

Elizabethtown Area School District

11th Grade Physical Education

Course Number: 004

Length of Course: 45 class periods

Grade Level: 11th Grade

Total Clock Hours: 60

Length of Period: 80 minutes

Date Written: 01/15/07

Periods per Week/Cycle: 2-3

Written By: Secondary H/PE Dept.

Credits (if app): .5

Weighting: 1.0

Course Description:

This course is designed to develop and enhance a student's lifelong appreciation of physical activity. It addresses all of the components of physical fitness, which include cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition. These components will be utilized while participating in, but not limited to, the following activities: badminton I, golf, tennis, social dance, group fitness, basketball, and weight training.

Course Prerequisite: 10th Grade Physical Education

I. Overall Course/Grade Level Standards

Students will KNOW and be able TO DO the following as a result of taking this course.

- A) Analyze the effects of physical activity on the body.
- B) Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness.
- C) Develop and use strategies for enhancing group interaction.
- D) Demonstrate practice strategies that impact skill development and improvement.
- E) Apply sport and game strategies to games and physical activities.
- F) Practice the role of individual responsibility for safe practices and injury prevention in the home, school and community.
- G) Illustrate and apply practice strategies for skill improvement.
- H) Describe an individualized physical activity plan that supports personal fitness and life-long participation.
- I) Explain how one's health status is affected by regular participation in moderate to vigorous physical activity.
- J) Describe and display basic strategies used in various individual and group activities.
- K) Recall knowledge of exercise and training principles, and health-related fitness components.
- L) Memorize and apply strategies to avoid or manage conflict and violence during physical activity.
- M) Recall the role of individual and partner responsibilities for safe practices and injury prevention in the home, school, and community.

II. Content

Major Areas of Study

List all units of study below:

| Unit | Estimated Time | Materials |
|------------------|----------------|---|
| 1. Badminton | 7 lessons | Rackets, shuttle cocks, nets, standards |
| 2. Golf | 7 lessons | Clubs, nerf balls, modified balls, golf balls, putting greens |
| 3. Dance | 7 lessons | Stereo, television, VCR/DVD, CDs, instructional videos/DVDs |
| 4. Group Fitness | 7 lessons | Weights, medicine balls, stability balls, instructional videos, heart rate monitors, mats |
| 5. Tennis | 7 lessons | Tennis balls, rackets, courts |
| 6. Basketball | 7 lesson | Basketballs, hoops, cones |

III. Course Assessments

Check types of assessments to be used in the teaching of the course and provide examples of each type.

- | | |
|---|---|
| <input checked="" type="checkbox"/> Objective Tests/Quizzes | <input type="checkbox"/> Response Journals |
| <input checked="" type="checkbox"/> Constructed Responses | <input checked="" type="checkbox"/> Logs |
| <input checked="" type="checkbox"/> Essays | <input type="checkbox"/> Computer Simulations |
| <input checked="" type="checkbox"/> Reports | <input type="checkbox"/> Research Papers |
| <input checked="" type="checkbox"/> Projects | <input checked="" type="checkbox"/> Class Participation |
| <input checked="" type="checkbox"/> Portfolios | <input type="checkbox"/> Note Taking |
| <input checked="" type="checkbox"/> Presentations | <input type="checkbox"/> Daily Assignments |
| <input checked="" type="checkbox"/> Performance Tasks | <input checked="" type="checkbox"/> Writing Samples |

Provide copies of common assessments that will be utilized for all students taking this course. Overall course/grade level standards will be measured by a common course assessment. Unit objectives will be measured on an ongoing basis as needed by the classroom teacher to assess learning and plan for instruction. List common assessments below and recommend date/time frame for administration (at least quarterly).

