

Course Title: Personal Fitness, Racquet Sports, and Group Activities

Board Approval Date: 10/15/12

Credit / Hours: .25 credit

Course Description:

This course focuses on mastery of the PA Academic Standards for Health, Safety and Physical Education. Students participate in activities that are designed to help them understand and develop the components of health-related fitness and value physical activity and its contributions to a healthy lifestyle. The program includes a variety of racquet sports with systematic and effective instruction and practice time provided to ensure student achievement. Activities used during this course are, but not limited to, tennis, wall ball, pickle ball, Speedminton, badminton, and volleyball.

Learning Activities / Modes of Assessment:

Large group instruction	Tests and Quizzes
Group Activities/Tasks	Checklists / Teacher Observation
Individual Activities/Tasks	Projects with Rubrics
Small group work	
Write-ups	

Instructional Resources:

Discovery Ed Streaming
Various Videos

Course Pacing Guide

Course: **Personal Fitness, Racquet Sports, and Group Activities**

Course Unit (Topic)	Length of Instruction (Days/Periods)
1. Tennis	12 days
2. Indoor Racquet Games	12 days
3. Direct Control Net Games	<u>18 days</u>
DAYS TOTAL	42 Days

Topic: 1:: Tennis

Days: 12

Subject(s): Physical Education

Grade(s): 10th, 11th, 12th

Know:

10.4.12.B – Essential

Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.

- social
- physiological
- psychological

10.4.12.E – Essential

Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

10.4.12.D – Essential

Evaluate factors that affect physical activity and exercise preferences of adults.

- personal challenge
- physical benefits
- finances
- motivation
- access to activity
- self-improvement

Understand:

Racquet sports incorporate physical activity that will support life-long personal health and fitness goals.

Do:

10.4.12.A – Essential

Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.

10.4.12.F – Essential

Assess and use strategies for enhancing adult group interaction in physical activities.

- shared responsibility
- open communication
- goal setting

10.5.12.D – Essential

Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.

10.3.12.D – Essential

Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.

- Apply different strategies

-Apply different hits

Topic: 1:: Tennis

Days: 12

Subject(s): Physical Education

Grade(s): 10th, 11th, 12th

Know:

Understand:

Do:

10.5.12.E – Important

Evaluate movement forms for appropriate application of scientific and biomechanical principles.

- efficiency of movement
- mechanical advantage
- kinetic energy
- potential energy
- inertia
- safety

10.5.12.F – Essential

Analyze the application of game strategies for different categories of physical activities.

- individual
- team
- lifetime
- outdoor

10.3.12.D – Essential

Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.

- Know the vocabulary terms and what they mean

- Know the rules of the game

-Know the strategies
10.4.12.B - Analyze the effects of regular participation in a self-selected program of

-Apply offensive and defensive strategies

10.4.12.A - Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.

10.4.12.F - Assess and use strategies for enhancing adult group interaction in physical activities.

10.5.12.A - Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.

10.5.12.D - Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.

- shared responsibility
- open communication
- goal setting

Topic: 1:: Tennis

Days: 12

Subject(s): Physical Education

Grade(s): 10th, 11th, 12th

Know:

Understand:

Do:

moderate to vigorous physical activities.

10.4.12.E - Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

10.4.12.D - Evaluate factors that affect physical activity and exercise preferences of adults.

10.5.12.E - Evaluate movement forms for appropriate application of scientific and biomechanical principles.

10.5.12.F - Analyze the application of game strategies for different categories of physical activities.

- social
- physiological
- psychological

- personal challenge
- physical benefits
- finances
- motivation
- access to activity
- self-improvement

- efficiency of movement
- mechanical advantage
- kinetic energy
- potential energy
- inertia

Topic: 1:: Tennis

Days: 12

Subject(s): Physical Education

Grade(s): 10th, 11th, 12th

Know:

Understand:

Do:

<ul style="list-style-type: none">• safety• individual• team• lifetime• outdoor		
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Topic: 1:: Tennis

Days: 12

Subject(s): Physical Education

Grade(s): 10th, 11th, 12th

Which standards are students learning in this unit?

