



Course Title: Physical Education

Content Area: Health and Physical Education

Grade Level: 9-10

Scope and Sequence

Grade Level: 9-10			Content Area: Physical Education			
Unit or Topic	Standards	Length of Time	Key Content	Assessment Tools	Scaffolding Strategies (Interventions, Special Education)	Resources & Materials
Personal Fitness Testing/ Health Related fitness education	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	1-2 weeks	<ul style="list-style-type: none">• PRE TESTING/ POST TESTING• Body Composition• Flexibility• Muscular Strength• Muscular Endurance• Cardiorespiratory endurance• Goal setting• Personal improvement• Healthy fitness zone	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 Fitnessgram
Personal Fitness Testing Skill related fitness education/	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	1-2 weeks	<ul style="list-style-type: none">• PRE TESTING/ POST TESTING• Agility• Balance• Coordination• Speed• Power• Reaction time• Goal setting• Personal improvement• Performance	Teacher observation Practice Questioning 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

Fitness Center Orientation/use	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	1-2 weeks and reinforce Through the Entire Course of Study	<ul style="list-style-type: none"> • Facility use/troubleshooting • Rues/courtesies • Introduction to equipment • Teambuildr to track performance and form reinforcement. 	Teacher observation Practice Questioning	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 Fitnessgram
Individual Personal Fitness Plan for Improvement.	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	12 Weeks	<ul style="list-style-type: none"> • Create a personal fitness plan based on improvement according to test results/ 4 days with alternating activities using the following: • Small Group Fitness/ circuits /yoga/dance/ HITT • Body Composition • Flexibility • Muscular Strength • Muscular Endurance • Cardiorespiratory endurance • Goal setting • Personal improvement • Agility • Balance • Coordination • Speed • Power • Reaction time 	Teacher observation Practice Questioning Work out logs	Students are allowed more than one attempt/time if needed. Peer coaching Teacher designed workout Rest/drink.	All content is teacher created/organized. Necessary/rubrics and materials are posted in Blackboard.

Fitness/ Sport/ Individual	10.3.9.C 10.3.9.D 10.3.12.D	Through the Entire	Games and Activity choices in: Basketball, frisbee games, volleyball, hockey, table tennis, tennis,	Teacher observation Practice	Students are allowed more than one	All content is teacher created. Necessary/rubrics and
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Games and Activities	10.5.9.E 10.5.12.E 10.5.9.F 10.5.12.F	Course of Study.	pickleball, kickball, soccer, handball, ultimate, spike ball, cornhole, ladder golf, washers.	Questioning	attempt/time if needed. Modified gaming and equipment if needed Peer coaching Rest/drink	materials are posted in Blackboard. .
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