

Effective Date: August 2011

Hamburg Area School District

Name of Course: Introduction to Physical Education 9th Grade

Department: Health and Physical Education

Grade Level: 9

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? | Analyze the effects of regular participation in moderate to rigorous physical activities in relation to health improvement by using heart rate monitors. Demonstrate the proper use of a heart rate monitor. Create a personal target heart rate zone. | 10.4.9.B; 10.4.9.C |
| How can regular participation in physical activity improve motor skill development? | Identify the factors that impact the relationship between regular participation in physical activity and motor skill development. Examine the importance of utilizing pace and running form to improve cardiovascular fitness. | 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 |