Hamburg Area School District

Name of Course: Advanced PE
Department: Health and Physical Education

Grade Level: 11th-12th Grade
Instructional Time:
Length of Course: Year
Periods Per Cycle: 3
Length of Period: 43 minutes

Texts and Resources:
The President’s Challenge Physical Activity & Fitness Awards Program
President’s Council on Physical Fitness and Sports
U.S. Department of Health and Human Services

Assessments:
Daily In-class Performance Assessments
Rules & Skills Assessments
Leadership Skills Assessments
Fitness Testing
## Essential Content/ Essential Questions

### How can you display leadership and organizational skills in a group setting?

- Demonstrate leadership skills by serving as a team coach/captain and applying offensive/defensive/team strategies to encourage maximum participation and success.
- Demonstrate leadership and organizational skills by engaging in peer teaching, which includes organizing a game/activity, officiating and scoring the game, and time management.
- Demonstrate leadership and organizational skills by serving as a student aid to the instructor.

### What are the benefits, risks and safety factors associated with participating in self-selected, life-long physical activities?

- Evaluate the benefits, risks and safety factors associated with lifetime activities.
- Engage in various lifetime activities in order to encourage life-long participation.
- Analyze & discuss the effects of regular participation in moderate to vigorous physical activities.

## Performance Objectives

**THE STUDENTS WILL BE ABLE TO:**

### Standards/Anchors

<table>
<thead>
<tr>
<th>Essential Questions</th>
<th>Performance Objectives</th>
<th>Standards/Anchors</th>
</tr>
</thead>
<tbody>
<tr>
<td>How can you display leadership and organizational skills in a group setting?</td>
<td>- Demonstrate leadership skills by serving as a team coach/captain and applying offensive/defensive/team strategies to encourage maximum participation and success.</td>
<td>10.4.12 F</td>
</tr>
<tr>
<td></td>
<td>- Demonstrate leadership and organizational skills by engaging in peer teaching, which includes organizing a game/activity, officiating and scoring the game, and time management.</td>
<td>10.5.9 F</td>
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<td>- Demonstrate leadership and organizational skills by serving as a student aid to the instructor.</td>
<td>10.5.12 F</td>
</tr>
<tr>
<td>What are the benefits, risks and safety factors associated with participating in</td>
<td>- Evaluate the benefits, risks and safety factors associated with lifetime activities.</td>
<td>10.3.12 D</td>
</tr>
<tr>
<td>self-selected, life-long physical activities?</td>
<td>- Engage in various lifetime activities in order to encourage life-long participation.</td>
<td>10.4.12 A,B</td>
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<td></td>
<td>- Analyze &amp; discuss the effects of regular participation in moderate to vigorous physical activities.</td>
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</table>
**Course Name:** Advanced PE  
**Unit:** Team Sports  
**Time Line:** 15 Cycles  
**Possible Activities:** Flag Football, Speedball, Team Handball, Floor Hockey, Basketball, Volleyball, Lacrosse, Softball

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| What are the benefits of participating in, and taking a leadership role in, team sports? | - List the physical, mental & social benefits gained from participating in team sports.  
- List the benefits gained from taking a leadership role. | 10.1.12 B  
10.3.12 D  
10.4.9 A,B,F  
10.4.12 A,B |
| What are the regulation rules and safety precautions of this sport? | - Explain the rules of the game.  
- Explain the safety precautions for the game.  
- Explain how the game is scored.  
- Organize, officiate, & score the game. | 10.3.9 D  
10.5.9 C |
| What are the techniques and tactics of this sport? | - Demonstrate and incorporate advanced techniques, tactics and strategies while participating in the game. | 10.5.9 B,C,D,F  
10.5.12 B,C,F |
### Essential Content / Essential Questions

**How can you successfully participate in a regulation game of this sport?**

### Performance Objectives

**THE STUDENTS WILL BE ABLE TO:**

- Explain the rules, scoring and tactics of the game.
- Apply learned skills & knowledge to the game.
- Evaluate factors that affect successful participation.

### Standards / Anchors

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<tr>
<td>10.3.9 D</td>
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<td>10.4.12 D</td>
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<tr>
<td>10.5.9 B,C,D,F</td>
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Hamburg Area School District  
Course Plan  
Physical Education

