



Course Title: Individual Sports

Content Area: Health and Physical Education

Grade Level: 10-12

Scope and Sequence

Grade Level: 10,11,12			Content Area: Physical Education			
Unit or Topic	Standards	Length of Time	Key Content	Assessment Tools	Scaffolding Strategies (Interventions, Special Education)	Resources & Materials
Fitness for life	10.4.9.A 10.4.12.A 10.4.9.B 10.4.12.B 10.4.9.C 10.5.9.D 10.5.12.D	2-3 weeks and throughout the course of study	<ul style="list-style-type: none"> • Equipment /Fitness Center Orientation/review • Teambuildr intro • Fitnessgram Healthy Fitness Zones • Goal setting • Individual Fitness • Group Fitness 	Teacher observation Practice Work out logs Pre-test/posttest	Students are allowed more than one attempt/time if needed. Peer coaching	All content is teacher created. Necessary/rubrics and materials are posted in Blackboard. Teambuildr.com
Tennis	10.3.9.C 10.3.9.D 10.3.12.D 10.5.9.E 10.5.12.E 10.5.9.F 10.5.12.F	2-3 weeks	<ul style="list-style-type: none"> • Grip • Ground strokes • Serving • Scoring/rules/court lines • Rally • Gaming/Tourney 	Teacher observation Practice Questioning	Students are allowed more than one attempt/time if needed. Modified gaming and equipment if needed Peer coaching	All content is teacher created. Necessary/rubrics and materials are posted in Blackboard.
Badminton	10.3.9.C 10.3.9.D 10.3.12.D 10.5.9.E 10.5.12.E 10.5.9.F 10.5.12.F	2-3 weeks	<ul style="list-style-type: none"> • Set up/tear down • Grip • Ready position • Footwork • Service /court position • Varying shots/rally 	Teacher observation Practice Questioning	Students are allowed more than one attempt/time if needed. Modified gaming and	All content is teacher created. Necessary/rubrics and materials are posted in Blackboard.



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			<ul style="list-style-type: none">• Gaming/ Tourney		equipment if needed Peer coaching	
Pickleball	10.3.9.C 10.3.9.D 10.3.12.D 10.5.9.E 10.5.12.E 10.5.9.F 10.5.12.F	2-3 weeks	<ul style="list-style-type: none">• Set up /teardown• Grip• Stance/court position• Serve/ ball placement• Forehand/backhand/drive/lob• Spin• Gaming/ Tourney	Teacher observation Practice Questioning	Students are allowed more than one attempt/time if needed. Modified gaming and equipment if needed Peer coaching	All content is teacher created. Necessary/rubrics and materials are posted in Blackboard.
Table Tennis	10.3.9.C 10.3.9.D 10.3.12.D 10.5.9.E 10.5.12.E 10.5.9.F 10.5.12.F	2-3 weeks	<ul style="list-style-type: none">• Set up/tear down• Various Grips• Serving• Scoring/rules/ lines• Spin/block• Rally• Gaming/Tourney	Teacher observation Practice Questioning	Students are allowed more than one attempt/time if needed. Modified gaming and equipment if needed Peer coaching	All content is teacher created. Necessary/rubrics and materials are posted in Blackboard. .
Lifetime Recreational Games	10.3.9.C 10.3.9.D 10.3.12.D 10.5.9.E 10.5.12.E 10.5.9.F 10.5.12.F	2-3 weeks	<ul style="list-style-type: none">• Cornhole• Ladder golf• Frisbee post• Frisbee golf• Washers• Disc Slam	Teacher observation Practice Questioning	Students are allowed more than one attempt/time if needed. Modified gaming and equipment if needed Peer coaching	All content is teacher created. Necessary/rubrics and materials are posted in Blackboard.



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Spike Ball/Round net	10.3.9.C 10.3.9.D 10.3.12.D 10.5.9.E 10.5.12.E 10.5.9.F 10.5.12.F	1-2 weeks	<ul style="list-style-type: none">• Self-Passing Challenges• Partner Passing• Selfie Spikes• Rally• Gaming	Teacher observation Practice Questioning	Students are allowed more than one attempt/time if needed. Modified gaming and equipment if needed Peer coaching	All content is teacher created. Necessary/rubrics and materials are posted in Blackboard.