

PRESCOTT UNIFIED SCHOOL DISTRICT  
District Instructional Guide  
2010/2011 School Year

<b>Grade Level:</b> 9	<b>Subject:</b> Physical Education, Girls	<b>Quarter/Semester:</b> All 4 Quarters	<b>Core Text:</b> N/A
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<b>Time Block</b>	<b>Unit / Theme</b>	<b>Content</b> (Nouns)	<b>Skills</b> (Verbs)	<b>Standards Focus</b> <b>P=Power</b>	<b>Assessments /</b> <b>Benchmarks</b>
<b>Weeks</b> <b>1 - 2</b>	Fitness Testing	Flexed arm hang, pull ups, sit ups, standing long jump, shuttle run, sit and reach, 50-yard dash, and the mile.	Recognize, execute, and implement proper technique to perform flexed arm hang, pull ups, sit ups, standing long jump, shuttle run, sit and reach, 50-yard dash, and the mile.	SI, S2, S3, S4, S5, S7	Pre test
<b>Weeks</b> <b>3 - 4</b>	Volleyball	Volleyball games Volleyball basic skills: bump, set, hit, and serve Rally score system	Demonstrate playing the game correctly Participate in the class tournament Execute the basic skills: bump, set, hit, and serving Implement the "rally" score system	SI, S2, S3, S 4, S5, S6, S7	Daily observation of games by instructor Questioning
<b>Weeks</b> <b>5 - 6</b>	Archery	Archery tackle and basic skills: bow, arrows, target, quiver, arm guards, finger tabs, petticoat, bull's-eye, point system, rebound, stance, aim, dominate eye, nock, draw, anchor, aim, and release, score, color number, values, and descending order	Execute/perform proper techniques of shooting String/brace bow Straddle, nock Draw, anchor, aim Release, retrieve Implement scoring on scorecard in descending order, adding to get total scores	SI, S2, S3, S4, S5, S7	Daily observation Questioning Modeling Scoring Grading scorecards Written test
<b>Weeks</b> <b>7 - 9</b>	Tennis	Tennis grip, racket, sweet spot, Forehand, Backhand, Drop-hit Serve, Baseline Service, Court Center Mark, Alley Doubles, Singles Scoring and game rules	Execute/perform proper techniques of basic tennis skills: forward swing, backswing, hitting, follow-through Execute/perform scoring correctly and demonstrate knowledge of the rules	SI, S2, S3, S4, S5, S7	Daily observation and questioning by instructor Modeling Written test

<b>Weeks 10 - 11</b>	Ultimate Frisbee	Ultimate Frisbee Throwing Styles Team Work Passing Offense Defense End zone Interception Football/basketball	Execute/perform proper techniques of Ultimate Frisbee skills: backhand throw, sidearm throw, thumber, passing, moving ahead, blocking Demonstrate teamwork	SI, S2, S3, S4, S5, S7	Daily observation Questioning Modeling Review questioning Written test
<b>Week 12</b>	Volley Tennis	Hitting Styles of Volley Tennis: bump, set, punch, serve Team Work Passing Tennis , Volleyball	Demonstrate proper volley tennis hitting styles: bump, set, punch , serve, letting the ball bounce Demonstrate good teamwork	SI, S2, S3, S4, S5, S7	Daily observation Questioning Modeling
<b>Weeks 13 - 14</b>	Soccer	Drills for Soccer - Kick off, - Dribble - Hands - Passing - Offense - Defense - Goal Kick - Corner Kick - Punt  Rules Teamwork Soccer games	Execute/perform proper basic soccer skills: close dribble, loose dribble, partner passing, kicking, trapping, throw in, dribble and kick for goal, dribble with defender Demonstrate actual play and teamwork Demonstrate applying rules to game situations	SI, S2, S3, S4, S5, S7	Daily observation Questioning Modeling
<b>Weeks 15- 16</b>	Korfball  Denmark, basketball lead up game	Drills for Korfball Passing- chest, overhead, baseball, bounce Pivoting Shooting Rules, Games Offense and Defense	Execute/perform proper basic skills for Korfball: chest, overhead, baseball and bounce passes Star Drill- with chest and bounce Pivoting, shooting Passing, Shooting Demonstrate actual play Applying rules to game situations	SI, S2, S3, S4, S5, S7	Daily observation Questioning Modeling Officiating games
<b>Weeks 17 - 18</b>	Basketball	Drills for Basketball Dribbling Pivoting Shooting Rules, Games Offense and Defense Teamwork	Execute/perform proper basic skills of basketball: dribbling, right left, alternate, stop and go, lay ups, pivots Demonstrate actual play and teamwork Apply rules to game situations	SI, S2, S3, S4, S5, S7	Daily observation, Questioning, Modeling Officiating games Questions on Final