10.4.12.A – Essential

Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.

10.4.12.B – Essential

Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.

- social
- physiological
- psychological

10.4.12.E – Essential

Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

10.4.12.F – Essential

Assess and use strategies for enhancing adult group interaction in physical activities.

- shared responsibility
- open communication
- goal setting

10.4.12.D – Essential

Evaluate factors that affect physical activity and exercise preferences of adults.

- personal challenge
- physical benefits
- finances
- motivation
- access to activity
- self-improvement

10.5.12.A – Essential

Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.

10.5.12.D – Essential

Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.

Topic: 1:: Tennis

Days: 12

Subject(s): Physical Education

Grade(s): 10th, 11th, 12th

10.5.12.E – Important

Evaluate movement forms for appropriate application of scientific and biomechanical principles.

- efficiency of movement
- mechanical advantage
- kinetic energy
- potential energy
- inertia
- safety

10.5.12.F – Essential

Analyze the application of game strategies for different categories of physical activities.

- individual
- team
- lifetime
- outdoor

10.3.12.D – Essential

Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.

Topic: 2: Indoor Racquet Games

Days: 12

Subject(s): Physical Education

Grade(s): 10th, 11th, 12th

Know:

Understand:

Do:

10.4.12.E – Essential

Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

10.4.12.F – Important

Assess and use strategies for enhancing adult group interaction in physical activities.

- shared responsibility
- open communication
- goal setting

10.4.12.D – Important

Evaluate factors that affect physical activity and exercise preferences of adults.

- personal challenge
- physical benefits
- finances
- motivation
- access to activity
- self-improvement

10.4.12.B – Important

Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.

- social
- physiological
- psychological

Racquet sports incorporate physical activity that will support life-long personal health and fitness goals.

10.4.12.E – Essential

Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

10.4.12.F – Important

Assess and use strategies for enhancing adult group interaction in physical activities.

- shared responsibility
- open communication
- goal setting

10.4.12.D – Important

Evaluate factors that affect physical activity and exercise preferences of adults.

- personal challenge
- physical benefits
- finances
- motivation
- access to activity
- self-improvement

10.5.12.B – Important

Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.

- open and closed skills
- short-term and long-term memory
- aspects of good performance

10.5.12.A – Essential

Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.

10.5.12.C – Important

Evaluate the impact of practice strategies on skill development and improvement.

Topic: 2: Indoor Racquet Games

Days: 12

Subject(s): Physical Education

Grade(s): 10th, 11th, 12th

Know:

Understand:

Do:

10.5.12.A – Essential

Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.

10.5.12.C – Important

Evaluate the impact of practice strategies on skill development and improvement.

10.5.12.F – Important

Analyze the application of game strategies for different categories of physical activities.

- individual
- team
- lifetime
- outdoor

10.3.12.D – Important

Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.

Students will know the rules of serving and scoring

The types of strokes used in badminton and speedminton

Proper scoring and serving rules

10.5.12.F – Important

Analyze the application of game strategies for different categories of physical activities.

- individual
- team
- lifetime
- outdoor

10.3.12.D – Important

Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.

Demonstrate knowledge of rules and scoring by competing in round-robin games with classmates

Demonstrate forehand, backhand, smash and serving skills and use them in a game of badminton or tennis

Topic: 2: Indoor Racquet Games

Days: 12

Subject(s): Physical Education

Grade(s): 10th, 11th, 12th

Which standards are students learning in this unit?

10.4.12.E – Essential

Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

10.4.12.F – Important

Assess and use strategies for enhancing adult group interaction in physical activities.

- shared responsibility
- open communication
- goal setting

10.4.12.D – Important

Evaluate factors that affect physical activity and exercise preferences of adults.

- personal challenge
- physical benefits
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- access to activity
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10.4.12.B – Important

Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.

- social
- physiological
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10.5.12.B – Important

Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.

- open and closed skills
- short-term and long-term memory
- aspects of good performance

10.5.12.A – Essential

Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.

10.5.12.C – Important

Evaluate the impact of practice strategies on skill development and improvement.

