

Grade Level: 9th	Subject: Girl's Physical Education	Time:	Core Text:
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Time	Unit/Topic	Standards	Assessments	Units
1st*	Lifetime Activities S1.H1.L1	Demonstrates competency and/or refines activity-specific movement skills in two or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games or target games).	Written test Skill Analysis	Ultimate Frisbee Archery Tennis Pickleball Badminton Golf
1st*	Lifetime Activities S1.H1.L2	Refines activity-specific movement skills in one or more lifetime activities. (outdoor pursuits, individual-performance activities, aquatics, net/wall games or target games)		Weight transfer Aiming-Body Alignment Hand Eye Coordination Athletic base/stance
1st* & 3rd	Movement Concepts, Principles and Knowledge S2.H1.L2	Identifies and discusses the historical and cultural roles of games, sports and dance in a society.	Archery report Pickleball Tennis	Archery Pickleball
1st*	Movement Concepts, Principles and Knowledge S2.H2.L1	Uses movement concepts and principles (e.g., force, motion, rotation) to analyze and improve performance of self and/or others in a selected skill.		Football Tennis
1st, 2nd & 4th	Movement Concepts, Principles and Knowledge S2.H2.L2	Describes the speed/accuracy trade off in throwing and striking skills		Football Ultimate Frisbee Tennis Pickleball Badminton

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				Softball Golf
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1st*	Movement Concepts, Principles and Knowledge S2.H3.L2	Identifies the stages of learning a motor skill.	Archery Video analysis	Grip Stance Aim Release Follow through
3rd	Physical Activity Knowledge S3.H1.L2	Investigates the relationships among physical activity, nutrition, and body composition.		
3rd	Physical Activity Knowledge S3.H2.L1	Evaluates the validity of claims made by commercial products and programs pertaining to fitness and healthy active lifestyle.	Analyzing Influences on Health Posters	
1st & 2nd	Physical Activity Knowledge S3.H3.L1	Identifies issues associated with exercising in heat, humidity, and cold.		Hydrate with water Wear layers for warmth
1st*	Physical Activity Knowledge S3.H3.L2	Applies rates of perceived exertion and pacing.	Heart rate monitors Coopers Fitnessgram	Muscular endurance Muscular strength
	Physical Activity Knowledge			
1st*	Engages in Physical Activity	Participates several times a week in a self-selected lifetime activity, dance or fitness activity outside of		

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	S3.H6.L1	the school day.		
1st*	Fitness Knowledge S3.H9.L1	Identifies the structure of skeletal muscle and fiber types as they relate to muscle development.	Muscle worksheet	
1st*	Fitness Knowledge S3.H10.L1	Calculates target heart rate and applies that information to a personal fitness plan.		
1st*	Fitness Knowledge S3.H10.L2	Adjusts pacing to keep heart rate in the target zone, using available technology (e.g., pedometer, heart rate monitor), to self-monitor aerobic intensity.		
1st*	Assessment and Program Planning S3.H11.L2	Develops and maintains a fitness portfolio (e.g., assessment scores, goals for improvement, plan of activities for improvement, log of activities being done to reach goals, timeline for improvement).	PE folder & fitness card	
1st*	Social Interaction	Participates in inclusive programs that combine students of all ability levels.		Pick different partners Tennis & Badminton
1st* 1st & 2nd	Physical Activity Knowledge	Identifies issues associated with exercising in heat, humidity, and cold.		Fitness Testing Football Ultimate Frisbee

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1st*	Rules and Fair Play	Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance		Tennis Golf Ultimate Frisbee
1st, 2nd & 4th	Working with Others	Uses communication skills and strategies that promote team or group dynamics.		Football Ultimate Frisbee
1st, 2nd, & 4th	Working with Others	Assumes leadership role (e.g., task or group leader, referee, coach) in a physical activity setting.	Leading warm ups	
2nd	Movement Concepts, Principles and Knowledge	Create a practice plan to improve performance for a self-selected skill.	Archery Video analysis	

2nd*	Physical Activity Knowledge	Discusses the benefits of a physically active lifestyle as it relates to college or career productivity.		
2nd/ 3rd	Physical Activity Knowledge	Investigates the relationships among physical activity, nutrition, and body composition.		