| Name of Common Assessment | When given? |
|-----------------------------|---------------------------|
| 1. Fitness Testing | First and last lesson |
| 2. Unit Exams | Unit conclusion |
| 3. Participation | Daily |
| 4. Vocabulary | End of unit |
| 5. Performance Task | End of dance unit |
| 6. Group Fitness Assignment | End of group fitness unit |
| 7. Final Exam | Pre and post test |

IV. Expected levels of achievement

Current grading scale

92-100 = A

83-91 = B

74-82 = C

65-73 = D

0-64 = F

| PA Proficiency Levels |
|-----------------------|
| Advanced |
| Proficient |
| Basic |
| Below Basic |

The following scoring documents have been developed for this course:

Name of Course: Physical Education – Grade 11

Name of Unit: Badminton

Essential Question: How can I use the motor skills learned throughout the badminton unit to enhance my overall fitness in my adult life?

| Unit Objectives/Key Question | Priority | Aligned to Course Standard | Aligned to PA Standard |
|--|----------|----------------------------|-------------------------------------|
| 1. Forehand and Backhand strokes What are the two most basic hits in badminton? What is unique about the flight of the shuttle? | E | D, G | 10.4.12.A 10.4.12 E 10.4.12 F |
| 2. Smash, Clear, and Drop How do I perform an overhead clear? How do I perform a smash? How do I perform a drop shot? How do I combine all of the badminton shots to enhance game strategies? | E | C, D, G | 10.4.12 A 10.4.12 E 10.4.12 F |
| 3. Serve and Rules What are the cues for serving in badminton? What are the rules for a game of regulation badminton? | E | C, D, G, J | 10.4.12A 10.4.12 E 10.4.12 F |
| 4. Introduction to game play What are the rules for game play? What are the rules for doubles play of badminton? How do you score in the game of badminton? | E | E, G, J | 10.5.12 F |
| 5. Enhancing game play What strategies can I use to enhance game play? | I | E, G, J | 10.5.12 F |
| 6. Mastering game play What strategies can I use to master game play? | I | E, G, J | 10.5.12 F |
| 7. Tournament/Assessment What information did I learn over the course of the unit? | E | E, G, J | 10.5.12 F |

Name of Course: Physical Education – Grade 11

Name of Unit: Golf

Essential Question: How can learning the techniques and strategies necessary to play the game of golf assist you in staying physically fit throughout your life?

| Unit Objectives/Key Question | Priority | Aligned to Course Standard | Aligned to PA Standard |
|--|----------|----------------------------|---|
| 1. Grip, Stance, Swing What are the cues for gripping the club? What are the cues for the swing? What are the dynamics of a correct golf stance? Where should your eyes focus during the golf swing? | E | D, F, G, M | 10.4.12 A 10.4.12 B 10.4.12 E 10.4.12 F 10.5.12 A 10.5.12B |
| 2. Refinement of the Golf Swing Why is practice crucial for improvement of the golf swing? | E | D, F, G, M | 10.4.12 A 10.4.12 B 10.4.12 E 10.4.12 F 10.5.12 A 10.5.12B |
| 3. Accuracy of the Golf Swing Which grip gives the participant the most accuracy? What steps will enable me to drive a golf ball more effectively? | E | D, F, G, M | 10.4.12 A 10.4.12 B 10.4.12 E 10.4.12 F 10.5.12 A 10.5.12B |
| 4. Pitching and Chipping What is the difference between pitching and chipping? How do you have to alter your swing for each of the strokes? What is different about your body movement through each swing? | E | D, F, G, M | 10.4.12 A 10.4.12 B 10.4.12 E 10.4.12 F 10.5.12 A 10.5.12B |
| 5. Putting What are the proper cues for putting? When do you use a putter? | E | D, F, G, M | 10.4.12 A 10.4.12 B 10.4.12 E 10.4.12 F 10.5.12 A 10.5.12B |
| 6. Outdoor Golf Course How do I score in a golf match? What is golf course etiquette? | E | D, F, G, M, E | 10.4.12 A 10.4.12 B 10.4.12 E 10.4.12 F 10.5.12 A 10.5.12B |
| 7. Refinement of outdoor golf course | I | D, F, G, M, E | 10.4.12 A |

| | | | |
|--|--|--|--|
| How do you use skills learned in the golf unit to enhance game play? How do I follow the golf course etiquette learned during the unit? | | | 10.4.12 B 10.4.12 E 10.4.12 F 10.5.12 A 10.5.12B |
|--|--|--|--|

