

HS PE Cycle 4

Huntingdon Area School District

UNITS (5/5 SELECTED)

-  Unit 1: Golf
-  Unit 2: Badminton
-  Unit 3: Creative Games
-  Unit 4: Archery
-  Unit 5: Physical Fitness

SUGGESTED DURATION

- 7 lessons*
- 5 lessons*
- 5 lessons*
- 5 lessons*
- 4 lessons*

Unit 1: Golf

HS PE Cycle 4

UNIT OVERVIEW

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

STANDARDS/EXPECTATIONS

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

10.3.12.D

10.4.12.A

10.4.12.C

10.4.12.D

10.4.12.E

10.5.12.A

10.5.12.B

10.5.12.C

10.5.12.F

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

10.3.9.D

10.4.9.A

10.4.9.E

10.5.9.C

10.5.9.E

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**
- **Lifetime activities importance, for a lifelong learner.**

ESSENTIAL QUESTIONS

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

Unit 1: Golf

HS PE Cycle 4

LEARNING TARGETS: KNOWLEDGE & SKILLS

Knowledge	Skills
Students will know (Acquired Knowledge)	Students can do (Acquired Skill)
<div data-bbox="139 422 789 491" style="border: 1px solid black; padding: 5px;">rules applied to golf.</div>	<div data-bbox="834 422 1484 491" style="border: 1px solid black; padding: 5px;">basic skills needed for game play.</div>
<div data-bbox="139 627 789 697" style="border: 1px solid black; padding: 5px;">game play strategy.</div>	<div data-bbox="834 611 1484 716" style="border: 1px solid black; padding: 5px;">modified game play to understand positions/ situations.</div>
different terminology related to golf.	

Unit 1: Golf

HS PE Cycle 4

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 golf abilities after the unit.

Unit 2: Badminton

HS PE Cycle 4

UNIT OVERVIEW

The students will learn game play rules and other skills needed to compete during the badminton/racquet 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 badminton contribute to overall fitness?
- How do sports correlate to one another?
- What is the value of learning a lifetime activity?

Unit 2: Badminton

HS PE Cycle 4

LEARNING TARGETS: KNOWLEDGE & SKILLS

Knowledge	Skills
Students will know (Acquired Knowledge)	Students can do (Acquired Skill)
<div data-bbox="139 422 789 491" style="border: 1px solid black; padding: 5px;">rules applied to tennis.</div>	<div data-bbox="834 422 1484 491" style="border: 1px solid black; padding: 5px;">basic skills needed for game play.</div>
<div data-bbox="139 617 789 762" style="border: 1px solid black; padding: 5px;">game play strategy.</div>	<div data-bbox="834 648 1484 718" style="border: 1px solid black; padding: 5px;">modified game play to understand spacing/positions.</div>

Unit 2: Badminton

HS PE Cycle 4

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 tennis abilities after the unit.

Unit 3: Creative Games

HS PE Cycle 4

UNIT OVERVIEW

The students will learn game play rules/strategies and other skills needed to compete during the creative games unit.

STANDARDS/EXPECTATIONS

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

10.1.12.A

10.1.12.C

10.2.12.D

10.3.12.D

10.4.12.A

10.4.12.B

10.4.12.D

10.4.12.E

10.5.12.A

10.5.12.C

10.5.12.F

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

10.4.9.B

10.4.9.C

10.4.9.E

10.5.9.C

10.5.9.B

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

Unit 3: Creative Games

HS PE Cycle 4

LEARNING TARGETS: KNOWLEDGE & SKILLS

Knowledge	Skills
Students will know (Acquired Knowledge)	Students can do (Acquired Skill)
<div data-bbox="139 422 789 491" style="border: 1px solid black; padding: 5px;">rules applied to all creative games</div>	<div data-bbox="833 422 1482 491" style="border: 1px solid black; padding: 5px;">basic skills needed for game play.</div>
<div data-bbox="139 611 789 758" style="border: 1px solid black; padding: 5px;">game play strategy.</div>	<div data-bbox="833 646 1482 716" style="border: 1px solid black; padding: 5px;">modified game play to understand spacing/positions.</div>

Unit 3: Creative Games

HS PE Cycle 4

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 tennis abilities after the unit.

Unit 4: Archery

HS PE Cycle 4

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
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ESSENTIAL QUESTIONS

Essential Questions

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

Unit 4: Archery

HS PE Cycle 4

LEARNING TARGETS: KNOWLEDGE & SKILLS

Knowledge	Skills
Students will know (Acquired Knowledge)	Students can do (Acquired Skill)
<div data-bbox="139 422 789 573" style="border: 1px solid black; padding: 5px;">shooting cues.</div>	<div data-bbox="836 457 1485 533" style="border: 1px solid black; padding: 5px;">techniques for archery taught in class.</div>
<div data-bbox="139 688 789 840" style="border: 1px solid black; padding: 5px;">shooting cadence.</div>	<div data-bbox="836 724 1485 800" style="border: 1px solid black; padding: 5px;">scoring for a flight of arrows.</div>
<div data-bbox="139 955 789 1106" style="border: 1px solid black; padding: 5px;">the parts of the bow and arrows.</div>	

Unit 4: Archery

HS PE Cycle 4

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 5: Physical Fitness

HS PE Cycle 4

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

10.1.12.A

10.1.12.B

10.1.12.D

10.1.12.C

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

10.1.9.C

10.4.9.A

10.4.9.B

10.4.9.C

10.4.9.E

10.5.9.D

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 5: Physical Fitness

HS PE Cycle 4

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.

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 physical abilities after the unit.