Hamburg Area School District

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

Grade Level: 11th-12th Grade
Instructional Time:
Length of Course: Year
Periods Per Cycle: 2
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

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Assessments:
Daily In-class Performance Assessments
Fitness Testing
Polar Heart Rate Monitor Assessments
## Hamburg Area School District
### Course Plan
#### Physical Education

**Course Name:** General PE (11th/12th grade)  
**Unit:** Team Sports  
**Possible Activities:** Flag Football, Soccer, Speedball, Team Handball, Floor Hockey, Basketball, Volleyball, Lacrosse, Softball  
**Time Line:** 15 Cycles

### Essential Content/ Essential Questions

<table>
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<th>Essential Content/ Essential Questions</th>
<th>Performance Objectives</th>
<th>Standards/Anchors</th>
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</table>
| What are the benefits of participating in and taking a leadership role in team sports?               | -Identify the physical, mental & social benefits gained from participating in team sports.  
-Identify the benefits gained from taking a leadership role in team sports.                         | 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 regulation rules of the game.  
-Explain the safety precautions for the game.  
-Explain how the game is scored.                                                                      | 10.3.9 D  
10.5.9 C |
| What are the techniques and tactics of this sport?                                                    | -Demonstrate sport-specific skills and tactics that were mastered in Intro to PE and Intermediate PE. | 10.5.9 B,C,D,F  
10.5.12 B,C,F |
Course Name: General PE (11th/12th grade)
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| How can you successfully participate in a regulation game of this sport? | -Utilize skills mastered in Intro/Intermediate PE.  
-Explain the regulation rules, scoring and tactics of the game.  
-Apply learned skills & knowledge to the game.  
-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  
10.5.12 A,B,F |
### 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.

**How will your experience in this class improve your level of wellness and encourage your participation in various team activities throughout your lifetime?**

- Explain how an improved skill level 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.
Course Name: General PE  
Unit: Lifetime Activities  
Cycles
Possible Activities: Tennis, Ultimate Frisbee, Orienteering, Aerobics, Volleyball, Badminton, Pickle Ball, Ping Pong, Pilo Polo, Dodgeball

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| What are the benefits of participating in and taking a leadership role in lifetime activities? | -Identify the physical, mental & social benefits gained from participating in team sports.  
-Identify the benefits gained from taking a leadership role in team sports. | 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 regulation rules of the activity.  
-Explain the safety precautions for the activity.  
-Explain how the game is scored, if it applies. | 10.3.9 D  
10.3.12 D  
10.5.9 C |
| What are the techniques and tactics of this lifetime activity? | -Demonstrate specific skills and tactics that were learned in Intro to PE and Intermediate PE. | 10.5.9 B,C,D,F  
10.5.12 B,C,F |
Course Name: General PE  
Unit: Lifetime Activities  
Possible Activities: Tennis, Ultimate Frisbee, Orienteering, Aerobics, Volleyball, Badminton, Pickle Ball, Ping Pong, Pilo Polo, Dodgeball  

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| How can you successfully participate in this lifetime activity? | -Utilize skills mastered in Intro/Intermediate PE.  
-Explain the regulation 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  
10.5.12 A,B,F |
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| What is the purpose of the heart rate monitors and exercising within the target heart rate zone?      | -Demonstrate how to properly use and read the heart rate monitors.  
-Explain the importance of exercising within their target heart rate zone.  
-Calculate their target heart rate zone.                                                                                                           | 10.1.12 B  
10.5.9 C,D  
10.4.12 C |
| 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. | 10.4.12 F  
10.5.9 F  
10.5.12 F |
Hamburg Area School District  
Course Plan  
Physical Education  

Course Name: General PE (11th/12th grade)  
Unit: Lifetime Activities (Page 2)  

Time Line: 10 Cycles

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| 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 improved skill level 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 |
**Hamburg Area School District**  
**Course Plan**  
**Physical Education**

**Course Name:** General PE (11th/12th grade)  
**Unit:** Presidential Physical Fitness Testing  
**Time Line:** 3 Cycles

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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? | - 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? | - 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, C  
10.5.12 A |
# Hamburg Area School District
## Course Plan
### Physical Education

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**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 |