

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

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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

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

Course Name: Intermediate PE (10th grade)
Unit: Fitness Unit

Time Line: 3 Cycles

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

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

**Course Name: Intermediate PE
Unit: Fitness Unit (Page 2)**

Time Line: 3 Cycles

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

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

Course Name: Intermediate PE

Unit: Team Sports

Time Line: 12 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 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

Unit: Team Sports

Time Line: 12 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 small-sided game of this sport?	<ul style="list-style-type: none">-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

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

**Course Name: Intermediate PE
Unit: Team Sports (Page 2)**

Time Line: 12 Cycles

Essential Content/ Essential Questions	Performance Objectives	Standards/Anchors
	THE STUDENTS WILL BE ABLE TO:	
How will your experience in this class improve your level of wellness and encourage your participation in various team activities throughout your lifetime?	<ul style="list-style-type: none">-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

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

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
How can you successfully participate in this lifetime activity?	<ul style="list-style-type: none">-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

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

**Course Name: Intermediate PE
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?	<ul style="list-style-type: none">-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: Intermediate PE
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 10.5.12 A

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

Course Name: Intermediate PE

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