Effective Date: August 2011

Hamburg Area School District

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

Grade Level: 10th 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

Polar Eseries Software
   Polar Electro Inc.
   Copyright 2007

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

**Course Name:** Intermediate PE (10th grade)  
**Unit:** Fitness Unit  
**Time Line:** 3 Cycles

<table>
<thead>
<tr>
<th>Essential Content/ Essential Questions</th>
<th>Performance Objectives</th>
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</table>
| Why is it important to maintain a healthy cardiovascular fitness level throughout your lifetime? | - Explain how their cardiovascular fitness level impacts their overall level of wellness.  
- Engage in various aerobic activities in order to increase their cardiovascular fitness level. | 10.1.12 B  
10.4.9 A,B,C |
| 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 the target heart rate zone.  
- Calculate their target heart rate zone. | 10.1.12 B  
10.5.9 C,D  
10.4.12 C |
| What is the purpose of the strength & conditioning class?        | - Explain what the strength & conditioning class entails.  
- Identify the proper components of a weightlifting program. | 10.3.12 D  
10.5.9 A,D |
Hamburg Area School District  
Course Plan  
Physical Education  

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| What are the basic safety rules of the weight room? | -Demonstrate proper set up of machines/bars.  
-Demonstrate proper clean up of free weights & machines. | 10.3.9 D |
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### Course Plan
#### Physical Education

**Course Name:** Intermediate PE  
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| What is the correct way to perform strength activities in order to avoid personal injury? | -Demonstrate the proper technique for lifting free weights.  
-Demonstrate the proper techniques for using the machines. | 10.3.9 D  
10.3.12 D |
| What is the correct way to utilize cardiovascular equipment in order to avoid personal injury? | -Demonstrate the proper use of the cardio equipment. | 10.3.9 D  
10.3.12 D |
| How can regular participation in physical activity improve your fitness level and motor skill development? | -Identify factors that impact the relationship between regular participation in physical activity and motor skill development, as well as fitness level improvements.  
-Engage in various activities in order to improve motor skill and fitness levels. | 10.4.9 A,B,C,D |
## Course Plan

**Course Name:** Intermediate PE  
**Unit:** Team Sports  
**Possible Activities:** Flag Football, Soccer, Speedball, Team Handball, Floor Hockey, Basketball, Volleyball, Lacrosse, Softball  
**Time Line:** 12 Cycles

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| What are the benefits of participating in team sports? | -List the physical, mental & social benefits gained from participating 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 general rules and safety precautions of this sport? | -Explain the general 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 at a proficient level. | 10.5.9 B,C,D,F  
10.5.12 B,C,F |
### Hamburg Area School District
#### Course Plan
Physical Education

**Course Name:** Intermediate PE  
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**Possible Activities:** Flag Football, Soccer, Speedball, Team Handball, Floor Hockey, Basketball, Volleyball, Lacrosse, Softball

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| How can you successfully participate in a small-sided game of this sport? | -Practice each skill until a proficient level of success is achieved.  
-Explain the basic 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 |
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| 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.  
- Evaluate how a high level of confidence and self esteem increases participation and therefore has a positive impact on wellness levels. | 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:** Intermediate PE  
**Unit:** Lifetime Activities  
**Time Line:** 10 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 lifetime activities? | - List the physical, mental & social benefits gained from participating in lifetime activities. | 10.1.12 B  
10.3.12 D  
10.4.9 A,B,F  
10.4.12 A,B |
| What are the general rules and safety precautions of this lifetime activity? | - Explain the general 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 at a proficient level. | 10.5.9 B,C,D,F  
10.5.12 B,C,F |
# Hamburg Area School District
## Course Plan
### Physical Education

**Course Name:** Intermediate PE  
**Unit:** Lifetime Activities  
**Cycles:** 10  
**Possible Activities:** Tennis, Ultimate Frisbee, Orienteering, Aerobics, Volleyball, Badminton, Pickle Ball, Ping Pong, Pilo Polo, Dodgeball

## Time Line: 10 Cycles

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<td><strong>THE STUDENTS WILL BE ABLE TO:</strong></td>
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<td></td>
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| How can you successfully participate in this lifetime activity? | -Practice each skill until a proficient level of success is achieved.  
-Explain the basic 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 |
### Essential Content/ Essential Questions

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

### Performance Objectives

**THE STUDENTS WILL BE ABLE TO:**

- 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.

### Standards/Anchors

- 10.4.9 A,B,D
- 10.4.12 A,B,D,E
- 10.5.12 A,C
### Course Name: Intermediate PE
### 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  
10.5.12 A |
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<td>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?</td>
<td>- 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.</td>
<td>10.4.9 A, D, E, F</td>
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<td>- Identify factors that affect successful participation in their plan of action.</td>
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<td>10.5.9 C</td>
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