

**CURRICULAR AREA MISSION
FOR THE PHYSICAL EDUCATION PROGRAM
FOR THE UNION GROVE AREA SCHOOLS**

**Jay Mathwick - YORKVILLE
Jamie Wolff, Karen Brellenthin - RAYMOND
Jeff Shields, Matt Stratton - KANSASVILLE
Jill Schielke - UNION GROVE HIGH
Tony Halpin - UNION GROVE ELEMENTARY**

PHYSICAL FITNESS/PARTICIPATION IN LIFELONG ACTIVITIES

TEAMWORK

SUCCESS

•FUN

•FRIENDSHIP

•PATIENCE

•ENJOYMENT

•COOPERATION

•TOLERANCE

•OPPORTUNITIES FOR
NEW EXPERIENCES

•RESPECT

•SAFETY
PRACTICES

•RESPONSIBILITY

•LEARNING SKILLS

•SOCIAL SKILLS

•SPORTSMANSHIP

**THE FIVE BROAD LEARNING EXPECTATIONS
AND ESSENTIAL UNDERSTANDINGS FOR
THE PHYSICAL EDUCATION PROGRAM**

Physical Fitness

Health
Nutrition
Exercise
Potential/Limitation
Stress Management
Relaxation

Life Long Skills

Leadership
Decision Making
Sportsmanship
Responsibility-Self/Others
Cooperation
Team Work
Strategy
Communication
Enjoyment/Fun
Motivation-Self/Others
Independence (w/o Referees)

Just Do It?

Careers in Athletics

Officials
Athletes
Coaches
Teachers
Sports Media
Sports Medicine

Knowledge of Games

Rules
Skills
Purposes
Strategies
Win/Lose
History

Safety Awareness

First Aid Procedures/Policies
Preventative Measures
Sport Injuries/Accidents
General Safety Education
Faculty Training

PHYSICAL EDUCATION: FIRST AID PROCEDURES

K-2	3-5	6-8	9-12
<div style="border: 1px solid black; padding: 10px; margin: 0 auto; width: 80%;"> <ol style="list-style-type: none"> 1) Student Medical Records (physical/mental limitations) - example: asthma, bee stings, allergies, heart conditions, bone or muscle dysfunctions, medications. 2) Injury/Illness Reports – Reported at once/Documentation: Evaluate - <ul style="list-style-type: none"> - to determine necessary treatment - to contact E.M.T., parents or others needed to be contacted. 3) Begin Policy immediately at beginning of year and cover all new students during the year. 4) Classroom Procedures (teacher is in charge of situation) <ul style="list-style-type: none"> - develop a plan with each class - stay calm, direct class away from incident, enlist student aid (go to office, call for help) - assess situation and apply appropriate first aid. </div>			

- Recommendations:
- 1) School Nurse/Office make all necessary medical information available to Physical Education department.
 - 2) All classes should have a Procedural Plan (recess duty and lunchroom)
 - 3) All staff members should be experienced in first aid procedures and certified in C.P.R.

UNIT: PHYSICAL FITNESS TESTING
RATIONAL: BROAD LEARNER EXPECTATIONS

Expectations/Process Skills/Safety Precautions and First Aid Education

Performance Standards	K-2	3-5	6-8	9-12
A-4. 1-3 8. 1-4 12. 1-4				
D-4. 1-4 8. 1-4 12. 1-4	PRESIDENT'S PHYSICAL FITNESS NATIONAL PHYSICAL FITNESS			
E-4. 1-3 8. 1,3,4,5 12. 1-5				
F-4. 1-5 8. 1-5 12. 1,2,4-7		Discuss potential injuries that <u>may</u> occur during this unit and the application of first		
G-4. 2 8. 4 12. 4,5				

BENCHMARK ASSESSMENTS

<p>Scores achieved are applied to the President's/National Physical Fitness Standards. Teacher Observations Checklists</p>
--

Recommendations: Use alternatives provided in the standards to have a variety.
 Test students at least twice per year.

Resource: 1) The President's Challenge
 Physical Fitness Program Packet, 1997-98
 2) Software/Computer Usage for Record Keeping and Grade Storage
 3) Internet Access: [HTTP://WWW.INDIANA.EDU/~PRESCHAL](http://www.indiana.edu/~preschal)

UNIT: PHYSICAL CONDITIONING (AEROBICS/WEIGHT TRAINING)