<b>Week 19</b>	Final Exams for Semester I				Final Exam
<b>Weeks 19 - 21</b>  (Only 2 days of Week 19)	Hockey	Hockey skills: dribbling, passing, stick handling Puck Long hits Face offs Goal tending High-sticking Games	Execute/perform proper basic skills of hockey: dribbling both sides, long distance passing without high-sticking, shooting with goalie, face offs Demonstrate actual play	SI, S2, S3, S4, S5, S7	Daily observations Questioning Modeling
<b>Weeks 22 - 23</b>	Team Handball	Team Handball skills: passing, blocking, shooting Jumpball Relating it to Ultimate Frisbee	Demonstrate proper basic skills of team handball: passing, shooting, goal blocking, long distance passing, shooting with goalie Execute/perform Jumpball Perform 2-point basket shots	SI, S2, S3, S4, S5, S7	Daily observations Questioning Modeling
<b>Week 24</b>	Gymnastics	Gymnastics skills: floor, beam, trampoline, bars, vault	Execute/perform proper basic skills of gymnastics: handstands, cartwheels, round offs, backhand springs, back tucks, balancing, front hip circle, leapfrog on, front tucks Demonstrate listening to YMCA coach	SI, S2, S3, S4, S5, S7	Daily observations Questioning Listening to Y coach
<b>Weeks 25 - 27</b>	Badminton	Badminton skills: care of equipment, serves, underhand and the service court, forehand, backhand Badminton shots: clear, volley, drop, smash and drive Rules of playing doubles Class tournament	Execute/perform proper basic skills of badminton: serves, watch them land, forehands and backhands Perform all types of shots. Participate in a practice game Play in games scheduled to play	SI, S2, S3, S4, S5, S7	Daily observations Questioning Modeling

<p><b>Week 28</b></p>	<p>Fitness Testing/Make Up/Quarter Exam</p>	<p>Indoor/ outdoor fitness tests or circuit training or additional practice of any sport previously learned or introduction of a new sport-teacher's choice</p>	<p>May complete various fitness tests: flexed-arm hang, pull ups, sit ups, standing long jump, shuttle run, sit and reach, 50-yard dash, the mile and individual lap times for 1, 2, and 3 laps, or complete circuit training at instructor's discretion. Instructor may determine students</p>	<p>S1, S2, S3, S4, S5, S6, S7</p>	<p>Instructor's choice of any or all of the following assessments: Fitness tests Written exam Body performance measurements</p>
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			need additional practice in a particular sport instead or introduce a new sport of choice.		Observations
<b>Weeks 29 - 30</b>	Pickleball	Pickleball skills: hitting the ball, underhand serves, shots Rules of playing doubles Pickleball Class tournament	Execute/perform proper basic skills of Pickleball: serves, hits, shots Participate in a practice game Play in games scheduled to play	SI, S2, S3, S4, S5, S7	Daily observations Questioning Modeling
<b>Weeks 31- 33</b>	Flag Football	Flag Football skills: throwing, catching, hiking, running out for ball, defense, offense, line of scrimmage What a game looks like Differences from TV or high school games Play games	Executive/perform proper basic skills of flag football: hiking, throwing, catching, teamwork Demonstrate actual play	SI, S2, S3, S4, S5, S7	Daily observations Questioning Written test
<b>Weeks 34 - 37</b>	Softball	Softball skills: pitch, over hand throw, pop fly, grounder, glove, ball, What a game looks like Rules, tag out, over run, strikes, balls, foul balls Play games	Execute/perform proper basic skills of softball: throwing, catching, batting, fielding, teamwork, making plays, running bases, tagging out, etc. Demonstrate actual play	SI, S2, S3, S4, S5, S7	Daily observations Questioning Written test
<b>Weeks 36 - 38 (Overlaps with Softball time)</b>	Fitness Testing	Flexed arm hang, pull ups, sit ups, standing long jump, shuttle run, sit and reach, 50yd dash, the mile and individual lap times for 1,2, and 3 laps	Recognizing, executing, implementing proper technique to perform flexed-arm hang, pull ups, sit ups, standing long jump, shuttle run, sit and reach, 50-yard dash, and the mile.	SI, S2, S3, S4, S5, S7	Post-tests Final Exam in last week