Course Name: Advanced PE  
Unit: Team Sports  
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<td>How can you display leadership and</td>
<td>-Demonstrate leadership skills by serving as a team coach/captain and applying</td>
<td>10.4.12 F</td>
</tr>
<tr>
<td>organizational skills in a group</td>
<td>offensive/defensive/team strategies to encourage maximum participation and success.</td>
<td>10.5.9 F</td>
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<tr>
<td>setting?</td>
<td>-Demonstrate leadership and organizational skills by engaging in peer teaching, which</td>
<td>10.5.12 F</td>
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<td>includes organizing a game/activity, officiating and scoring the game, and time</td>
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<td>management.</td>
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<td>-Demonstrate leadership and organizational skills by serving as a student aid to the</td>
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<tr>
<td></td>
<td>instructor.</td>
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<tr>
<td>How will your experience in this class</td>
<td>-Explain how an advanced skill level &amp; knowledge directly correlates with an increased</td>
<td>10.4.9 A,B,D,C</td>
</tr>
<tr>
<td>improve your level of wellness and</td>
<td>level of confidence and self esteem.</td>
<td>10.4.12 A,B,C,D,E</td>
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<tr>
<td>encourage your participation in various</td>
<td>-Demonstrate how a high level of confidence and self esteem increases participation and</td>
<td>10.5.12 A,C</td>
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<tr>
<td>team activities throughout your</td>
<td>therefore has a positive impact on their level of wellness.</td>
<td></td>
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<td>lifetime?</td>
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**Hamburg Area School District**  
**Course Plan**  
**Physical Education**

**Course Name:** Advanced PE  
**Unit:** Lifetime Activities  
**Possible Activities:** Tennis, Ultimate Frisbee, Aerobics, Volleyball, Badminton, Pickle Ball, Ping Pong, Dodgeball  
**Time Line:** 9 Cycles

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- List the benefits gained from taking a leadership role. | 10.1.12 B  
10.3.12 D  
10.4.9 A,B,F  
10.4.12 A,B |
| What are the regulation rules and safety precautions of this lifetime activity? | - Explain the rules of the activity.  
- Explain the safety precautions for the activity.  
- Explain how the game is scored, if it applies.  
- Organize, officiate, and score the activity. | 10.3.9 D  
10.3.12 D  
10.5.9 C |
| What are the techniques and tactics of this lifetime activity? | - Demonstrate and incorporate advanced techniques, tactics and strategies while participating in this activity. | 10.5.9 B,C,D,F  
10.5.12 B,C,F |
## Course Plan

**Course Name:** Advanced PE  
**Unit:** Lifetime Activities  
**Possible Activities:** Tennis, Ultimate Frisbee, Aerobics, Volleyball, Badminton, Pickle Ball, Ping Pong, Dodgeball  
**Time Line:** 9 Cycles

### Essential Content/ Essential Questions

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| How can you successfully participate in this lifetime activity? | - Explain the rules, scoring and tactics of the activity.  
- Apply learned skills & knowledge to the activity.  
- Evaluate factors that affect successful participation. | 10.3.9 D  
10.4.9 F  
10.4.12 D  
10.5.9 B,C,D,F  
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-Demonstrate leadership and organizational skills by serving as a student aid to the instructor. | 10.4.12 F  
10.5.9 F  
10.5.12 F |
| How will your experience in this class improve your level of wellness and encourage your participation in various activities throughout your lifetime? | -Explain how an advanced skill level & knowledge directly correlates with an increased level of confidence and self esteem.  
-Demonstrate how a high level of confidence and self esteem increases participation and therefore has a positive impact on their level of wellness. | 10.4.9 A,B,D  
10.4.12 A,B,D,E  
10.5.12 A,C |
### Essential Content/ Essential Questions

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| Why is it important to maintain a healthy fitness level throughout your lifetime? | -Explain how their fitness level impacts their overall level of wellness.  
-Participate in various aerobic activities in order to increase their fitness level. | 10.4.9 A  
10.4.12 A |
| What is the purpose of the Presidential Physical Fitness Tests?  
Identify the five components of fitness that measure muscular strength/endurance, cardio-respiratory endurance, speed, agility, and flexibility. | -Explain the purpose of the Presidential Physical Fitness Tests.  
-Identify the five components of fitness that measure muscular strength/endurance, cardio-respiratory endurance, speed, agility, and flexibility. | 10.4.12 E  
10.5.9 A |
| How are the components of fitness linked to total fitness?  
Perform all five fitness tests to the best of their ability. | -Explain the importance of being able to successfully perform all five components of fitness, and how each of them are linked to your total fitness level.  
-Perform all five fitness tests to the best of their ability. | 10.4.12 B  
10.5.12 A |
## Hamburg Area School District
### Course Plan
Physical Education

**Course Name:** Advanced PE  
**Unit:** Presidential Physical Fitness Testing  
**Time Line:** 3 Cycles

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| What did you learn from the results of the Presidential Physical Fitness Tests and how can you improve and/or maintain your current level of fitness? | -Evaluate the results of all five tests and create a plan of action in order to improve upon and/or maintain their current level of fitness.  
-Identify factors that affect successful participation in their plan of action. | 10.4.9 A,D,E,F  
10.4.12 A,D,E  
10.5.9 C  
10.5.12 A,C,D |