RATIONAL: BROAD LEARNER EXPECTATIONS

Expectations/Process Skills/Safety Precautions and First Aid Education

Performance Standard/s	K-2	3-5	6-8	9-12
A-4. 1-3 8. 1-4 12. 1-4		<p align="center">(5) Use of aerobic weight lifting and station usage. (Circuit Training)</p>	<p align="center">*Proper mechanics and technique. Sets/Reps</p> <p align="center">Weight Lifting Club</p> <p align="center">Rope, Step and Running plus weights in stations.</p>	<p align="center">Regular aerobics and step aerobics.</p> <p align="center">Weight Room usage. Use Free Weights.</p> <p align="center">Pulse, Target, Recovery, and Maximum Heart Rate.</p>
D-4. 1-4 8. 1-4 12. 1-4				
E-4. 1-3 8. 1,3,4,5 12. 1-5				
F-4. 1-5 8. 1-5 12. 1,2,4-7				
G-4. 2 8. 4 12. 4,5				
	<p align="center">Discuss potential injuries that <u>may</u> occur during this unit and the application of first aid/safety procedures.</p>			

BENCHMARK ASSESSMENTS

Teacher Observations	Checklists
Written Test	
Skills Test	

Recommendations: Weight machines/circuit training implementation. Free time usage of weight equipment during day. Mat usage to replace steps.

Resource:

UNIT: LOCOMOTOR ACTIVITIES (MOVEMENT)
RATIONAL: BROAD LEARNER EXPECTATIONS

Expectations/Process Skills/Safety Precautions and First Aid Education

Performance Standard/s	K-2	3-5	6-8	9-12	
A-4. 1-3 8. 1-4 12. 1-3,5	Walking Running Jumping Hopping Skipping Sliding Crawl				
B-4. 1-4 8. 1-4 12. 1		SKILL MASTERY OF BASIC LOCOMOTOR MOVEMENTS			
C-4. 1,2,4 8. 5 12. 1,2					
D-4. 1-4 8. 1-4 12. 1-4		Running and Tag Games	Discuss potential injuries that <u>may</u> occur during this unit and the application of first aid/safety procedures.		
E-4. 1-3 8. 1 12. 1-5					
F-4. 1-5 8. 1-6 12. 1-7					
G-4. 1-3 8. 1-4 12. 1-5					

BENCHMARK ASSESSMENTS

Teacher Observations

Recommendations: Application to Tag Games, Dance, Relays, Roller Skating, Low Organized Games and Moving Balance Activities.

Resource:

UNIT: NON-LOCOMOTOR ACTIVITIES (STRETCHING/WARM-UPS)
RATIONAL: BOARD LEARNER EXPECTATIONS

Expectations/Process Skills/Safety Precautions and First Aid Education

Performance Standard/s	K-2	3-5	6-8	9-12
A-4. 1-3 8. 1-4 12. 1-5	Bending Stretching Balancing Twisting Turning Pushing Pulling			
B-4. 1-4 8. 1-4 12. 1-2				
C-4. 1-4 8. 1-5 12. 1-4				
D-4. 1-4 8. 1-4 12. 1-4		NON-LOCOMOTOR ACTIVITIES, STRETCHING, AND WARM-UPS ARE UTILIZED IN THE PRE- ACTIVITY STAGE OF THE LESSON.		
E-4. 1-3 8. 1-5 12. 1-5				
F-4. 1-5 8. 1-6 12. 1-7		Discuss potential injuries that <u>may</u> occur during this unit and the application of first aid/safety procedures.		
G-4. 1-3 8. 1-4 12. 1-5				

BENCHMARK ASSESSMENTS

Teacher Observations Teacher Demonstrations
--

Recommendations: Emphasize doing stretches, etc., with good form and consistency. Do not overstretch.

Resource:

UNIT: LOW ORGANIZED GAMES (BALL)
RATIONAL: BROAD LEARNER EXPECTATIONS

Expectations/Process Skills/Safety Precautions and First Aid Education

Performance Standard/s	K-2	3-5	6-8	9-12
A-4. 1-3 8. 1-4 12. 1	Dodgeball (Nerf/Gator)			Hocker Baskick Tenneyball Pickleball Nerf Kickball 4-Base Bound Ball Volleyball Blind Volley Volley 2-Ball Floor Hockey Table Tennis
B-4. 1&3 8. 2-4 12. 1-2	Mat-Ball (Nerf/Gator) Gauntlet (Nerf/Gator) Trenchball (Nerf/Gator) 4-Base Kickball			
C-4. 1,2&3 8. 1,3,4&5 12. 2-4	Pinball (Nerf/Gator) Spud (Nerf/Gator) Medic (Nerf/Gator)			
D-4. 1-4 8. 1-4 12. 1-4				
E-4. 2&3 8. 1-5 12. 2&4				
F-4. 1-5 8. 1-6 12. 1-7				
G-4. 2&3 8. 1-4 12. 1-5				
*Emphasize throwing form and catching.				
Discuss potential injuries that <u>may</u> occur during this unit and the application of first aid/safety procedures.				

