

Effective Date: August 2011

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

Polar Eseries Software

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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

Time Line: 15 Cycles

Possible Activities: Flag Football, Soccer, Speedball, Team Handball, Floor Hockey, Basketball, Volleyball, Lacrosse, Softball

Essential Content/ Essential Questions	Performance Objectives THE STUDENTS WILL BE ABLE TO:	Standards/Anchors
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

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Course Plan
Physical Education**

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Unit: Team Sports

Time Line: 15 Cycles

Possible Activities: Flag Football, Soccer, Speedball, Team Handball, Floor Hockey, Basketball, Volleyball, Lacrosse, Softball

Essential Content/ Essential Questions	Performance Objectives THE STUDENTS WILL BE ABLE TO:	Standards/Anchors
How can you successfully participate in a regulation game of this sport?	<ul style="list-style-type: none">-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

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

Course Name: General PE (11th/12th grade)
Unit: Team Sports (Page 2)

Time Line: 15 Cycles

Essential Content/ Essential Questions	Performance Objectives THE STUDENTS WILL BE ABLE TO:	Standards/Anchors
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 FB
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.	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

Unit: Lifetime Activities

Cycles

Time Line: 10

Possible Activities: Tennis, Ultimate Frisbee, Orienteering, Aerobics, Volleyball, Badminton, Pickle Ball, Ping Pong, Pilo Polo, Dodgeball

Essential Content/ Essential Questions	Performance Objectives THE STUDENTS WILL BE ABLE TO:	Standards/Anchors
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

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

Course Name: General PE

Unit: Lifetime Activities

Time Line: 10 Cycles

Possible Activities: Tennis, Ultimate Frisbee, Orienteering, Aerobics, Volleyball, Badminton, Pickle Ball, Ping Pong, Pilo Polo, Dodgeball

Essential Content/ Essential Questions	Performance Objectives THE STUDENTS WILL BE ABLE TO:	Standards/Anchors
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

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

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

Time Line: 10 Cycles

Essential Content/ Essential Questions	Performance Objectives THE STUDENTS WILL BE ABLE TO:	Standards/Anchors
What is the purpose of the heart rate monitors and exercising within the target heart rate zone?	<ul style="list-style-type: none"> -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?	<ul style="list-style-type: none"> -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
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Course Name: General PE (11th/12th grade)
Unit: Lifetime Activities (Page 2)

Time Line: 10 Cycles

Essential Content/ Essential Questions	Performance Objectives THE STUDENTS WILL BE ABLE TO:	Standards/Anchors
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

Essential Content/ Essential Questions	Performance Objectives THE STUDENTS WILL BE ABLE TO:	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, C 10.5.12 A

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Unit: Presidential Physical Fitness Testing

Time Line: 3 Cycles

Essential Content/ Essential Questions	Performance Objectives THE STUDENTS WILL BE ABLE TO:	Standards/Anchors
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