

Physical Education I Pacing Guide

Subject Area: Physical Education I

Grade Level: 9 – 12

Credit: 0.5

Prerequisite:

Category: Team

Fitness Components Emphasized: Skill-related and maintenance/improvement of health-related components of fitness

The purpose of this course is to enable students to acquire a more than basic knowledge of team sports play, develop skills in specified team sports, and maintain or improve health-related fitness.

The content should include, but not be limited to the following: safety practices, rules, terminology, etiquette, history of the sports, sportsmanship, correct techniques in performing skills, consumer issues, benefits of participation, fitness activities, and assessment of skills and fitness assessments.

This is an extension of Team Sports I. Other sports offered in this course may include but not limited to basketball, bowling, softball, track and field, team handball, and volleyball.

PE I Pacing Guide

Quarter 1

Topic/Section to be Covered

(All topics in weeks 3-16 are all intertwined within this course)

Orientation	OBJECTIVE	Assessments
1st week Cognitive Approximately five – 55 minute periods of time to complete	Testing and Conditioning Fitness Testing	Pre-Test
2nd Week Cognitive/Perform Approximately five –55 minute periods of time to complete Perform/Cognitive	Understand the history Basic Rules and history	Pre – Testing/Goal Setting for fitness improvement Pre-test on 12 minute walk/run, push-ups crunches or max weight lifts on core lifts.
3rd Week Perform Approximately five –55minute periods of time to complete	Rules and terminology Course Rules and Information Sheets	Fitness pretest Pacer Test
4st week Perform Approximately five – 55 minute periods of time to complete	Proper techniques Basic Information on Golf Stance, swing, putting, scoring	Pre-Test Teacher observation Rubric and Checklist
5thWeek Cognitive/Perform Approximately five –55 minute periods of time to complete Perform/Cognitive	Exhibit an improved skill level Participate in play and review, analyze skill of class	Pre – Testing/Goal Setting for skill performance improvement
6 th Week Perform/Cognitive Approximately	Strategies of team play Game Strategy play Basic Information on Tennis	match scenario

five –55minute periods of time to complete	Practical Applications/100 Minutes Discussions Shared Encouragement in Small Groups Play round robin tournament for this sport at school and in the community	
7week Perform Approximately five – 55 minute periods of time to complete	Proper techniques Track and Field Demonstrate and practice running, breathing techniques	Pre-Test Personal Workout Sheet Teacher observation Rubric and Checklist
8thWeek Perform Approximately five –55 minute periods of time to complete Perform/Cognitive	Exhibit an increase skill level Badminton skills, terminology and game strategies Demonstrate grips Demonstrate swings	Pre – Testing/Goal Setting for fitness improvement Personal Workout Sheet PFT Improvement Assessment
9 th Week Cognitive /Affective Approximately five –55minute periods of time to complete	Dance Practical Applications Cooperative Activities Individual team roles Peer to peer instruction Dual situational practice	Pre-Test Personal Workout Sheet Teacher observation Rubric and Checklist

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Quarter 2

Topic/Section to be Covered

(All topics in weeks 3-16 are all intertwined within this course)

Orientation	OBJECTIVE	Assessments
1st week Cognitive Approximately five – 55 minute periods of time to complete	Team Sports Fitness	Pre-Test
2nd Week Cognitive/Perform Approximately five –55 minute periods of time to complete Perform/Cognitive	Volleyball Understand the history Basic Rules and history Rules and terminology Course Rules and Information Sheets	Pre – Testing/Goal Setting for fitness improvement Pre-test on 12 minute walk/run, push-ups crunches or max weight lifts on core lifts.
3rd Week Perform Approximately five –55minute periods of time to complete	Proper techniques Basic Information on volleyball Serving, volley rotation and, scoring	Fitness pretest Pacer Test
4st week Perform Approximately five – 55 minute periods of time to complete	Exhibit an improved skill level Participate in play and review, analyze skill of class	Pre-Test Teacher observation Rubric and Checklist
5thWeek Cognitive/Perform Approximately five –55 minute periods of time to complete Perform/Cognitive	Softball Strategies of team play Game Strategy play Basic Information on Softball Practical Applications/100 Minutes Discussions	Pre – Testing/Goal Setting for skill performance improvement

	<p>Shared Encouragement in Small Groups</p> <p>Play round robin tournament for this sport at school and in the community</p>	
<p>6th Week</p> <p>Perform/Cognitive</p> <p>Approximately five –55minute periods of time to complete</p>	<p>Proper techniques</p> <p>Demonstrate and practice batting, catching and base running</p>	<p>match scenario</p>
<p>7week</p> <p>Perform</p> <p>Approximately five – 55 minute periods of time to complete</p>	<p>Exhibit an increase skill level</p> <p>Badminton skills, terminology and game strategies</p> <p>Demonstrate hitting, catching, throwing and game strategies</p>	<p>Pre-Test</p> <p>Personal Workout Sheet</p> <p>Teacher observation</p> <p>Rubric and Checklist</p>
<p>8thWeek</p> <p>Perform</p> <p>Approximately five –55 minute periods of time to complete</p> <p>Perform/Cognitive</p>	<p>Basketball Practical Applications</p> <p>Cooperative Activities</p> <p>Individual and team roles</p> <p>Peer to peer instruction</p> <p>Dual situational practice</p>	<p>Pre – Testing/Goal Setting for fitness improvement</p> <p>Personal Workout Sheet</p> <p>PFT Improvement Assessment</p>
<p>9th Week</p> <p>Cognitive /Affective</p> <p>Approximately five –55minute periods of time to complete</p>	<p>Team Speedball</p> <p>Individual and team roles</p> <p>Peer to peer instruction</p> <p>Dual situational practice</p>	<p>Pre-Test</p> <p>Personal Workout Sheet</p> <p>Teacher observation</p> <p>Rubric and Checklist</p>