BENCHMARK ASSESSMENTS

Knowledge of game rules: written or verbal testing
Teacher Observation/Student Scoring

Recommendations: Throwing games should utilize Nerf or Gator Skin equipment.
Protective glasses could be worn if need be.

Resource:

UNIT: LOW ORGANIZED GAMES
RATIONAL: BROAD LEARNER EXPECTATIONS

Expectations/Process Skills/Safety Precautions and First Aid Education

Performance Standard/s	K-2	3-5	6-8	9-12	
A-4. 1-3 8. 1-4 12. 1	<u>Game Listing</u> Bean Bags Hoops/Tires Parachutes Scooters Chickens/Fish Wands Scarves/Ribbons Relays Obstacle Course (Modify for different grade levels) Ropes (Climbing)				
B-4. 1&3 8. 2-4 12. 1-2					
C-4. 1,2&3 8. 1,3,4&5 12. 2-4			<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> Vary and Modify Activity for Older Student/Grades. </div>		
D-4. 1-4 8. 1-4 12. 1-4					
E-4. 2&3 8. 1-5 12. 2&4					
F-4. 1-5 8. 1-6 12. 1-7					
G-4. 2&3 8. 1-4 12. 1-5					
		<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> Discuss potential injuries that <u>may</u> occur during this unit and the application of first aid/safety procedures. </div>			

BENCHMARK ASSESSMENTS

Teacher Observations

Recommendations: Vary activity and equipment depending on different grades and students.

Resource:

UNIT: ROPES
RATIONAL: BROAD LEARNER EXPECTATIONS

Expectations/Process Skills/Safety Precautions and First Aid Education

Performance Standard/s	K-2	3-5	6-8	9-12
A-4. 1-3 8. 1-4 12. 1-4	Proper techniques of jumping rope - 1 foot, 2 feet			
D-4. 1-4 8. 1-4 12. 1-4				
E-4. 1-3 8. 1,3,4,5 12. 1-5	Use of Ropes – Short/Long	Introduction of Double Dutch Jumping	Jumping Rope as part of conditioning.	
F-4. 1-5 8. 1-5 12. 1,2,4-7	Discuss potential injuries that <u>may</u> occur during this unit and the application of first aid/safety procedures.			
G-4. 2 8. 4 12. 4,5				

BENCHMARK ASSESSMENTS

Teacher Observations

Recommendations: Jump Rope for Heart/Jumpathon, Jump Rope
 Obstacle Courses/Circuit Training

Resource:

UNIT: TUMBLING/APPARATUS
RATIONAL: BROAD LEARNER/EXPECTATIONS

Expectations/Process Skills/Safety Precautions and First Aid Education

Performance Standard/s	K-2	3-5	6-8	9-12
A-4. 1-3 8. 1-4	Animal Walks (Crab, Bear, Seal)			
B-4. 2&4 8. 1,3&4	Basic Rolls - Forward - Backward			
C-4. 4 8. 3&4	- Log - Egg - Dive			
D-4. 1-4 8. 1-4	Individual and Partner Stunts			
Apparatus usage for grade levels where applicable and available.				
E-4. 1-3 8. 1	- Balance Beam - Parallel Bars - Uneven Bars			
F-4. 1-5 8. 1-6	- Pommel Horse - Vault - Trampoline - Rings - Ropes			
G-4. 1-3 8. 1-4				
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> Discuss potential injuries that <u>may</u> occur during this unit and the application of first aid/safety procedures. </div>				

BENCHMARK ASSESSMENTS

Check Lists	Development of Student Routines/Skills Test
Teacher Observation	Verbal or Written exam
Rules/Safety	

Recommendations: Stretching prior to activity, plenty of mats and protective coverings, spotters.

Resource:

UNIT: TUMBLING
RATIONAL: BROAD LEARNER EXPECTATIONS

Expectations/Process Skills/Safety Precautions and First Aid Education

Performance Standard/s	K-2	3-5	6-8	9-12
SAFETY				
A-4. 1-3 8. 1-4	Front Roll Back Roll Side Roll Tip Up Animals Walk Pyramids <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> Discuss potential injuries that <u>may</u> occur during this unit and the application of first aid/safety procedures. </div>	Headstand Combinations (Front & Back) Cartwheel Handstand Shoulder Roll Flexibility	Round Off Cartwheel Combos, Variations Dive Roll Kip Tiger Stand Forearm Stands Tinsica Backbend Walkovers Forward and Backward Spring Back Extension	
B-4. 2&4 8. 1,3&4				
C-4. 4 8. 3&4				
D-4. 1-4 8. 1-4				
E-4. 1-3 8. 1				
F-4. 1-5 8. 1-6				
G-4. 1-3 8. 1-4				

BENCHMARK ASSESSMENTS

Teacher Observations Checklists

Recommendations: Use spotters where necessary.