Name of Course: Physical Education – Grade 11

Name of Unit: Dance

Essential Question: How can learning and engaging in social dances improve your social health and fitness level in the future?

| Unit Objectives/Key Question | Priority | Aligned to Course Standard | Aligned to PA Standard |
|---|----------|----------------------------|---|
| 1. Party dances What are expectations for the dance unit? How do I perform popular social dances? How do I create a positive social environment during the dance unit? | E | C, D, G, I, J | 10.4.12 B 10.4.12 C 10.4.12 F 10.5.12 A 10.5.12 B |
| 2. Swing Dance What count is used in the swing step? What type of dance is swing? | E | C, D, G, I, J | 10.4.12 B 10.4.12 C 10.4.12 F 10.5.12 A 10.5.12 B |
| 3. Latin Dance What count is used in Latin dance? What are characteristics of Latin dance? | E | C, D, G, I, J | 10.4.12 B 10.4.12 C 10.4.12 F 10.5.12 A 10.5.12 B |
| 4. Country Line Dancing What is unique about a line dance? Why is the eight count essential to learning a line dance? | E | C, D, G, I, J | 10.4.12 B 10.4.12 C 10.4.12 F 10.5.12 A 10.5.12 B |
| 5. Hip Hop What kinds of dance moves characterize the hip-hop form of dance? What counts are used in hip-hop dance? | E | C, D, G, I, J | 10.4.12 B 10.4.12 C 10.4.12 F 10.5.12 A 10.5.12 B |
| 6. Dance Choreography Which types of dance will you chose to create? How will you develop choreography for four counts of eight? What should you consider when choosing your music? | E | C, D, G, I, J | 10.4.12 B 10.4.12 C 10.4.12 F 10.5.12 A 10.5.12 B |
| 7. Dance Presentation How can you present your dance so it is received well by an audience? What are some strategies for effectively memorizing your choreography? | E | C, D, G, I, J | 10.4.12 B 10.4.12 C 10.4.12 F 10.5.12 A 10.5.12 B |

Name of Course: Physical Education – Grade 11

Name of Unit: Group Fitness

Essential Question: What types of training principles are exclusive to group fitness activities that make them essential for lifetime fitness?

| Unit Objectives/Key Question | Priority | Aligned to Course Standard | Aligned to PA Standard |
|---|----------|----------------------------|-------------------------------------|
| 1. Cardio Kickboxing How do you perform the proper movements for kickboxing? How do you prevent injury while executing the moves? How is your heart rate affected during this activity? | E | A, B, C, F, I, K | 10.5.12 A 10.5.12 B 10.5.12 D |
| 2. Body Pump What is Body Pump? How do I lift correctly in this type of class? How can I increase my muscular endurance? | E | A, B, C, F, I, K | 10.5.12 A 10.5.12 B 10.5.12 D |
| 3. Pilates How do I increase my flexibility? What are the proper techniques for execution of these moves? What training principles are utilized in this type of activity? | E | A, B, C, F, I, K | 10.5.12 A 10.5.12 B 10.5.12 D |
| 4. Butts & Guts What muscle groups are utilized in this type of activity? What training principles are used? | E | A, B, C, F, I, K | 10.5.12 A 10.5.12 B 10.5.12 D |
| 5. Boot Camp How is heart rate affected? What motivational methods are used? | E | A, B, C, F, I, K | 10.5.12 A 10.5.12 B 10.5.12 D |
| 6. Yoga How does this activity address flexibility and strength components? What mental/emotional benefits does this activity offer? | E | A, B, C, F, I, K | 10.5.12 A 10.5.12 B 10.5.12 D |
| 7. Group Fitness Research Project What information is important when choosing a group fitness activity? What types of activities are available locally? | E | A, B, C, F, H, I, K | 10.5.12 A 10.5.12 B 10.5.12 D |