Topic: 2: Indoor Racquet Games

Days: 12

Subject(s): Physical Education

Grade(s): 10th, 11th, 12th

10.5.12.F – Important

Analyze the application of game strategies for different categories of physical activities.

- individual
- team
- lifetime
- outdoor

10.3.12.D – Important

Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.

Topic: 3 - Direct Control Net Games

Days: 18

Subject(s): Physical Education

Grade(s): 10th, 11th, 12th

Know:

Understand:

Do:

10.4.12.D – Important

Evaluate factors that affect physical activity and exercise preferences of adults.

- personal challenge
- physical benefits
- finances
- motivation
- access to activity
- self-improvement

10.4.12.E – Essential

Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

10.4.12.F – Important

Assess and use strategies for enhancing adult group interaction in physical activities.

- shared responsibility
- open communication
- goal setting

10.5.12.A – Essential

Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.

Participation in net games can assist an individual in achieving cardiovascular fitness, and meeting life-long personal health and fitness goals.

10.4.12.D – Important

Evaluate factors that affect physical activity and exercise preferences of adults.

- personal challenge
- physical benefits
- finances
- motivation
- access to activity
- self-improvement

10.4.12.E – Essential

Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

10.4.12.F – Important

Assess and use strategies for enhancing adult group interaction in physical activities.

- shared responsibility
- open communication
- goal setting

10.5.12.A – Essential

Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.

10.5.12.B – Important

Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.

- open and closed skills
- short-term and long-term memory
- aspects of good performance

10.5.12.C – Important

Evaluate the impact of practice strategies on skill development and improvement.

Topic: 3 - Direct Control Net Games

Days: 18

Subject(s): Physical Education

Grade(s): 10th, 11th, 12th

Know:

Understand:

Do:

10.5.12.C – Important

Evaluate the impact of practice strategies on skill development and improvement.

10.5.12.F – Important

Analyze the application of game strategies for different categories of physical activities.

- individual
- team
- lifetime
- outdoor

10.5.12.E – Important

Evaluate movement forms for appropriate application of scientific and biomechanical principles.

- efficiency of movement
- mechanical advantage
- kinetic energy
- potential energy
- inertia
- safety

10.3.12.D – Important

Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.

The basic skills used to participate in direct control games such as volleyball and nitroball.

10.5.12.F – Important

Analyze the application of game strategies for different categories of physical activities.

- individual
- team
- lifetime
- outdoor

10.5.12.E – Important

Evaluate movement forms for appropriate application of scientific and biomechanical principles.

- efficiency of movement
- mechanical advantage
- kinetic energy
- potential energy
- inertia
- safety

10.3.12.D – Important

Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.

Practice and develop basic skills necessary to successfully participate in various direct control net games.

Demonstrate knowledge of scoring, service and rotation rules by utilizing them in a game setting.

Topic: 3 - Direct Control Net Games

Days: 18

Subject(s): Physical Education

Grade(s): 10th, 11th, 12th

Know:

Understand:

Do:

<p>The rules for scoring and serving in direct control net games such as volleyball and nitroball.</p> <p>Methods to incorporating the rotation of players into the game and through service turns.</p>		
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Topic: 3 - Direct Control Net Games

Days: 18

Subject(s): Physical Education

Grade(s): 10th, 11th, 12th

Which standards are students learning in this unit?

10.4.12.D – Important

Evaluate factors that affect physical activity and exercise preferences of adults.

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- goal setting

10.5.12.A – Essential

Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.

10.5.12.B – Important

Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.

- open and closed skills
- short-term and long-term memory
- aspects of good performance

10.5.12.C – Important

Evaluate the impact of practice strategies on skill development and improvement.

10.5.12.F – Important

Analyze the application of game strategies for different categories of physical activities.

- individual
- team
- lifetime
- outdoor

Topic: 3 - Direct Control Net Games

Days: 18

Subject(s): Physical Education

Grade(s): 10th, 11th, 12th

10.5.12.E – Important

Evaluate movement forms for appropriate application of scientific and biomechanical principles.

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- inertia
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10.3.12.D – Important

Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.