Resource:

UNIT: RHYTHM/DANCE
RATIONAL: BROAD LEARNER EXPECTATIONS

Expectations/Process Skills/Safety Precautions and First Aid Education

Performance Standard/s	K-2	3-5	6-8	9-12
A-4. 1-3 8. 1-4 12. 1-4	Mickey's Mousercise			
B-4. 1,3&4 8. 1,3&4 12. 1&2	<u>Group Dancing</u> Chicken Hokey-Pokey Macarena	Basic Line Dancing Country Dance		
C-4. 3&4 8. 1-5 12. 1-4			Folk/Square Dancing	Aerobics Activities
D-4. 1-4 8. 1-4 12. 1-4	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> Discuss potential injuries that <u>may</u> occur during this unit and the application of first aid/safety procedures. </div>			
E-4. 2&3 8. 1&2 12. 1-5				
F-4. 1-5 8. 1-6 12. 1,2,4-7				
G-4. 1-3 8. 1-4 12. 1-5				

BENCHMARK ASSESSMENTS

Teacher Observations Skills Test

Recommendations: Base rhythms/dance on current trends.

Resource:

UNIT: ROLLERSKATING/ROLLERBLADING
RATIONAL: BROAD LEARNER EXPECTATIONS

Expectations/Process Skills/Safety Precautions and First Aid Education

Performance Standard/s	K-2	3-5	6-8	9-12
A-4. 1-3 8. 1-4 12. 1-4	Safety Considerations			
B-4. 2 8. 1-4 12. 1&2	Beginners – (work on carpet) Balance Forward Movement Body Control (stopping) How to fall/get up	Introduction of backwards movements and stopping movements	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> Discuss potential injuries that <u>may</u> occur during this unit and the application of first aid/safety procedures. </div>	
C-4. 3&4 8. 1-4 12. 1-4		Movement with music		
D-4. 1-4 8. 1-4 12. 1-4		Change of directions	Cross-over steps Clockwise/counter	Cross-over steps Clockwise/counter
E-4. 1-3 8. 1,3,4,5 12. 1-5			Skating games	Skating games
F-4. 1,2,4&5 8. 1&3 12. 1-7			Partner Skating	Partner Skating
G-4. 1-3 8. 1-4 12. 1-5				Emphasis on lifetime sports and cardiovascular workout/benefit

BENCHMARK ASSESSMENTS

Teacher Observations
 Check List

Recommendations: Skating parties/outings

Encourage:

- Safety practices
- Lifetime practices
- Use of safety equipment

Resource: Skating Facilities

UNIT: ARCHERY
RATIONAL: BROAD LEARNER EXPECTATIONS

Expectations/Process Skills/Safety Precautions and First Aid Education

Performance Standard/s	K-2	3-5	6-8	9-12
A-12. 1,3&4 B-12. 1-2 C-12. 3&4 D- 12. 1-4 E-12. 2&3 F-12. 1-7 G-12. 1-5	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> Discuss potential injuries that <u>may</u> occur during this unit and the application of first aid/safety procedures. </div>			Safety Terminology Procedures Instruction of Compound Bow Grip Stance Draw Anchor Point of Aim Release

BENCHMARK ASSESSMENTS

Teacher Observations	Participation
Written Quiz	
Target Scores	

Recommendations: Lifetime activity, equipment and care, safety

Resource:

UNIT: BOWLING
RATIONAL: BROAD LEARNER EXPECTATIONS

Expectations/Process Skills/Safety Precautions and First Aid Education

Performance Standard/s	K-2	3-5	6-8	9-12
A-4. 1-3 8. 2&3 12. 1-5	Safety Skills Rolling Accuracy Grip of Ball and Balance/Follow- through Form (Footwork)	Follow- through/Release Approach and Scoring Pin Set-Up Simple Strategy Courtesy/Etiquette	Varied Ball Release -Hand Release -Speed Changes	Advanced Strategies Terminology
B-4. 3&4 8. 2,3&4 12. 1-2				
C-4. 1-4 8. 1,3&4 12. 1-4				
D-4. 1-4 8. 1-4 12. 1-4				
E-4. 2&3 8. 1 12. 1-5				
F-4. 1-5 8. 1-6 12. 1-7				
G-4. 1-3 8. 1-4 12. 1-5				

Discuss potential injuries that may occur during this unit and the application of first aid/safety procedures.

BENCHMARK ASSESSMENTS

Student/Teacher Observations Scoring Test/Written Exam Form Analysis/Diagram
--

Recommendations: Encourage courtesies/rules and utilization as a lifetime sport.

