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

<table>
<thead>
<tr>
<th>Essential Content/ Essential Questions</th>
<th>Performance Objectives</th>
<th>Standards/Anchors</th>
</tr>
</thead>
</table>
| 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

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

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Why is it important to maintain a healthy fitness level throughout your lifetime?</td>
<td>- Explain how their fitness level impacts their overall level of wellness.</td>
<td>10.4.9 A</td>
</tr>
<tr>
<td></td>
<td>- Participate in various aerobic activities in order to increase their fitness level.</td>
<td>10.4.12 A</td>
</tr>
<tr>
<td>What is the purpose of the Presidential Physical Fitness Tests?</td>
<td>- Explain the purpose of the Presidential Physical Fitness Tests.</td>
<td>10.4.12 E</td>
</tr>
<tr>
<td></td>
<td>- Identify the five components of fitness that measure muscular strength/endurance,</td>
<td>10.5.9 A</td>
</tr>
<tr>
<td></td>
<td>cardio-respiratory endurance, speed, agility, and flexibility.</td>
<td></td>
</tr>
<tr>
<td>How are the components of fitness linked to total fitness?</td>
<td>- Explain the importance of being able to successfully perform all five components of</td>
<td>10.4.12 B</td>
</tr>
<tr>
<td></td>
<td>fitness, and how each of them are linked to your total fitness level.</td>
<td>10.5.12 A</td>
</tr>
<tr>
<td></td>
<td>- Perform all five fitness tests to the best of their ability.</td>
<td></td>
</tr>
<tr>
<td>What did you learn from the results of the Presidential Physical Fitness Tests and how can you</td>
<td>- Evaluate the results of all five tests and create a plan of action in order to</td>
<td>10.4.9 A,D,E,F</td>
</tr>
<tr>
<td>improve and/or maintain your current level of fitness?</td>
<td>improve upon and/or maintain their current level of fitness.</td>
<td>10.4.12 A,D,E</td>
</tr>
<tr>
<td></td>
<td>- Identify factors that affect successful participation in their plan of action.</td>
<td>10.5.9 C</td>
</tr>
<tr>
<td></td>
<td></td>
<td>10.5.12 A,C,D</td>
</tr>
</tbody>
</table>
## Course Plan

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

### Course Name: Intro to High School PE (9)  
**Unit: Team Sports**  
**Time Line: 19 Cycles**

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