

Individual Sports

Physical Education

Grade(s) 10th - 12th, .5 Credits

Course Overview

This course is designed to improve physical fitness and skill development of students who enjoy individual sports. Students will learn about concepts of sportsmanship and the strategies that are essential to successful participation in individual sports. Units of study may include badminton, pickle ball, tennis, golf, ping-pong. Pool activities may include water aerobics, swimming, and diving.

Timeframe	Unit	Scope And Sequence	
		Instructional Topics	
3 Week(s)	Golf	1. Grip 2. Stance 3. Clubs 4. Etiquette and Rules 5. Swing	
3 Week(s)	Tennis	1. Rules, safety and sportsmanship 2. Positioning 3. Serve 4. Hitting 5. Strategy	
3 Week(s)	Archery		
3 Week(s)	Conditioning	1. Lifetime Fitness Plan 2. Lifetime Fitness Components	
3 Week(s)	Swim	1. Basic Water Safety 2. Stroke Refinement 3. Fitness 4. Water Games	
3 Week(s)	Badminton/Pickleball	1. Rules, safety and sportsmanship 2. Positioning 3. Serve 4. Hitting 5. Strategy 6. Gameplay	
3 Week(s)	Table Tennis	1. Rules, safety and sportsmanship 2. Serving and receiving 3. Hitting 4. Strategy 5. Gameplay	

Course Details

Unit: Golf

Duration: 3 Week(s)

Topic: Grip

Duration: 1 Day(s)

Learning Targets

The students will learn how to properly a golf club.

Topic: Stance

Duration: 1 Day(s)

Learning Targets

Students will learn and demonstrate the correct stance depending on the type of hit.

Topic: Clubs

Duration: 1 Day(s)

Learning Targets

The students will learn about the different clubs used and at what distances.

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Topic: Etiquette and Rules

Duration: 1 Day(s)

Learning Targets

The students will understand proper golf etiquette and rules.

Topic: Swing

Duration: 1 Day(s)

Unit: Tennis

Duration: 3 Week(s)

Topic: Rules, safety and sportsmanship

Duration: 1 Day(s)

Learning Targets

The students will be able to identify boundaries and understand the rules of gameplay.

The students will understand and follow the rules and safety considerations for tennis.

-Court boundaries, scoring and rules

Topic: Positioning

Duration: 2 Day(s)

Learning Targets

Students will understand where to position themselves during a serve and gameplay situations.

-Serving

-Receiving the serve

-During gameplay: either deep or close depending on the type of shot that was previously made

Topic: Serve

Duration: 1 Day(s)

Learning Targets

The students will be able to successfully complete a serve.

Cues:

-Drop your racket and bring your racquet behind you in an arc-like motion.

-Begin to toss the ball in front of you

-Drop your racquet behind your head while bending your knees

-Bring the racquet forward slowly and hit the ball with control

-At the very end after contact snap your wrist downward to help the ball land in the court. The racquet should end near the bottom of your opposite foot.

Topic: Hitting

Duration: 3 Day(s)

Learning Targets

Students will be able to successfully complete all different types of shots.

Types include: Forehand, backhand, smash, lob, drop

Topic: Strategy

Duration: 1 Day(s)

Learning Targets

Students will understand the strategies of the game and how to implement them during game play.

Unit: Archery

Duration: 3 Week(s)

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Topic:

Duration:

Unit: Conditioning

Duration: 3 Week(s)

Essential Questions

- How does knowing the 5 components of fitness help a person achieve a higher physical health level?
- How can you tell what your overall level of fitness is?
- How does the FITT principle help you maintain overall health?
- What is the purpose of setting a goal and why is making a lifetime fitness plan helpful for maintaining overall health?
- How can a person safely engage in physical activity for their lifetime?

Topic: Lifetime Fitness Plan

Duration: 0 Day(s)

Description

Students will create a lifetime fitness plan. This plan will be a comprehensive realistic plan that they plan to do to be healthy for their life.

When making a fitness plan you should include the FITT Principle:

Frequency: How often you do your plan? Number of days per week.

Intensity: How hard are you going to work? 60-80% max. heart rate is suggested. Max. heart rate is $220 - (\text{your age})$. Please do the math. For muscle strengthening and endurance must include how heavy a weight.

Time: How long are your workouts? For Cardiovascular, it is suggested to be physically active 60 minutes a day. For muscle strengthening and endurance, if weight training must include reps & sets. For static flexibility it is suggested that you hold stretches 30-60 seconds to improve flexibility. Dynamic flexibility being done at the beginning of each workout.

Type: What type of physical activity are you doing? It should be one of the fitness components:

- Muscular Strength
- Muscular Endurance
- Cardiovascular Endurance
- Flexibility-dynamic for static
- Body Composition
- Agility and Speed

Goal setting- When doing anything in life you need to set a goal of where you want to be or what you want to accomplish. You need to have that picture in your mind and believe that you can get there. Then, just follow your plan (FITT plan) to get there.

Learning Targets

Students will follow the safety rules of the facility and be able to help in an emergency situation.

Topic: Lifetime Fitness Components

Duration: Ongoing

Description

The students will experience a wide variety of activities from the 5 fitness component areas so that they can choose what activities to include in their Lifetime fitness plan.

Students will complete the FitnessGram Test which assesses an individual's fitness level in each of the fitness areas once at the beginning of the fitness unit. The results will help them develop their lifetime fitness plan.

Cardiovascular Fitness: The ability of the circulatory system (heart and blood vessels) to supply oxygen to working muscles during exercise.

Body Composition: The relative percentage of body fat compared to lean body mass (muscle, bone, water, organs)

Flexibility: The range of movement possible at various joints.

Muscular strength: The amount of force that can be produced by a single contraction of a muscle

Muscular endurance: The ability of a muscle group to continue muscle movement over a length of time.

