonstrate proper use of the rules of tennis/horseshoes and practice skills in game situations. Play doubles tennis in tournament.	SI, S2, S3, S4, S5, S6, S7	
<b>Weeks 37 - 38</b>	Softball/Fitness Testing	Basic rules and skills of softball. Students practice with partners in working on throwing, catching, and hitting.	Demonstrate basic skills of softball such as throwing, catching, hitting, and base running. Demonstrate working with partners. Perform softball skills in games. Complete/make up any fitness tests that are due.	SI, S2, S3, S4, S5, S6, S7	Fitness tests that are required by the end of the year or ones they have missed due to absences. Can students perform basic skills of softball such as throwing, catching, and hitting? Teacher observation. Students are given chances for make-up laps to make up for absences.
<b>Week 39</b>	Finals Week/Fitness Make ups	Students complete any fitness tests that need to be in by the end of the year. Students are given chances for make up laps to make up for absences. Students complete 2 mile run as part of their semester final.	Complete semester final over all sports and activities covered in second semester.	SI, S2, S3, S4, S5, S6, S7	Fitness tests. Final exam.