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2nd/ 3rd	Physical Activity Knowledge	Evaluates the validity of claims made by commercial products and programs pertaining to fitness and a healthy active lifestyle.		
Time	Unit/Topic	Standards	Assessments	Units
2nd & 4th	Assessment and Program Planning	Designs a fitness program including all components of health-related fitness that relates to college/career productivity.		
2nd	Fitness Knowledge	Understands types of strength exercises (e.g. isometric, isotonic, isokinetic, concentric, eccentric etc.) and stretching exercises (e.g. static, dynamic, PNF, etc.) for personal fitness development (e.g. strength, endurance, range of motion).	Coopers Fitnessgram	
3rd	Dance and Rhythms	Demonstrates competency in dance forms and rhythmic movements to include dynamic warm ups, agility drills as wells as cultural and social occasions such as weddings and parties. Demonstrating competency in 1 form of dance (e.g., ballet, modern, hip hop, tap, etc.).		
3rd	Dance and Rhythms	Demonstrates competency in dance forms and rhythmic movements to include dynamic warm ups, agility drills as wells as cultural and social occasions such as weddings and parties. Demonstrating competency in 1 form of dance (e.g., ballet, modern, hip hop, tap, etc.).	Exit slip	

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	Dance and Rhythms	Demonstrates competency in dance forms and rhythmic movements by choreographing a dance, designing a workout routine or by giving a performance.		
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Time	Unit/Topic	Standards	Assessments	Units
3rd	Movement Concepts, Principles and Knowledge	Identifies examples of social and technical dance forms and rhythmic movements.		
3rd	Physical Activity Knowledge	Evaluates the validity of claims made by commercial products and programs pertaining to fitness and a healthy, active lifestyle.		
3rd	Physical Activity Knowledge	Analyzes and applies technology and social media as tools for supporting a healthy, active lifestyle.		
3rd	Personal Responsibility	Employs effective self-management skills to analyze barriers and modify physical activity patterns appropriately as needed.		
3rd	Nutrition	Creates a meal plan that demonstrates understanding of the impact of nutrition on the effect of each phase of exercise (e.g.	3 day food intake log	Nutrition-Health

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		pre, during and post-activity).		
3rd	Stress Management	Identifies stress-management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress.	EverfFi curriculum	Online course
3rd	Physical Activity Knowledge	Evaluates the validity of claims made by commercial products and programs pertaining to fitness and a healthy, active lifestyle.		

Time	Unit/Topic	Standards	Assessments	Units
1st, 2nd & 4th	Fitness Knowledge	Designs and implements a strength and conditioning program that develops balance in opposing muscles groups (agonist-antagonist) and supports a healthy, active lifestyle.		
3rd & 4th	Fitness Knowledge	Relates physiological responses to individual levels of fitness and nutritional balance.		
4th	Fitness Activities	Demonstrates competency in one or more specialized skills to include demonstration, application and evaluation in health and skill-related fitness activities.	Fitness Gram	

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4th	Fitness Activities	Demonstrates competency in 2 or more specialized skills including demonstration, application and evaluation in health related fitness activities.		
4th	Movement Concepts, Principles and Knowledge	Create a practice plan to improve performance for a self-selected skill.		
4th	Physical Activity Knowledge	Apply, analyze and evaluate technology and social media as a tool to support a healthy active lifestyle.		
4th	Fitness Knowledge	Calculates target heart rate and applies that information to a personal fitness plan.		

Time	Unit/Topic	Standards	Assessments	
3rd & 4th	Health	Analyzes the health benefits of a self-selected physical activity.	Lifestyle Factor Worksheet	
4th	Fitness Activities	Demonstrates competency in one or more specialized skills to include demonstration, application and evaluation in health and skill-related fitness activities.		

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3rd	Physical Activity Knowledge	Evaluates the validity of claims made by commercial products and programs pertaining to fitness and a healthy, active lifestyle.		

