

PRESCOTT UNIFIED SCHOOL DISTRICT
District Instructional Guide

Grade Level: 9-12	Subject: AS-100 PE	Quarter/Semester: 1-4/1 & 2	Core Text: USAF <i>Survival, Leadership Education I</i>
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Time Block	Unit / Theme	Content (Nouns)	Skills (Verbs)	Standards Focus	Assessments / Benchmarks
Quarter 1 Week 1-3	Introduction, admin locks, locker, issue clothes; permission slips Fitness Testing	Introduction to course procedures & national fitness testing	List and model class procedures. Perform on a nationally recognized health fitness assessment.	S6:6CH-P1.POI S6:6CH-P2.POI S6:6CH-P3.POI S6:6CH-P4. PO1,2	HW due for assignments Pre test ; Presidential Fitness Test
Week 4-5	ASLA Capture the Flag	Teamwork	Demonstrate teamwork with familiar and unfamiliar teammates Demonstrate responsibility in class Create habits of positive physical conditioning Explain the benefit of making positive lifestyle decisions Learn a new skill	SI: IPA-P1. POI SI: IPA-P2. POI SI: IPA-P3. PO1,2 SI: IPA-P4. PO1,2 SI: IPA-P5. POI	Observation, participation grades; questions on Final Exam
Week 6-7	Volleyball	Teamwork Flt CC leadership	Demonstrate teamwork with familiar and unfamiliar teammates Demonstrate responsibility in class Create habits of positive physical conditioning Explain the benefit of making positive lifestyle decisions Learn a new skill	S2: 2PA-P1. PO1,2 S2: 2PA-P2. PO1-4 S2: 2PA-P3. PO1,2 S2: 2PA-P4. PO1-4 S2: 2PA-P6,7. PO1	Observation, quiz ASLA VB tourney

Week 8-10	Archery	Personal and Peer Responsibility	Demonstrate teamwork with familiar and unfamiliar teammates Demonstrate responsibility in class Create habits of positive physical conditioning Explain the benefit of making positive lifestyle decisions Learn a new skill	S3: 3PA-PI-3. POI-3. S4:4PA-PI-P4. PO-I-3	Score cards, observation, ASLA competition; participation points
Quarter 2 Week II-12	ASLA Ultimate Frisbee	Teamwork	Demonstrate teamwork with familiar and unfamiliar teammates Demonstrate responsibility in class Create habits of positive physical conditioning Explain the benefit of making positive lifestyle decisions Learn a new skill	S5:5PA-PI- P3.POI-3. S6:6PHA-PI-P2. POI-PO2	Observation of games, class tourney; participation points
Week I3-I4	Soccer	Fitness and Teamwork	Demonstrate teamwork with familiar and unfamiliar teammates Demonstrate responsibility in class Create habits of positive physical conditioning Explain the benefit of making positive lifestyle decisions Learn a new skill	SI: IPA-PI. POI SI: IPA-P2. POI SI: IPA-P3. POI,2 SI: IPA-P4. POI,2 SI: IPA-P5. POI	Observation, participation grades; questions on Final Exam
Weeks I5-I6	Dodge ball	Teamwork Strategy	Demonstrate teamwork with familiar and unfamiliar teammates Demonstrate responsibility in class Create habits of positive physical conditioning Explain the benefit of making positive lifestyle decisions Learn a new skill	S2: 2PA-PI. POI,2 S2: 2PA-P2. POI-4 S2: 2PA-P3. POI,2 S2: 2PA-P4. POI-4 S2: 2PA-P6,7. POI	Observation, quiZ ASLA DB tourney

Week I7-I8	Basketball	Teamwork	Demonstrate teamwork with familiar and unfamiliar teammates Demonstrate responsibility in class Create habits of positive physical conditioning Explain the benefit of making positive lifestyle decisions Learn a new skill	S3: 3PA-PI-3. POI-3. S4:4PA-PI-P4. PO-I-3	Observation, ASLA competition; participation points
Quarter 3 Week I9	Indoor Hockey	New challenges and teamwork	Demonstrate teamwork with familiar and unfamiliar teammates Demonstrate responsibility in class Create habits of positive physical conditioning Explain the benefit of making positive lifestyle decisions Learn a new skill	S5:5PA-PI- P3.POI-3. S6:6PHA-PI-P2. POI-PO2	Observation of games, class tourney; participation points
Week 20-2I	Health Lessons (presented throughout the year on weather / no facilities days)	Alcohol Meth Heroin and Cocaine Marijuana Prescription Drugs	Demonstrate teamwork with familiar and unfamiliar teammates Demonstrate responsibility in class Create habits of positive physical conditioning Explain the benefit of making positive lifestyle decisions Learn a new skill	SI: IPA-PI. POI SI: IPA-P2. POI SI: IPA-P3. POI,2 SI: IPA-P4. POI,2 SI: IPA-P5. POI	Observation, participation grades; questions on Health LE tests
Week 22	YMCA Swimming	Responsibility	Demonstrate teamwork with familiar and unfamiliar teammates Demonstrate responsibility in class Create habits of positive physical conditioning Explain the benefit of making positive lifestyle decisions Learn a new skill	S2: 2PA-PI. POI,2 S2: 2PA-P2. POI-4 S2: 2PA-P3. POI,2 S2: 2PA-P4. POI-4 S2: 2PA-P6,7. POI	Observation, Participation points, dress out credit

