

HS PE Cycle 1

Huntingdon Area School District

UNITS (6/6 SELECTED)

SUGGESTED DURATION

 Unit 1: Soccer	<i>5 lessons</i>
 Unit 2: Baseball/Softball	<i>5 lessons</i>
 Unit 3: Volleyball	<i>5 lessons</i>
 Unit 4: Basketball	<i>5 lessons</i>
 Unit 5: Archery	<i>7 lessons</i>
 Unit 6: Physical Fitness/Fitness circuit	<i>4 lessons</i>

Unit 1: Soccer

HS PE Cycle 1

UNIT OVERVIEW

The students will learn game play rules and other skills needed to compete during the soccer unit.

STANDARDS/EXPECTATIONS

Pennsylvania - Grade 9 - Health, Safety, and Physical Education

10.3.9.D

10.4.9.A

10.4.9.B

10.4.9.C

10.4.9.D

10.4.9.E

10.4.9.F

10.5.9.A

10.5.9.B

10.5.9.C

10.5.9.D

10.5.9.F

Pennsylvania - Grade 12 - Health, Safety, and Physical Education

10.3.12.D

10.4.12.C

10.4.12.D

10.4.12.F

10.5.12.A

10.5.12.C

10.5.12.F

10.5.12.D

BIG IDEAS

Big Ideas

- Improve student physical fitness level through cardiovascular activity during game play.
- Game play strategy exist in all physical activity.
- **Rules/Regulations for both practice and games**

ESSENTIAL QUESTIONS

Essential Questions

- How can the sport of soccer contribute to overall fitness?
- How do sports correlate to one another?

Unit 1: Soccer

HS PE Cycle 1

LEARNING TARGETS: KNOWLEDGE & SKILLS

Knowledge	Skills
Students will know (Acquired Knowledge)	Students can do (Acquired Skill)
rules applied to soccer.	basic skills needed for game play.
game play strategy.	modified game play to understand spacing/positions.

Unit 2: Baseball/Softball

HS PE Cycle 1

UNIT OVERVIEW

The students will learn game play rules and other skills needed to compete during the baseball/softball unit.

STANDARDS/EXPECTATIONS

Pennsylvania - Grade 12 - Health, Safety, and Physical Education

10.3.12.D

10.4.12.A

10.4.12.B

10.4.12.C

10.4.12.D

10.4.12.E

10.4.12.F

10.5.12.A

10.5.12.B

10.5.12.C

10.5.12.F

Pennsylvania - Grade 9 - Health, Safety, and Physical Education

10.4.9.A

10.4.9.B

10.4.9.C

10.4.9.D

10.4.9.E

10.5.9.C

10.5.9.A

10.5.9.B

10.5.9.F

10.5.9.D

BIG IDEAS

Big Ideas

- Improve student physical fitness level through cardiovascular activity during game play.
- Game play strategy exist in all physical activity.
- Rules/regulations for both practice and games

ESSENTIAL QUESTIONS

Essential Questions

- - How can the sport of Baseball/Softball contribute to overall fitness?
- How do sports correlate to one another?

Unit 2: Baseball/Softball

HS PE Cycle 1

LEARNING TARGETS: KNOWLEDGE & SKILLS

Knowledge	Skills
Students will know (Acquired Knowledge)	Students can do (Acquired Skill)
rules applied to baseball.	basic skills needed for game play.
game play strategy.	modified game play to understand positions/situations.

Unit 3: Volleyball

HS PE Cycle 1

UNIT OVERVIEW

The students will learn game play rules and other skills needed to compete during the volleyball unit.

STANDARDS/EXPECTATIONS

Pennsylvania - Grade 12 - Health, Safety, and Physical Education

10.3.12.D

10.4.12.A

10.4.12.B

10.4.12.C

10.4.12.D

10.4.12.E

10.4.12.F

10.5.12.A

10.5.12.C

10.5.12.F

10.5.12.D

Pennsylvania - Grade 9 - Health, Safety, and Physical Education

10.4.9.F

10.5.9.A

10.5.9.C

10.5.9.F

10.5.9.B

BIG IDEAS

Big Ideas

- Improve student physical fitness level through cardiovascular activity during game play.
- Game play strategy exist in all physical activity.
- **Rules/Regulations for both practice and games**

ESSENTIAL QUESTIONS

Essential Questions

- - How can the sport of volleyball contribute to overall fitness?
- - How do sports correlate to one another?

