

Course/Grade Level: Ninth Grade PE Curriculum

PE.9.1 Students will demonstrate motor skills.

Students will....

PE.9.1.1 use a variety of skills appropriately within a game situation. (12.1.1.b)

Instructional Examples:

- Warm up activities, squat jumps, lunges, sit ups, short sprints
- Team games Football, Volleyball, Basketball, Softball

PE.9.1.2 select and use the appropriate offensive and defensive skills in a variety of individual and team activities. (12.1.1.C)

Instructional Example:

- Taught in all games and activities

PE.9.1.3 demonstrate the ability to safely and comfortably adapt to environmental conditions in a variety of outdoor pursuits. (12.1.1.D)

PE.9.2 Students will demonstrate learning concepts.

Students will...

PE.9.2.1 develop an appropriate conditioning program for a self-selected game and activity for lifetime engagement. (12.2.2.A)

Instructional Example:

- Students design a personal fitness plan that has lifetime activities, such as aerobics, walking, jogging, and weights, or an activity that they enjoy.

PE.9.2.2 explain appropriate tactical decisions in a game situation. (12.2.2.B)

Instructional Example:

- Students evaluate how they do in each activity

PE.9.3 Students will demonstrate active participation.

Students will...

PE.9.3.1 willingly participate in a variety of physical activities appropriate for maintaining or enhancing a healthy and active lifestyle. (12.3.3.A)

Instructional Example:

- Provides various activities that allow the student to participate in an appropriate physical activity 30-60 minutes per day, 3-5 times a week.

PE.9.3.2 accumulate, on most days, a recommended number of minutes of moderate to vigorous physical activity outside of physical education class. (12.3.3.B)

Instructional Example:

- Will keep fitness journal and log weekly activity

(continued...)

PE.9.3.3 monitor physical activity through the use of a pedometer, heart rate monitor, and/or physical activity log, or other appropriate technology. (12.3.3C)

Instructional Example:

- Check fitness journal 3 to 5 times a week to be sure they keep up

PE.9.3.4 understand the ways in which personal characteristics, personal styles, and activity preferences will change over lifespan. (12.3.3.D)

Instructional Example:

- Explain THR and what range they are in

PE.9.4 Students will demonstrate physical fitness.

Students will...

PE.9.4.1 maintain appropriate levels of cardio-respiratory, endurance, muscular strength, muscular endurance, flexibility, and body composition necessary for a healthy productive life. (12.4.4.A)

Instructional Example:

- Have students do many activities to help test them in running endurance, lifting and flexibility. And be sure they have overload, frequency, intensity, and time and log results.

PE.9.4.2 develop realistic short-term and long-term personal fitness goals. (12.4.4.B)

Instructional Example:

- Always evaluate and change fitness plan to fit those needs of each student.

PE.9.4.3 assess, interpret, and apply the health related fitness components to personal physical fitness status. (12.4.4.C)

Instructional Example:

- Explain THR and use 12 min run to show them how to use it, and find THR.

PE.9.4.4 design and implement a personal fitness program based on information obtained from the fitness assessment and in accordance with appropriate training principles. (12.4.4.D)

Instructional Example:

- Use fitness journal to log activity to make changes as needed

PE.9.4.5 participate in a variety of physical activities appropriate for enhancing physical fitness. (12.4.4D)

Instructional Example:

- Provide activities to get 3-5 times a week of 20 min or more physical work. Circuit Train, Run, Walk , Ultimate tag games

PE 9.4.6 plan a summer personal conditioning program. (12.4.4.F)

Instructional Example:

- Students will provide examples of 8 week fitness plan that includes warm-up, flexibility, muscular strength, endurance, cardio, and cool down. <summer weight program>

PE.9.5

Students will demonstrate personal and social behavior.

Students will...

- PE.9.5.1 participate successfully in a cooperative learning group in a variety of physical activity settings. (12.5.5.A)
Instructional Example:
- Team games that promote interaction between students use warm –up activities to do this. <knots>
- PE.9.5.2 invite less skilled students to participate in physical activity. (12.5.5.B)
Instructional Example:
- Provide games that allow all skill levels to interact. < line basketball>
- PE.9.5.3 encourage others to apply appropriate etiquette in all physical activity settings. (12.5.5.C)
Instructional Example:
- Provide the opportunity for students to act appropriately in a school or community physical activity setting.
- PE.9.5.4 provide appropriate support for a teammate in a team activity. (12.5.5.D)
Instructional Example:
- Establishes appropriate behavior expectations, including methods of encouraging others. Always change teams and tell students good job when they encourage teammate.

PE.9.6

Students will demonstrate active participation.

Students will...

- PE.9.6.1 display persistence in learning new physical activities. (12.6.6.A)
Instructional Example:
- Provides expanded opportunities for student participation in a variety of activities. <offer weights,sports outside school day>
- PE.9.6.2 know why they do physical activity. (12.6.6.B)
Instructional Example:
- Use fitness journals to reflect why they do activity and what they gain from it.
- PE.9.6.3 integrate physical activity meaningfully into daily life. (12.6.6.C)
Instructional Example:
- Use fitness journal to log thoughts and what they do.
- PE.9.6.4 reflect on reasons for choosing to participate in selected physical activities. (12.6.6.D)
Instructional Example:
- Identify games and activities through year, how they can help you for lifetime, and log in fitness journal what they liked best and what they can use long term. < lifting weights>