

Effective Date: August 2011

Hamburg Area School District

Name of Course: Introduction to Physical Education 9th Grade | **Grade Level: 9**

Department: Health and Physical Education

Instructional Time:

Length of Course: 1 Year

Period Per Cycle: 2

Length of Period: 43 min.

Texts and Resources:

Heart Rate Monitor Software

Presidential Fitness Manual

Assessments:

Heart rate Monitors

Presidential Fitness Testing

Daily Participation

Skill Assessment

**Hamburg Area School District
Course Plan
(Physical Education)**

**Course Name: Intro to High School PE (9)
Unit: Cooperative Games**

Time Line: 2-3 Cycles

Essential Content/ Essential Questions	Performance Objectives	Standards/Anchors
What is the purpose and benefits of cooperative games?	Discuss the purpose of cooperative games. List the benefits of participating in cooperative games.	10.4.9.A; 10.4.9.B; 10.4.9.C; 10.4.9.D
How do group dynamics affect teamwork?	Discuss how effective communication and cooperation can influence success. Identify factors that can lead to or hinder success.	10.4.9.D; 10.4.9.F
What are factors that affect physical activity preferences of adolescents?	Identify factors that affect physical activity preferences of adolescents.	10.4.9.D
What are the standard rules and safety issues for each cooperative game?	Identify and explain the standard rules and safety issues involved with cooperative games.	10.9.4.A
How did your experience in cooperative games help encourage your participation in sports?	Examine their experience in cooperative games and develop a plan for increased athletic participation in their lives.	10.5.9.C; 10.4.9.F

**Hamburg Area School District
Course Plan
(Physical Education)**

Course Name: Intro to High School PE (9)

Unit: Intro to Fitness

Time Line: 3 Cycles

Essential Content/ Essential Questions	Performance Objectives	Standards/Anchors
How can you utilize exercise equipment to improve your cardio respiratory efficiency?	Analyze and engage in physical activities that support achievement of personal fitness	10.4.9.A; 10.4.9.B; 10.5.9.B
How can you monitor and improve your overall fitness level throughout the year?	<p>Analyze the effects of regular participation in moderate to rigorous physical activities in relation to health improvement by using heart rate monitors.</p> <p>Demonstrate the proper use of a heart rate monitor.</p> <p>Create a personal target heart rate zone.</p>	10.4.9.B; 10.4.9.C
How can regular participation in physical activity improve motor skill development?	<p>Identify the factors that impact the relationship between regular participation in physical activity and motor skill development.</p> <p>Examine the importance of utilizing pace and running form to improve cardiovascular fitness.</p>	10.4.9.A; 10.4.9.D

**Hamburg Area School District
Course Plan
(Physical Education)**

**Course Name: Intro to High School PE (9)
Unit: Presidential Physical Fitness Testing**

Time Line: 3 Cycles

Essential Content/ Essential Questions	Performance Objectives	Standards/Anchors
Why is it important to maintain a healthy fitness level throughout your lifetime?	<ul style="list-style-type: none"> -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?	<ul style="list-style-type: none"> -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?	<ul style="list-style-type: none"> -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
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?	<ul style="list-style-type: none"> -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

**Hamburg Area School District
Course Plan
(Physical Education)**

**Course Name: Intro to High School PE (9)
Unit: Team Sports**

Time Line: 19 Cycles

Essential Content/ Essential Questions	Performance Objectives	Standards/Anchors
What are the basic rules and safety precautions of each sport?	Demonstrate a basic understanding of the rules and regulations of each team sport.	10.5.9.C; 10.5.9.F
What are the basic techniques and tactics of each sport?	Demonstrate a basic understanding of the techniques and tactics of each sport.	10.5.9.A; 10.5.9.B; 10.5.9.C; 10.5.9.E; 10.5.9.F
How can you use your knowledge of the rules, techniques, and tactics to participate in each sport?	Apply basic knowledge of the rules, techniques, and tactics to participate in a game.	10.4.9.F
How can you use your experience in each sport to improve your fitness and increase your participation in sports throughout your lifetime?	Evaluate individual confidence in personal fitness and participation in sports. Identify the benefits of participating in team sports.	10.4.9.A; 10.4.9.E