Resource: Bowling Alleys

UNIT: GOLF
RATIONAL: BROAD LEARNER EXPECTATIONS

Expectations/Process Skills/Safety Precautions and First Aid Education

Performance Standard/s	K-2	3-5	6-8	9-12
A-8. 2,3, &4 12. 1-5			Safety Procedures Equipment Usage Golf Etiquette/Rules Grip/Stance/Swing Follow-through Short/Long Game Play (Club/Iron Selection) Range Play (Hitting) Modified Course	Safety Procedures Equipment Usage Golf Etiquette/Rules Grip/Stance/Swing Follow-through Short/Long Game Play (Club/Iron Selection) Range Play (Hitting) Scoring
B-8. 1-4 12. 1-2				
C-8. 1-5 12. 1-4	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> Discuss potential injuries that <u>may</u> occur during this unit and the application of first aid/safety procedures. </div>			
D-8. 1-4 12. 1-4				
E-8. 1&3 12. 1-5				
F-8. 13, &6 12. 1-7				
G-8. 1-4 12. 1-5				

BENCHMARK ASSESSMENTS

Teacher Observations Written/Skills Testing
--

Recommendations: Encourage safety/etiquette.
 Encourage as a lifetime sport .

Resource: Golf Courses/Par 3 and Regular
 Miniature Golf/Putting Ranges
 Driving Ranges

UNIT: FOOTBALL
RATIONAL: BROAD LEARNER EXPECTATIONS

Expectations/Process Skills/Safety Precautions and First Aid Education

Performance Standard/s	K-2	3-5	6-8	9-12
A-4. 1-3 8. 1-4 12. 1-5		Fundamentals: Throw Catch Punting		
B-4. 1,3&4 8. 1-4 12. 1-2		Kicking (Tee) Scoring Offense Defense	Modified Football (5 per team) Strategies	Player Positions on Offense & Defense
C-4. 1-4 8. 1,2&3 12. 1-4				Modified : Games Rules Fundamentals
D-4. 1-4 8. 1-4 12. 1-4	<div style="border: 1px solid black; padding: 5px;"> Discuss potential injuries that <u>may</u> occur during this unit and the application of first aid/safety procedures. </div>			
E-4. 1-3 8. 1&3 12. 1-5				
F-4. 1-5 8. 1-6 12. 1-7				
G-4. 1-3 8. 1-4 12. 1-5				

BENCHMARK ASSESSMENTS

Teacher Observations	Punt-Pass-Kick
Skills Test	
Written Quiz	

Recommendations: Execute pass patterns.
 For safety, *stress no* physical contact (tackling).
 Play 2 hand Touch/Flag Football.

Resource:

UNIT: TRACK AND FIELD
RATIONAL: BROAD LEARNER EXPECTATIONS

Expectations/Process Skills/Safety Precautions and First Aid Education

Performance Standard/s	K-2	3-5	6-8	9-12
A-4. 1-3 8. 1-4 12. 1-5	Distance Walking Jogging Running		<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> Discuss potential injuries that <u>may</u> occur during this unit and the application of first aid/safety procedures. </div>	
D-4. 1-4 8. 1-4 12. 1-4	Short/Long Distance 50-100 Yard Dash (See Fitness Testing) Softball Throw	Triple Jump Relays Standing Broad Jump Shot Put Discus (Proper form/technique) Actual Track Distance (100,200,400,800, 1600)		High Jump/Long (proper form/technique) Hurdles
E-4. 1-3 8. 1,3,4,5 12. 1-5				
F-4. 1-5 8. 1,5 12. 1,2,4,7				
G-4. 1,2 8. 4 12. 4,5				

BENCHMARK ASSESSMENTS

Teacher Observations	Skills Test-Record Board
Timings	
Written Test	

Recommendations: Track and Field Day.
 Record Holdings – Record Board.
 Consider long term benefits healthwise from continued participation.

Resource:

UNIT: FLOOR HOCKEY
RATIONAL: BROAD LEARNER EXPECTATIONS

Expectations/Process Skills/Safety Precautions and First Aid Education

Performance Standard/s	K-2	3-5	6-8	9-12
A-4. 1-3 8. 1-4 12. 1	Handling of stick Rules Blade of stick below waist Dribbling Passing Shooting Goalie – job	Specific Rules Modified Games/Rules and Variations: 6 person teams sideline relays face off , 1-1, etc.	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> Discuss potential injuries that <u>may</u> occur during this unit and the application of first aid/safety procedures. </div> Offense/Defense Strategy Emphasize team play and sportsmanship	More of zone positions
B-4. 1,3 8. 2-4 12. 1-2				
C-4. 1-3 8. 1,3,4,5 12. 2-4				
D-4. 1-4 8. 1-4 12. 1-4				
E-4. 2,3 8. 1-5 12. 2,4				
F-4. 1-5 8. 1-6 12. 1-7				
G-4. 2,3 8. 1-4 12. 1-5				

BENCHMARK ASSESSMENTS

Teacher Observations Skills Testing Written Test
--

Recommendations: Protective eyewear, gloves if necessary.

