

HS PE Cycle 2

Huntingdon Area School District

UNITS (6/6 SELECTED)

SUGGESTED DURATION

 Unit 1: Tennis	<i>5 lessons</i>
 Unit 2: Ultimate Frisbee/Golf	<i>5 lessons</i>
 Unit 3: Team Handball	<i>5 lessons</i>
 Unit 4: Floor Hockey	<i>5 lessons</i>
 Unit 5: Archery	<i>7 lessons</i>
 Unit 6: Physical Fitness/Fitness Circuit	<i>4 lessons</i>

Unit 1: Tennis

HS PE Cycle 2

UNIT OVERVIEW

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

STANDARDS/EXPECTATIONS

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.D

10.5.12.F

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

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 tennis contribute to overall fitness?
- How do sports correlate to one another?
- What is the value of learning a lifetime activity?

Unit 1: Tennis

HS PE Cycle 2

LEARNING TARGETS: KNOWLEDGE & SKILLS

Knowledge	Skills
Students will know (Acquired Knowledge)	Students can do (Acquired Skill)
rules applied to tennis.	basic skills needed for game play.
<div style="border: 1px solid black; padding: 5px; width: fit-content;">game play strategy.</div>	modified game play to understand spacing/positions.

EVIDENCE OF LEARNING & ASSESSMENT

Name of Assessment	Type (formative, summative, project-based, diagnostic)	Description
Motor Skills/Movement	<div style="border: 1px solid black; padding: 5px; width: fit-content;">Formative</div>	Kinesthetic movement throughout the unit. (Observation)
Self Reflection	<div style="border: 1px solid black; padding: 5px; width: fit-content;">Summative</div>	Students will reflect on their tennis abilities after the unit.

Unit 2: Ultimate Frisbee/Golf

HS PE Cycle 2

UNIT OVERVIEW

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

STANDARDS/EXPECTATIONS

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.D

10.5.12.F

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

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**
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ESSENTIAL QUESTIONS

Essential Questions

- How can the sport of Ultimate Frisbee/Golf contribute to overall fitness?
- How do sports correlate to one another?
- What is the value of learning a lifetime activity?

Unit 2: Ultimate Frisbee/Golf

HS PE Cycle 2

LEARNING TARGETS: KNOWLEDGE & SKILLS

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

EVIDENCE OF LEARNING & ASSESSMENT

Name of Assessment	Type (formative, summative, project-based, diagnostic)	Description
Motor Skills/Movement	Formative	Kinesthetic movement throughout the unit. (Observation)
Self Reflection	Summative	Students will reflect on their ultimate frisbee/golf abilities after the unit.

Unit 3: Team Handball

HS PE Cycle 2

UNIT OVERVIEW

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

STANDARDS/EXPECTATIONS

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

10.3.12.D

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.D

10.5.12.F

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

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 handball contribute to overall fitness?
- How do sports correlate to one another?
- How can the sport of team handball teach positive social behavior?

Unit 3: Team Handball

HS PE Cycle 2

LEARNING TARGETS: KNOWLEDGE & SKILLS

Knowledge	Skills
Students will know (Acquired Knowledge)	Students can do (Acquired Skill)
rules applied to team handball.	basic skills needed for game play.
<div style="border: 1px solid black; padding: 5px; width: fit-content;">game play strategy.</div>	modified game play to understand spacing/positions.

EVIDENCE OF LEARNING & ASSESSMENT

Name of Assessment	Type (formative, summative, project-based, diagnostic)	Description
Motor Skills/Movement	<div style="border: 1px solid black; padding: 5px; width: fit-content;">Formative</div>	Kinesthetic movement throughout the unit. (Observation)
Self Reflection	<div style="border: 1px solid black; padding: 5px; width: fit-content;">Summative</div>	Students will reflect on their teams/ individual handball abilities after the unit.

Unit 4: Floor Hockey

HS PE Cycle 2

UNIT OVERVIEW

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

STANDARDS/EXPECTATIONS

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.B

10.5.12.C

10.5.12.D

10.5.12.F

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

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 floor hockey contribute to overall fitness?
- How do sports correlate to one another?
- Why are game play strategies important, from sport to sport?

Unit 4: Floor Hockey

HS PE Cycle 2

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.

EVIDENCE OF LEARNING & ASSESSMENT

Name of Assessment	Type (formative, summative, project-based, diagnostic)	Description
Motor Skills/Movement	Formative	Kinesthetic movement throughout the unit. (Observation)
Self Reflection	Summative	Students will reflect on their hockey abilities after the unit.

Unit 5: Archery

HS PE Cycle 2

UNIT OVERVIEW

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

STANDARDS/EXPECTATIONS

Pennsylvania - Grade 12 - Physical Education

10.4.12.D

10.4.12.A

10.4.12.B

10.4.12.C

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 2

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.	

EVIDENCE OF LEARNING & ASSESSMENT

Name of Assessment	Type (formative, summative, project-based, diagnostic)	Description
Motor Skills/Movement	Formative	Kinesthetic movement throughout the unit. (Observation)
Self Reflection	Summative	Students will reflect on their shooting abilities after the unit.
Target Shooting	Formative	Students will score their flight of arrows, while shooting on their designated target.
Archery Quiz	Formative	Students will take a quiz at the end of the unit.

Unit 6: Physical Fitness/Fitness Circuit

HS PE Cycle 2

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 2

LEARNING TARGETS: KNOWLEDGE & SKILLS

Knowledge	Skills
Students will know (Acquired Knowledge)	Students can do (Acquired Skill)
<div style="border: 1px solid black; padding: 5px; width: fit-content;">proper techniques for each fitness aspect.</div>	basic skills needed for the fitness test.

EVIDENCE OF LEARNING & ASSESSMENT

Name of Assessment	Type (formative, summative, project-based, diagnostic)	Description
Motor Skills/Movement	<div style="border: 1px solid black; padding: 5px; width: fit-content;">Formative</div>	Kinesthetic movement throughout the unit. (Observation)
Self Reflection	<div style="border: 1px solid black; padding: 5px; width: fit-content;">Summative</div>	<div style="border: 1px solid black; padding: 5px; width: fit-content;">Students will reflect on their physical abilities after the unit.</div>