Unit 3: Volleyball

HS PE Cycle 1

LEARNING TARGETS: KNOWLEDGE & SKILLS

Knowledge	Skills
Students will know (Acquired Knowledge)	Students can do (Acquired Skill)
rules applied to volleyball.	basic skills needed for game play.
game play strategy.	modified game play to understand spacing/positions.

Unit 4: Basketball

HS PE Cycle 1

UNIT OVERVIEW

The students will learn game play rules and other skills needed to compete during the basketball unit.

STANDARDS/EXPECTATIONS

Pennsylvania - Grade 12 - Health, Safety, and Physical Education

10.3.12.D

10.4.12.A

10.4.12.B

10.4.12.C

10.4.12.E

10.4.12.F

10.5.12.F

10.5.12.D

10.5.12.A

10.5.12.C

Pennsylvania - Grade 9 - Health, Safety, and Physical Education

10.4.9.A

10.3.9.D

10.4.9.C

10.4.9.B

10.4.9.F

10.4.9.D

10.5.9.A

10.5.9.F

10.5.9.D

10.5.9.C

10.5.9.B

BIG IDEAS

Big Ideas

- **Improve student physical fitness level through cardiovascular activity during game play.**
- **Game play strategy exist in all physical activity.**
- **Rules/regulations for both practice and games**

ESSENTIAL QUESTIONS

Essential Questions

- **How can the sport of basketball contribute to overall fitness?**
- **How do sports correlate to one another?**

Unit 4: Basketball

HS PE Cycle 1

LEARNING TARGETS: KNOWLEDGE & SKILLS

Knowledge	Skills
Students will know (Acquired Knowledge)	Students can do (Acquired Skill)
rules applied to basketball.	basic skills needed for game play.
game play strategy.	modified game play to understand spacing/positions.

Unit 5: Archery

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UNIT OVERVIEW

Each student will be taught the lifetime skills and techniques of archery, along with all safety procedures.

STANDARDS/EXPECTATIONS

Pennsylvania - Grade 12 - Health, Safety, and Physical Education

10.3.12.D

10.4.12.A

10.4.12.B

10.4.12.C

10.4.12.D

10.4.12.E

10.5.12.A

10.5.12.B

10.5.12.F

Pennsylvania - Grade 9 - Health, Safety, and Physical Education

10.3.9.D

10.4.9.A

10.4.9.D

10.4.9.E

10.4.9.F

10.5.9.C

BIG IDEAS

Big Ideas

- Shooting Cues
- Aim and Accuracy
- Target Identification
- Safety and following rules/procedures

ESSENTIAL QUESTIONS

Essential Questions

- How does aging affect a lifetime activity?
- Why do people decide to participate in lifetime activities?

Unit 5: Archery

HS PE Cycle 1

LEARNING TARGETS: KNOWLEDGE & SKILLS

Knowledge	Skills
Students will know (Acquired Knowledge)	Students can do (Acquired Skill)
shooting cues.	techniques for archery taught in class.
shooting cadence.	scoring for a flight of arrows.
the parts of the bow and arrows.	

Unit 6: Physical Fitness/Fitness circuit

HS PE Cycle 1

UNIT OVERVIEW

The students will learn the importance of being physical fit and how the physical fitness test correlates to overall health.

STANDARDS/EXPECTATIONS

Pennsylvania - Grade 12 - Health, Safety, and Physical Education

10.1.12.A

10.1.12.B

10.2.12.C

10.2.12.D

10.3.12.D

10.4.12.A

10.4.12.B

10.4.12.C

10.4.12.D

10.4.12.E

10.5.12.A

10.5.12.D

Pennsylvania - Grade 9 - Health, Safety, and Physical Education

10.4.9.C

BIG IDEAS

Big Ideas

- **Improve student physical fitness level through cardiovascular activity during fitness test.**
- Show students the proper techniques of different exercises.
- Identify the progress of student fitness level with a pre-post test
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ESSENTIAL QUESTIONS

Essential Questions

- How does the Fitness test relate to the activities we do?
- Why is the fitness circuit/test important to your overall health? What are the components of a healthy body?

Unit 6: Physical Fitness/Fitness circuit

HS PE Cycle 1

LEARNING TARGETS: KNOWLEDGE & SKILLS

Knowledge	Skills
Students will know (Acquired Knowledge)	Students can do (Acquired Skill)
proper techniques for each fitness aspect.	basic skills needed for the fitness test.