Name of Course: Physical Education – Grade 11

Name of Unit: Tennis

Essential Question: How can I use tennis to enhance a healthy lifestyle after graduation?

| Unit Objectives/Key Question | Priority | Aligned to Course Standard | Aligned to PA Standard |
|--|----------|----------------------------|-------------------------------------|
| 1. Forehand/Backhand What grip is used in the game? What are the cues for the forehand? What are the cues for the backhand? | E | D, G | 10.4.12.A 10.4.12 E 10.4.12 F |
| 2. The Serve & Rules What are the cues for performing the serve in the game of tennis? How is tennis scored? What is the order of service during the game of tennis? | E | C, D, G | 10.4.12 A 10.4.12 E 10.4.12 F |
| 3. The Lob/Smash & Partner Evaluations What are the cues for performing the lob? How do you counter a lob? How can you use constructive criticism to enhance your skill? | E | C, D, G, J | 10.4.12A 10.4.12 E 10.4.12 F |
| 4. Practice Games What strategies are useful for enhancement of the game? How can my partner and myself work together effectively? | E | E, G, J | 10.5.12 F |
| 5. Tournament How do I keep score for my matches? What are the rules? What strategies can be used to win the game? | I | E, G, J | 10.5.12 F |
| 6. Tournament How do I keep score for my matches? What are the rules? What strategies can be used to win the game? | I | E, G, J | 10.5.12 F |
| 7. Tournament & Assessment What did I learn about this game over the course of the unit? | E | E, G, J | 10.5.12 F |

Name of Course: Physical Education – Grade 11

Name of Unit: Basketball

Essential Question: What principles are used in the game of basketball that could enhance a healthy lifestyle?

| Unit Objectives/Key Question | Priority | Aligned to Course Standard | Aligned to PA Standard |
|---|----------|----------------------------|---|
| 1. Skill Review What are some of the basic skills used in the game of basketball? When do I execute a bounce pass versus a chest pass? What are the cues for the dribble? | E | D, G | 10.4.12 A 10.4.12 B 10.4.12 E 10.4.12 F 10.5.12 A |
| 2. Shooting What are the cues for the various shots? What is the proper technique for shooting a basketball? How do you determine the appropriate shot during game play? | E | D, G | 10.4.12 A 10.4.12 B 10.4.12 E 10.4.12 F 10.5.12 A |
| 3. Advanced Basketball Strategies What are the strategies of a two-person offense? What are the different defensive strategies for game play? | E | C, D, E, G, J | 10.4.12 A 10.4.12 B 10.4.12 E 10.4.12 F 10.5.12 A |
| 4. Practice Games What strategies are useful for enhancement of the game? How can my partner and myself work together effectively? | E | C, D, E, G, J | 10.4.12 A 10.4.12 B 10.4.12 E 10.4.12 F 10.5.12 A |
| 5. Tournament How can I communicate effectively in this game? What are the rules? What strategies can be used to win the game? | I | C, D, E, G, J | 10.4.12 A 10.4.12 B 10.4.12 E 10.4.12 F 10.5.12 A |
| 6. Tournament How do I communicate effectively in this game? What are the rules? What strategies can be used to win the game? | I | C, D, E, G, J | 10.4.12 A 10.4.12 B 10.4.12 E 10.4.12 F 10.5.12 A |
| 7. Tournament & Assessment What did I learn about this game over the course of the unit? | E | C, D, E, G, J | 10.4.12 A 10.4.12 B 10.4.12 E 10.4.12 F 10.5.12 A |