Learning Targets

The students will write a personal fitness plan.

The personal fitness plan explains how they will stay fit for life.

Students will be able to actively participate with others exhibiting sportmanship, cooperation, understanding of team play while finding enjoyment from the activity.

Unit: Swim

Duration: 3 Week(s)

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Essential Questions

How can you keep yourself and others safe in and around water?
What recreational activities can be done in water?
Which strokes are best for what type of swimming?

Topic: Basic Water Safety

Duration: Ongoing

Description

These are basic skills necessary to help a person be safe in and around water.

Learning Targets

The students will be able to be safe and keep others safe around water.

Topic: Stroke Refinement

Duration: Ongoing

Description

Students will know and understand how to efficiently swim the cardiovascular strokes: front crawl, backstroke and breast stroke and the resting strokes: sidestroke & elementary backstroke.

Learning Targets

Students will be able to safely swim in the water.

Topic: Fitness

Duration: Ongoing

Description

Students will be exposed to a variety of fitness activities from which they choose to participate for their lifetime: Aqua aerobics, Aqua joggers, Fitness circuit, Aerobic swim.

Learning Targets

Students will be able to use swimming as a fitness activity.

The assessment will be 3 intervals of 6 minute swimming with a 1 minute rest between the intervals. It should be evaluated based on continuous effort that the fitness strokes are the primary strokes being used. They should minimize the use of elementary backstroke and sidestroke and should not be resting during the interval part of the swim assessment. Modification should be made for a beginner swimmer to assist them in successfully performing this assessment.

Topic: Water Games

Duration: Ongoing

Description

Students will be exposed to variety of water games from which they can choose to do throughout their life. Games will include: Water polo, Water basketball, Low organized games.

Learning Targets

Students will learn recreational activities that are lifelong.

Unit: Badminton/Pickleball

Duration: 3 Week(s)

Essential Questions

How will working with others on a team help me out in other aspects of my life?
How will daily physical activity improve my health?
What should my daily physical activity level and diet be to ensure that I will be healthy?
What are the benefits of daily physical activity and nutritious diet to your health?
How will I keep myself safe while participating in physical activity?
How can you become involved in physical activity in the community?
What professionals should you seek out to ensure you are healthy?
How do I get valid information about health related topics?
What skills and knowledge do I need to effectively participate and enjoy physical activity?

Topic: Rules, safety and sportsmanship

Duration: 1 Day(s)

Learning Targets

The students will be able to identify boundaries and understand the rules of gameplay. Their respectful attitude is expected and proves proper sportsmanship.

Please see attached.

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The students will understand and follow the rules and safety considerations for badminton and pickleball.

The students will be able to identify the court boundaries, scoring, and specific rules needed to play the game. The students will demonstrate safe behaviors during game play.

Topic: Positioning

Duration: 2 Day(s)

Learning Targets

Students will understand where to position themselves in a serve and game play situation.

Receiving the serve: Position yourself in the center of the service half-court and be ready to move forward or back depending on the serve.

During Game Play: Positioning either deep or close depending on the type of shot that was previously made. Along with that, side to side maneuvering will help for adjusting to a shot.

Always center yourself back in the middle, or balance the court, with you partner for the next shots.

Topic: Serve

Duration: 2 Day(s)

Learning Targets

The students will be able to successfully serve majority of the time.

Serves in both games are cross-court and must be done underhand.

Topic: Hitting

Duration: 5 Day(s)

Learning Targets

Students will be able to successfully complete all different types of shots.

Types of shots include the backhand, forhand, smash, drop-over and clear.

Topic: Strategy

Duration: 1 Day(s)

Learning Targets

Students will understand the strategies of the game and implement them the best way they can.

The students will demonstrate understanding of strategies using proper positioning, anticipating what's going to happen and using ideas/teamwork to think of different tactics that will improve gameplay.

Topic: Gameplay

Duration: Ongoing

Learning Targets

The students will incorporate knowledge and skills learned in a series of games.

Unit: Table Tennis

Duration: 3 Week(s)

Essential Questions

How will working with others on a team help me out in other aspects of my life?

How will daily physical activity improve my health?

What should my daily physical activity level and diet be to ensure that I will be healthy?

What are the benefits of daily physical activity and nutritious diet to your health?

How will I keep myself safe while participating in physical activity?

How can you become involved in physical activity in the community?

What professionals should you seek out to ensure you are healthy?

How do I get valid information about health related topics?

What skills and knowledge do I need to effectively participate and enjoy physical activity?

Topic: Rules, safety and sportsmanship

Duration: 2 Day(s)

Learning Targets

Students will be able to demonstrate proper and safe set-up, correct game play and have respectful behavior when playing table tennis.

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Topic: Serving and receiving

Duration: 1 Day(s)

Learning Targets

Students will demonstrate proper form for serving and receiving.

Serving: Forehand or backhand after the bounce and it must be shot cross-court. Before the serve the score is said to ensure the opponent is ready.

Receiving: Split the court and be ready. Keep your eye on the ball! One bounce per side.

Topic: Hitting

Duration: 2 Day(s)

Description

Styles

Learning Targets

Students will know how to hit properly and consistently.

Forehand, backhand, serve and switching hands are all parts of successful return shots.

Topic: Strategy

Duration: 1 Day(s)

Learning Targets

Students will be able to use their personal strengths in table tennis to make a strategy that gives them an edge over their opponent.

Depending on the team, individual or pairs, strategies and tactics can vary from team to team. Strategies: Fast and slow serves or returns, Deep or shallow shots, angle or straight shots and fakes.

Topic: Gameplay

Duration: Ongoing

Learning Targets

The students will incorporate knowledge and skills learned into a series of games.