Resource:

UNIT: SOCCER
RATIONAL: BROAD LEARNER EXPECTATIONS

Expectations/Process Skills/Safety Precautions and First Aid Education

Performance Standard/s	K-2	3-5	6-8	9-12
A-4. 1-3 8. 1-4 12. 1-5	Dribbling Passing Kicking Trapping			
B-4. 1,3,4 8. 1-4 12. 1-2	*use inside of foot to kick with Offense/Defense Goalie - (Position/Drills)	Modified Soccer Games Offense/Defense Player Positions Strategies Team Play	Strategies/Team Play (modified)	(Modified) -Player Positions -Strategies
C-4. 1-4 8. 1-3 12. 1-4	Throw ins Modified Games: Sideline Soccer Face-Off			
D-4. 1-4 8. 1-4 12. 1-4				
E-4. 1-3 8. 1,3 12. 1-5				
F-4. 1-5 8. 1-6 12. 1-7				
G-4. 1-3 8. 1-4 12. 1-5				

Discuss potential injuries that may occur during this unit and the application of first aid/safety procedures

BENCHMARK ASSESSMENTS

- | |
|---|
| Teacher Observations
Skills Test
Written Test |
|---|

Recommendations: Modify playing field and goal heights for players involved.

Resource:

UNIT: TEAM HANDBALL
RATIONAL: BROAD LEARNER EXPECTATIONS

Expectations/Process Skills/Safety Precautions and First Aid Education

Performance Standard/s	K-2	3-5	6-8	9-12
A-4. 1-3 8. 1-4 12. 1-5	Throwing/ Catching/Kicking Catch/Pass/or Shoot			
B-4. 1,3,4 8. 1-4 12. 1-2	Team Concept Dribbling Concept Modified Space/Equipment	Team Concept Dribbling Concept Modified Space/Equipment	(Indoor) Proper throwing technique	
C-4. 1-4 8. 1-3 12. 1-4			Modified rules for game play and facility usage *Modified equipment	
D-4. 1-4 8. 1-4 12. 1-4				Modified rules for game play and facility usage *Modified equipment
E-4. 1-3 8. 1,3 12. 1-5	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> Discuss potential injuries that <u>may</u> occur during this unit and the application of first aid/safety procedures. </div>			
F-4. 1-5 8. 1-6 12. 1-7				
G-4. 1-3 8. 1-4 12. 1-5				

BENCHMARK ASSESSMENTS

Teacher Observations
 Written Test/Skills Test

Recommendations: Safety consideration.
 Modify ball and playing area to accommodate facilities.

Resource:

UNIT: SPEEDBALL
RATIONAL: BROAD LEARNER EXPECTATIONS

Expectations/Process Skills/Safety Precautions and First Aid Education

Performance Standard/s	K-2	3-5	6-8	9-12
A-4. 1-3 8. 1-4 12. 1-5			Review of Soccer Skills	
B-4. 1,3,4 8. 1-4 12. 1-2			Scoring in Speedball (modified)	Review of Soccer Skills
C-4. 1-4 8. 1-3 12. 1-4			Converting ball from ground to air Strategy: Offense/Defense	Scoring in Speedball (modified)
D-4. 1-4 8. 1-4 12. 1-4				Converting ball from ground to air Strategy: Offense/Defense
E-4. 1-3 8. 1,3 12. 1-5	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> Discuss potential injuries that <u>may</u> occur during this unit and the application of first aid/safety procedures. </div>			
F-4. 1-5 8. 1-6 12. 1-7				
G-4. 1-3 8. 1-4 12. 1-5				

BENCHMARK ASSESSMENTS

Teacher Observations Skills Test Written Test

Recommendations: Combine with Team Handball/Soccer concepts for earlier grades.
 Scoring is modified due to playing conditions.