Week 23-24	ASLA Kickball	Peer accountability	Demonstrate teamwork with familiar and unfamiliar teammates Demonstrate responsibility in class Create habits of positive physical conditioning Explain the benefit of making positive lifestyle decisions Learn a new skill	S3: 3PA-PI-3. POI-3. S4:4PA-PI-P4. PO-I-3	Observation, ASLA competition; participation points
Week 25-26	YMCA Gymnastics	New skills Male / Female separated	Demonstrate teamwork with familiar and unfamiliar teammates Demonstrate responsibility in class Create habits of positive physical conditioning Explain the benefit of making positive lifestyle decisions Learn a new skill	S5:5PA-PI- P3.POI-3. S6:6PHA-PI-P2. POI-PO2	Observation of games, class tourney; participation points
Quarter 4 Week 27-28	Flag Football	Teamwork	Demonstrate teamwork with familiar and unfamiliar teammates Demonstrate responsibility in class Create habits of positive physical conditioning Explain the benefit of making positive lifestyle decisions Learn a new skill	SI: IPA-PI. POI SI: IPA-P2. POI SI: IPA-P3. POI,2 SI: IPA-P4. POI,2 SI: IPA-P5. POI	Observation, participation grades; questions on Final Exam
Week 29-30	Bagdad Baseball	New challenges	Demonstrate teamwork with familiar and unfamiliar teammates Demonstrate responsibility in class Create habits of positive physical conditioning Explain the benefit of making positive lifestyle decisions Learn a new skill	S2: 2PA-PI. POI,2 S2: 2PA-P2. POI-4 S2: 2PA-P3. POI,2 S2: 2PA-P4. POI-4 S2: 2PA-P6,7. POI	Observation, participation grades; questions on Final Exam

Week 31-32	Teamwork: Group Leadership Projects	Teamwork Leadership Challenges	Demonstrate teamwork with familiar and unfamiliar teammates Demonstrate responsibility in class Create habits of positive physical conditioning Explain the benefit of making positive lifestyle decisions Learn a new skill	S3: 3PA-PI-3. POI-3. S4:4PA-PI-P4. PO-I-3	Observation, participation grades; questions on Final Exam
Week 33-34	Health Lessons	Drug Addiction and the Brain Tobacco	Demonstrate teamwork with familiar and unfamiliar teammates Demonstrate responsibility in class Create habits of positive physical conditioning Explain the benefit of making positive lifestyle decisions Learn a new skill	S5:5PA-PI-P3.POI-3. S6:6PHA-PI-P2. POI-PO2	Observation, participation grades; questions on Health LE tests
Week 35	Sex Ed NorthStar	7 Sex, HIV/AIDS and Compassion Sex, Love, Choices, Sex, Limits, self-discipline Sex, Saying "NO" and Courage; Drug Education	Demonstrate teamwork with familiar and unfamiliar teammates Demonstrate responsibility in class Create habits of positive physical conditioning Explain the benefit of making positive lifestyle decisions Learn a new skill	S5:5PA-PI-P3.POI-3. S6:6PHA-PI-P2. POI-PO2	Observation of games, class tourney; participation points
Week 36	Presidential Fitness Testing 1st week of year and last week of year.	Personal Best	Perform on a nationally recognized health fitness assessment.	S5:5PA-PI-P3.POI-3. S6:6PHA-PI-P2. POI-PO2	HW due for assignments Post - test ; Presidential Fitness Test

Note: Weeks presented are not intended to be interpreted in calendar order but will be covered during the course of the year. Actual schedule will vary due to facility availability at the high school and YMCA, state AIMS testing schedule as well as outdoor weather conditions and inclement weather operations.