

Grayling High School Physical Education Fitness For Life Curriculum Guide

Unit Title	Unit Objectives	Vocab, Terms, Concepts	Benchmarks	Lessons	Assessments	Time Allotted
Resistance Training	The students will understand the importance of training with weights. The students will be able to cognitively understand names and terms associated with weight training. The students will learn the importance of a disciplined work ethic. The students will demonstrate acceptable levels of performance in the Psychomotor, Cognitive and Affective domains of Physical Education. The students will understand that physical fitness is a life-long process.	Weider Training principles, Sets, Reps, Bodybuilding vocabulary	<u>Strand- A</u> Standard- 1,2,3,4,5,6 <u>Strand- K</u> Standard- 2 <u>Strand- M</u> Standard- 1,2,3,4	Lecture on vocabulary, Notes given, Demonstration of proper use of machines and weight training equipment	Tests Physical testing	Weeks 1-12
Cardiovascular Training	The students will understand the benefits and implications of aerobic fitness through various cardiovascular workouts. Students will develop the self-discipline to maintain these skills throughout a lifetime. Students will be exposed to a variety of aerobic workouts which allow them the knowledge to be able to engage in such activities throughout their lifetime.	Aerobic Exercise, Target Heart Rate, Metabolism, Calories	<u>Strand- A</u> Standard- 1,2,3,4,5,6 <u>Strand- M</u> Standard- 1,3,4	Target Heart Rate activity, Timed mile run, Cardio sessions inside the gym and outside on the track	Timed tests Physical Tests	Weeks 1-12
Net/Wall Games	The students will develop the skills needed to control, hit and move a game object within a specified space. The students will understand the game rules and strategies of a variety of net games including volleyball and badminton. The students will demonstrate teamwork and sportsmanship.	Striking, Volley, Bump, Set, Spike, Birdie, Smash, Rally, Scorekeeping	<u>Strand- M</u> Standard- 1,3 1,2,3,4,5,6 <u>Strand- K</u> Standard- 2 <u>Strand- A</u> Standard- <u>Strand- B</u> Standard- 5,6	Lectures on rules and history of games, Demonstration of game skills and strategies, Game participation	Skills test, Written quizzes, Observational evaluation on effort, attitude and teamwork	Weeks 1-2.5
Target Games	The students will actively participate in Target Games that focus on accuracy and control. The students will learn the game rules and strategies of Disc Golf and Ladder Ball which focus on getting a game object closer to a target. The students will demonstrate teamwork and sportsmanship.	Par, Birdie, Eagle, Put, Drive, Scorekeeping	<u>Strand- M</u> Standard- 1,3 1,2,3,4,5,6 <u>Strand- K</u> Standard- 2 <u>Strand- A</u> Standard- <u>Strand- B</u> Standard- 5,6	Lectures on rules and history of games, Demonstration of game skills and strategies, Game participation	Skills test, Written quizzes, Observational evaluation on effort, attitude and teamwork	Weeks 2.5-5
Invasion Games	The students will actively participate in Invasion Games that have the characteristics of scoring by sending a game object through a goal including flag football, basketball, team handball, and ultimate Frisbee. The students will understand the game rules and strategies of a variety of Invasion Games. The students will demonstrate teamwork and sportsmanship.	Punt, Touchdown, Field goal, Pattern, Free throw, Dribble, Pivot, Defense	<u>Strand- M</u> Standard- 1,3 1,2,3,4,5,6 <u>Strand- K</u> Standard- 2 <u>Strand- A</u> Standard- <u>Strand- B</u> Standard- 5,6	Lectures on rules and history of games, Demonstration of game skills and strategies, Game participation	Skills test, Written quizzes, Observational evaluation on effort, attitude and teamwork	Weeks 5-7.5
Striking/Fielding Games	The student will actively participate in Striking/Fielding Games which the students hit, kick or throw an object and runs are scored. The students will understand game rules and strategies of softball, kickball and mat ball. The students will demonstrate teamwork and sportsmanship.	Bunt, Force out, Infield Fly, Tag up, Strike, Foul, Ball, Timing play	<u>Strand- M</u> Standard- 1,3 1,2,3,4,5,6 <u>Strand- K</u> Standard- 2 <u>Strand- A</u> Standard- <u>Strand- B</u> Standard- 5,6	Lectures on rules and history of games, Demonstration of game skills and strategies, Game participation	Skills test, Written quizzes, Observational evaluation on effort, attitude and teamwork	Weeks 7.5-10
Rhythmic Activities	The students will actively participate in Rhythmic Activities that share the characteristics of movement concepts and movement skills. The students will understand the movement concepts involved in a variety of aerobics and jump rope activities. Students will be exposed to a variety of workouts which allow them the knowledge to be able to engage in such activities throughout their lifetime.	Body Mass Index, Resistance, Fatigue, Toned, Diet, Lean Body Mass	<u>Strand- M</u> Standard- 1,3 <u>Strand- B</u> Standard- 5,6 <u>Strand- A</u> Standard- 1,3,4,5,6	Lectures on history and current trends in aerobics, Complete aerobic workouts and develop personal fitness plan	Written quizzes, Observational evaluation on effort and attitude, flexibility test	Weeks 10-12