Resource:

UNIT: SOFTBALL
RATIONAL: BROAD LEARNER EXPECTATIONS

Expectations/Process Skills/Safety Precautions and First Aid Education

Performance Standard/s	K-2	3-5	6-8	9-12
A-4. 1-3 8. 1-4 12. 1-4	Throwing and Catching – Over/Under: Form/Technique Hitting from Tee Wiffle Ball Games Base Running Skills (off)	Use of Safety Equipment/Helmet Actual Ball and Glove used Player Position Defense Strategy- (Infield/Outfield) Slow Pitch Game Situation (Wiffle Ball for inside play)	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> Discuss potential injuries that <u>may</u> occur during this unit and the application of first aid/safety procedures. </div> Stress: Technique and correct form Duties of various player positions Offense/Defense Situations	(Modified Games) encourage lifetime implications
B-4. 1,3 8. 1-4 12. 1-2				
C-4. 1-4 8. 1-5 12. 1-4				
D-4. 1-4 8. 1-4 12. 1-4				
E-4. 2,3 8. 1,3 12. 1,2,4				
F-4. 1-5 8. 1-6 12. 1-7				
G-4. 1-3 8. 1-4 12. 1-5				

BENCHMARK ASSESSMENTS

Teacher Observations Skills Test Written Test

Recommendations: Use of modified field, equipment and ball size dependent on various conditions.

Those who know how to slide let them.

Resource:

UNIT: VOLLEYBALL
RATIONAL: BROAD LEARNER EXPECTATIONS

Expectations/Process Skills/Safety Precautions and First Aid Education

Performance Standard/s	K-2	3-5	6-8	9-12
A-4. 1-3 8. 1-4 12. 1	Striking ball with hands in an upward motion. Purpose: To keep ball in air and to hit ball over net	Volleyball Skills- Serving underhand (modify if necessary) Bumping Setting Rules/modified if necessary for game purposes. Rotation Strategies (2 hits then over)	Have underhand serve mastered Overhand serve (regular serve line) Regular volleyball rules Offense/Defense varieties Strategies (blocking) Intro to Spiking (Set up and follow-through)	Have underhand serve mastered Overhand serve (regular serve line) Regular volley ball rules Offense/Defense Varieties Strategies (blocking) Intro to Spiking (Set up and follow-through)
B-4. 1,3 8. 2,4 12. 1-2				
C-4. 1-3 8. 1,3,4,5 12. 2-4				
D-4. 1-4 8. 1-4 12. 1-4				
E-4. 2,3 8. 1-5 12. 2,4				
F-4. 1-5 8. 1-6 12. 1-7				
G-4. 2,3 8. 1-4 12. 1-5				

Discuss potential injuries that may occur during this unit and the application of first aid/safety procedures.

BENCHMARK ASSESSMENTS

- | |
|---|
| Teacher Observations
Written Test
Skills Test |
|---|

Recommendations: Use of different volleyballs-ball modifications, beachball and geodesic ball.
 Game modifications: court size, net size, serving area, Catch or 1-bounce volleyball, Nukem.
 Hold class or school tournaments.
 Future considerations: sand pit volleyball (if space allows)

Resource:

UNIT: BADMINTON
RATIONAL: BROAD LEARNER EXPECTATIONS

Expectations/Process Skills/Safety Precautions and First Aid Education

Performance Standard/s	K-2	3-5	6-8	9-12
A-4. 1-3 8. 1-4 12. 1		(4) Serving: Forehand Backhand Underhand Overhead		
B-4. 1,3 8. 2-4 12. 1-2		Control of Bird Rules Scoring Singles/Doubles (play)	Different Strokes Strategies Player Position	Grip/Wristwork Footwork Ready Position Different Strokes Terminology Strategy Play
C-4. 1-3 8. 1,3,4,5 12. 2-4		Possible Tournament Play		
D-4. 1-4 8. 1-4 12. 1-4				
E-4. 2,3 8. 1-5 12. 2,4				
F-4. 1-5 8. 1-6 12. 1-7				
G-4. 2,3 8. 1-4 12. 1-5				

Discuss potential injuries that may occur during this unit and the application of first aid/safety procedures.

BENCHMARK ASSESSMENTS

Teacher Observations Written Test Skills Testing
--

Recommendations: Modified courts and nets.
 In class tournaments.

Resource:

UNIT: TENNIS
RATIONAL: BROAD LEARNER EXPECTATIONS

Expectations/Process Skills/Safety Precautions and First Aid Education

Performance Standard/s	K-2	3-5	6-8	9-12
A-4. 1-3 8. 1-4 12. 1		Introduction of racket, grip, forehand, and backhand		
B-4. 1,3 8. 2-4 12. 1-2		Hitting off of wall	Introduction of racket, grip, forehand, and backhand	Serving/Scoring Rules/Procedures Basic Skills and Progressions
C-4. 1-3 8. 1,3,4,5 12. 2-4		Modified Games (play Team Tennis)	Hitting off of wall	
D-4. 1-4 8. 1-4 12. 1-4			Modified Games (play Team Tennis)	
E-4. 2,3 8. 1-5 12. 2,4				
F-4. 1-5 8. 1-6 12. 1-7				
G-4. 2,3 8. 1-4 12. 1-5				

Discuss the potential injuries that may occur during this unit and the application of first aid/safety procedures.

