

Curriculum Development Overview
Unit Planning for High School Physical Education

Unit Title	Advanced Strategies, Application		Length of Unit	6-8 weeks
Focusing Lens(es)	Complex Movement	Standards and Grade Level Expectations Addressed in this Unit	PE09-GR.HS-S.1-GLE.1 PE09-GR.HS-S.2-GLE.3 PE09-GR.HS-S.3-GLE.1 PE09-GR.HS-S.3-GLE.2 PE09-GR.HS-S.3-GLE.3 PE09-GR.HS-S.4-GLE.1 PE09-GR.HS-S.4-GLE.2	
Inquiry Questions (Engaging-Debatable):	<ul style="list-style-type: none"> • Why is it important for an individual to practice and learn sports skills? (PE09-GR.HS-S.1-GLE.1-EO.c; IQ.4; RA.2; N.1,2) • How do you choose to lead or follow in group settings? (PE09-GR.HS-S.3-GLE.2-EO.c,f; IQ.2; RA.1; N.1,2,4) • Why is risk a positive aspect of physical activity? (PE09-GR.HS-S.4-GLE.1-EO.a,b; IQ.4; RA.3,4; N.2) • Why are both skill-related fitness and health-related fitness taught? Why is each one important? (PE09-GR.HS-S.1-GLE.1-EO.a,b,d; IQ.1; RA.2; N.1,2) 			
Unit Strands	Movement Competence & Understanding in Physical Education Emotional and Social Wellness in Physical Education Prevention and Risk Management in Physical Education			
Concepts	Sequencing, Leadership, Integration, Rules, Integrity, Social Responsibility, Awareness			

Generalizations My students will Understand that...	Guiding Questions	
	Factual	Conceptual
Integration of knowledge, skills, and rules advance and develop improved performance. (PE09-GR.HS-S.1-GLE.1-EO.c; IQ.4; RA.2; N.1,2)	What are the biomechanical principles that are important for safe performance?	How does the integration of knowledge, skills and rules improve game performance?
Leadership and integrity exemplify the social responsible behaviors required for effective group dynamics. (PE09-GR.HS-S.3-GLE.2-EO.c,f; IQ.2; RA.1; N.1,2,4)	What are some different leadership roles present in group activity?	How can a lack of leadership and integrity impact group dynamics?
Ongoing awareness of how personal fitness affects community health demonstrates social responsibility. (PE09-GR.HS-S.1-GLE.1-EO.a,b,d; IQ.1; RA.2; N.1,2)	How does your personal health affect community wellness?	How can someone motivate another person to participate in physical activity?

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**Key Skills:
My students will be able to (Do)...**

- Perform proper spotting. (PE09-GR.HS-S.4-GLE.1-EO.c)
- Compare and Contrast leadership skills in various activities(PE09-GR.HS-S.3-GLE.2-EO.f)
- Demonstrate Leadership skills(PE09-GR.HS-S.3-GLE.2-EO.j)
- Apply Biomechanics and Exercise Physiology principles for safe performance (PE09-GR.HS-S.4-GLE.1-EO.b)
- Use Training and Conditioning Practices. (PE09-GR.HS-S.1-GLE.1-EO.d)
- Demonstrate Offensive, Defensive, and Transition strategies. (PE09-GR.HS-S.1-GLE.1-EO.c)
- Demonstrate Coaching and Official Skills. (PE09-GR.HS-S.1-GLE.1-EO.c)
- Combine and apply movement patterns (PE09-GR.HS-S.1-GLE.1-EO.a)
- Participate with others. (PE09-GR.HS-S.3-GLE.1-EO.b)
- Demonstrate appropriate/ responsible/ empathetic behavior. (PE09-GR.HS-S.3-GLE.3-EO.b)
- Use appropriate safety procedures/ equipment. (PE09-GR.HS-S.4-GLE.1-EO.a)

Critical Language: includes the Academic and Technical vocabulary, semantics, and discourse which are particular to and necessary for accessing a given discipline.
EXAMPLE: A student in Language Arts can demonstrate the ability to apply and comprehend critical language through the following statement: *“Mark Twain exposes the hypocrisy of slavery through the use of satire.”*

A student in _____ can demonstrate the ability to apply and comprehend critical language through the following statement(s):	<i>Demonstration and application of the skill-related components of fitness, proper exercise physiology, biomechanics and training practices, as well as the utilization of sport strategies and safety procedures result in successful performance in a variety of lifelong activities.</i>
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Academic Vocabulary:	Demonstrate, performance, emergency procedures, strategies, develop, identify, utilize, strengths, individual, group setting, responsible behavior, engage, safety
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Technical Vocabulary:	Proper spotting, biomechanics, exercise physiology, injury prevention, safety equipment, skill-related components of fitness, simple to complex movement patterns, training & conditioning practices, skill acquisition, offense, defense, coaching & officiating strategies, physical fitness plan, leisure/workplace physical activities,
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