BENCHMARK ASSESSMENTS

Teacher Observations Written Test Skills Testing
--

Recommendations: Modifications of court use and space.
 Modified equipment.
 Emphasis on rules/scoring in upper grades.
 Class tournaments.

Resource:

UNIT: BASKETBALL
RATIONAL: BROAD LEARNER EXPECTATIONS

Expectations/Process Skills/Safety Precautions and First Aid Education

Performance Standard/s	K-2	3-5	6-8	9-12
A-4. 1-3 8. 1-4 12. 1-5	Dribbling (while walking and running)	Team Concept Rules of the Game		
B-4. 1,3,4 8. 1-4 12. 1-2	Passing Ball Handling Shooting (technique)	Lay-ups (Right/Left)	Offense/Defense Game Play *3 on 2, 2 on 1 *2 on 2, 3 on 3	Offense/Defense Game Play *3 on 2, 2 on 1 *2 on 2, 3 on 3
C-4. 1-4 8. 1,2,3 12. 1-4	*Hand/Eye Coordination *Tracking Skills	Set-Shots Free Throws (Modified)	*Stress Teamwork	*Stress Teamwork
D-4. 1-4 8. 1-4 12. 1-4		Offense/Defense Positioning Strategies Footwork (movement with or without ball)	*Push for opposite hand use in dribbling and some shooting	*Push for opposite hand use in dribbling and some shooting
E-4. 1-3 8. 1,3 12. 1-5				
F-4. 1-5 8. 1-6 12. 1-7	Discuss potential injuries that <u>may</u> occur during this unit and the application of first aid/safety procedures.			
G-4. 1-3 8. 1-4 12. 1-5				

BENCHMARK ASSESSMENTS

Teacher Observations Written Test Skills Test

Recommendations: Modify team sizes, ball usage.
 Encourage use of opposite hand.

Resource:

UNIT: OUTDOOR LEISURE
RATIONAL: BROAD LEARNER EXPECTATIONS

Expectations/Process Skills/Safety Precautions and First Aid Education

Performance Standard/s	K-2	3-5	6-8	9-12
A-4. 1-3 8. 1-4 12. 1-5	Wellness Trail Walking/Jogging Velcro Ball-Catch Scoop Ball-Catch			
B-4. 1-4 8. 1-4 12. 1-2	Lawn Toss Bocce Ball Frisbee/Golf (Ultimate)			
C-4. 1-4 8. 1-5 12. 2,3,4	500 Tether Ball Aerobie			
D-4. 1-4 8. 1-4 12. 1-4				
E-4. 3 8. 1,3 12. 2,5				
F-4. 1-5 8. 1-6 12. 1-7				
G-4. 1-3 8. 1-4 12. 1-5				

Examples of Outdoor Lawn/Field Games/Activities

***Be creative – utilize space/equipment**

Discuss potential injuries that may occur during this unit and the application of first aid/safety procedures.

BENCHMARK ASSESSMENTS

Teacher Observations/Participation

Recommendations: Field Day event set-up.
 Creativity and inclusive involvement/participation is the key.
 Encouragement for lifetime activity

Resource:

UNIT: SPECIAL EVENTS
RATIONAL: BROAD LEARNER EXPECTATIONS

Expectations/Process Skills/Safety Precautions and First Aid Education

Expectations: Adapt to Different Grade Levels

Performance Standard/s	K-2	3-5	6-8	9-12
A-4. 1-3 8. 1,3,4 12. 1-5 B-4. 1-4 8. 1-4 12. 1-2 C-4. 1,4 8. 1-5 12. 2,3,4 D-4. 1-4 8. 1-4 12. 1-4 E-4. 1,3 8. 1 12. 2,5 F-4. 1-5 8. 1-6 12. 1-7 G-4. 1-3 8. 1-4 12. 1-5	<div style="border: 1px solid black; padding: 10px; margin-bottom: 10px;"> <p>School Wide Sport Tournaments Free Throw Contests/Shootathons Track/Field Day School Field Day/Event Day/Carnival Days Winter Olympics Jump Rope for Heart Field Trips - sport related/active movement - ways to expand interest</p> </div> <div style="border: 1px solid black; padding: 5px; margin: 0 auto; width: 80%;"> <p>Discuss potential injuries that <u>may</u> occur during this unit and the application of first aid/safety procedures.</p> </div>			

BENCHMARK ASSESSMENTS

Teacher Observations/Directed

Recommendations: Adapt to different grade levels.
 Involve school staff/parents/community.

Resource: