



PHYSICAL EDUCATION

CURRICULUM

SCHOOL DISTRICT OF THREE LAKES

**REVISED:
September 2017**

**Mission Statement:
Teaching Students to be Productive Citizens!**

Physical Education Philosophy

Physical fitness, skill development, and the benefits derived from physical activity are the basis of the Physical Education Program in the Three Lakes School District. This developmental program is based upon the assumption that growth is a sequential and orderly process, and that children do indeed pass through stages of development in their physical, emotional-social, and intellectual growth. Physical education develops abilities and provides for the acquisition of skills to develop habits of healthful living and life-long recreational activities.

General Goals

Physical Development Students will develop physical movements, fitness and strength with respect to their age and growth level. An emphasis will be placed on the Fitnessgram fitness test and tracking improvement. Instill a sense of appreciation of the acronym DREAM – Diet, Rest, Exercise, Attitude, & Measurement.

Intellectual Development

Students will learn basic skills and rules involved in common activities.
Students will learn basic skills related to diet, rest, and exercise.

Social Development

Students will learn teamwork through cooperative and competitive activities.

Emotional Development

Students will develop attitudes concerning physical and emotional benefits derived from physical activity.

Statement of Evaluation

Evaluation of student work is done on the following basis:

1. Student's effort, ability, and classroom/outdoor performance
2. Progress is reviewed individually and/or in a group activity
3. Areas of evaluation may include:
 - a. Technique
 - b. Skills Learned
 - c. Process
 - d. Understanding of Concepts
 - e. Product (demonstration)
 - f. Participation
 - g. Cooperation

Note: This update was done with assistance from the following people: Charlie Volk, Jason Stebbeds, Nicole Losch and Ryan Bock.

Model Physical Education Classroom Grades K-12

The school district will:

1. Provide adequate space for individual and group learning in indoor and outdoor classrooms
2. Provide adequate funding to meet resource needs
3. Appreciate individual differences in students and staff
4. Keep facilities and equipment up to date
5. Limit class sizes in relation to facility and supervision for safety reasons (Ideally 18-24)

The teacher will:

1. Make resources available to students
2. Show enthusiasm for learning
3. Provide a safe learning environment, both physically and psychologically
4. Model proper skills and strategies
5. Extend lesson to include higher order physical and thinking skills
6. Link learning to authentic tasks
7. Have high expectations for students
8. Provide a variety of activities to accommodate individual learning styles
9. Maintain professional development

The student will:

1. Come prepared for class
2. Be an active learner – participate in discussions and activities
3. Respect others in the classroom
4. Respect property and facilities
5. Demonstrate effort, regardless of ability
6. Learn to work cooperatively in a variety of group situations (pairs, small group, large group)

Other Departments will:

Promote the importance of physical education to overall health and wellness

Example units may include, but are not limited to, Lead-up/Sport/Recreation instructional lessons in:

Kindergarten - Third Grade

Traverse Climbing (3 weeks)

Learning Outcomes:

- Balance with body and/or objects

- Follow directions, cues, prompts, and safety guidelines
- Show enjoyment and participation
- Attempt new skills and movements

Pillow Polo, Striking (3 weeks)

Learning Outcomes:

- Employ some offensive and defensive positional strategies
- Strike objects toward a target and moving target using implement
- Describe elements of sport specific skills
- Follow directions and rules
- Understand and accept consequences of game rules
- Cooperate with classmates and teammates
- Employ self control when a conflict arises
- Accept rules, boundary lines, official's calls, etc
- Identify some tactics in competitive games

Scooter Games (3 weeks)

Learning Outcomes:

- Apply new skills to old for advancement
- Cooperate with partner, team, and group by taking turns and sharing
- Understand and accept results
- Work in a diverse setting
- Travel at varied speeds, change direction, respond to obstacles
- Balance with body and/or objects

Jump Rope (3 weeks)

Learning Outcomes:

- Progress to Fitness Goals
- Identify large muscle groups
- Participate in leisure activities outside of class
- Display balance and body control
- Follow directions, cues, prompts, and safety guidelines
- Jump and land with correct form

Rhythm & Dance (3 weeks)

Learning Outcomes:

- Apply new skills to old for advancement
- Participate in either sport or leisure activities outside of class
- Show enjoyment and participation
- Attempt new skills and movements

Soccer- Kicking games (3 weeks)

Learning Outcomes:

- Solve conflict
- Travel at varied speeds, change direction, respond to obstacles

- Accept rules and official's calls
- Work with peers
- Work individually and with partners
- Describe elements of sport skills
- Work on proper footwork and kicking skills

Tagging, Dodging, Fleeing Games (3 weeks)

Learning Outcomes:

- Play lead-up games while applying sport principles
- Accept consequences and redirect after poor choices
- Solve conflict
- Identify some tactics in competitive games

Team Building and Cooperative Games (3 weeks)

Learning Outcomes:

- Play lead-up games while applying sport principles
- Follow directions and rules
- Understand and accept consequences of game rules
- Cooperate with classmates and teammates
- Work productively with partner and small group
- Feel accomplished and productive by participating
- Accept consequences and redirect after poor choices

Tumbling (3 weeks)

Learning Outcomes:

- Display balance and body control
- Apply new skills to old for advancement
- Follow safety rules while tumbling

Grades 4-6

Archery (3 weeks)

Learning Outcomes:

- Follow directions and rules
- Understand the benefit of practice
- Self-detect errors and help correct peers to improve technique
- Relate leisure and recreational activities outside of class to physical education
- Efficiently apply skills in lifetime activities

Basketball (3 weeks)

Learning Outcomes:

- Perform combination movements (Dribble, pass, shoot, triple threat position)
- Employ some offensive and defensive positional strategies
- Identify some tactics in competitive games

Cycling (3 weeks)

Learning Outcomes:

- Efficiently apply skills in lifetime activities
- Identify benefits from physical activity
- Follow directions and rules
- Relate leisure and recreational activities outside of class to physical education
- Follow class procedures
- Communicate with teacher and peers when problems arise
- Display balance and body control

Disc Golf (3 weeks)

Learning Outcomes:

- Throw with correct form
- Understand the benefit of practice
- Feel accomplished and productive by participating
- Self-detect errors and help correct peers to improve technique
- Execute tactical shots
- Relate leisure and recreational activities outside of class to physical education

Football- Throwing, Catching, Evading games (3 weeks)

Learning Outcomes:

- Employ some offensive and defensive positional strategies
- Catch with correct form
- Follow directions and rules
- Display balance and body control
- Identify some tactics in competitive games
- Solve conflict
- Accept rules and official's calls
- Work with peers

Racquet Sports- (3 weeks)

Learning Outcomes:

(Tennis, Badminton, Pickleball, Lollipop Paddles)

- Execute tactical shots in racquet sports
- Strike objects toward a target and moving target using a implement
- Employ some offensive and defensive positional strategies
- Identify benefits from physical activity
- Serve with correct form
- Apply tactics and positioning in lead-up activities and sport
- Communicate with teammates
- Relate leisure and recreational activities outside of class to physical education

- Accept rules, boundary lines, official's calls, etc
- Use mature form in racquet sports
- Apply new skills to old for advancement

Rollerblading/Roller Skating (3 weeks)

Learning Outcomes:

- Glide and stop while rollerblading
- Apply new skills to old for advancement
- Feel accomplished and productive by participating
- Define aerobic fitness and apply
- Participate in either sport or leisure activities outside of class

Snowshoeing (3 weeks)

Learning Outcomes:

- Recognize weakness and set goals
- Feel accomplished and productive by participating
- Define aerobic fitness and apply
- Participate in either sport or leisure activities outside of class

Volleyball (3 weeks)

Learning Outcomes:

- Execute tactical shots (forearm pass, overhead pass, serve)
- Self-detect errors and help correct peers to improve technique
- Communicate with teammates
- Jump and land with correct form
- Strike objects toward a target
- Describe elements of sport skills
- Accept rules, boundary lines, officials calls, ect

Cross Country Skiing (3 weeks)

Learning Outcomes:

- Efficiently apply skills in lifetime activities
- Apply new skills to old for advancement
- Define aerobic fitness and apply
- Participate in either sport or leisure activities outside of class
- Show enjoyment and participation
- Attempt new skills and movements

Fitness Testing/Fitness Gram

Learning Outcomes:

- Establish goals based on Fitnessgram results
- Create a plan to try and attain Fitnessgram goals
- Chart healthy fitness zone based on results and see where they fall
- Work toward a fitness goal
- Identify specific exercise that can help meet goals

- Work to meet HFZ (healthy fitness zone)

** All students in grades 4-12 will participate in fitness testing twice each year.

The assessments will measure four components of health-related fitness including: aerobic capacity, muscular strength, muscular endurance, and flexibility. Data collected will be used as a measure of the district goal “Teaching Students to be Productive Citizens” with regard to general fitness.

Grades 7/8

Archery (3 weeks)

Learning Outcomes:

- Follow directions and rules
- Understand the benefit of practice
- Self-detect errors and help correct peers to improve technique
- Relate leisure and recreational activities outside of class to physical education
- Efficiently apply skills in lifetime activities

Frisbee- Ultimate (3-weeks)

Learning Outcomes:

- Pass and catch stationary and moving
- Apply tactics and positioning in lead-up activities and sport
- Catch with correct form
- Identify benefits from physical activity
- Participate appropriately in structured physical activity
- Follow directions and rules
- Understand and accept consequences of game rules
- Communicate with teammates
- Communicate with teacher and peers when problems arise
- Employ self control when a conflict arises
- Accept rules, boundary lines, official’s calls, etc
- Accept consequences and redirect after poor choices

Golf (3-weeks)

Learning Outcomes:

- Efficiently apply skills in lifetime activities
- Strike objects toward a target
- Use proper mechanics for swinging, etc.
- Apply new skills to old for advancement
- Understand the benefit of practice
- Follow directions and rules

Weight Training (3-weeks)

Learning Outcomes:

- Efficiently apply skills in lifetime activities
- Know the benefits of warming-up

- Apply dynamic warm-up exercises
- Define aerobic fitness and apply
- Complete static stretching or major muscle groups
- Explain body-weight strength training exercises
- Perform weight room circuit
- Recognize weakness and set goals

Yard Games (3-weeks)

Learning Outcomes:

- Efficiently apply skills in lifetime activities
- Perform combination movements

Basketball (3 weeks)

Learning Outcomes:

- Perform combination movements (Dribble, pass, shoot)
- Employ some offensive and defensive positional strategies
- Identify some tactics in competitive games
- Follow directions and rules
- Understand and accept consequences of game rules
- Communicate with teammates
- Communicate with teacher and peers when problems arise
- Employ self control when a conflict arises
- Accept rules, boundary lines, official's calls, etc
- Accept consequences and redirect after poor choices

Cycling (3 weeks)

Learning Outcomes:

- Efficiently apply skills in lifetime activities
- Identify benefits from physical activity
- Follow directions and rules
- Relate leisure and recreational activities outside of class to physical education
- Follow class procedures
- Communicate with teacher and peers when problems arise
- Display balance and body control

Disc Golf (3 weeks)

Learning Outcomes:

- Pass to a stationary object
- Understand the benefit of practice
- Feel accomplished and productive by participating
- Follow directions and rules
- Display balance and body control
- Relate leisure and recreational activities outside of class to physical education

Football- Throwing, Catching, Evading games (3 weeks)

Learning Outcomes:

- Employ some offensive and defensive positional strategies
- Catch with correct form
- Follow directions and rules
- Display balance and body control
- Identify some tactics in competitive games
- Solve conflict
- Accept rules and official's calls
- Work with peers

Racquet Sports (3 weeks)

Learning Outcomes:

(Tennis, Badminton, Pickleball)

- Execute tactical shots in racquet sports
- Strike objects toward a target and moving target using a implement
- Employ some offensive and defensive positional strategies
- Identify benefits from physical activity
- Serve with correct form
- Apply tactics and positioning in lead-up activities and sport
- Communicate with teammates
- Relate leisure and recreational activities outside of class to physical education
- Accept rules, boundary lines, official's calls, etc
- Use mature form in racquet sports
- Apply new skills to old for advancement

Rollerblading/Roller Skating (3 weeks)

Learning Outcomes:

- Glide and stop while rollerblading
- Apply new skills to old for advancement
- Feel accomplished and productive by participating
- Define aerobic fitness and apply
- Participate in either sport or leisure activities outside of class

Snowshoeing (3 weeks)

Learning Outcomes:

- Feel accomplished and productive by participating
- Define aerobic fitness and apply
- Participate in either sport or leisure activities outside of class
- Efficiently apply skills in lifetime activities

Volleyball (3 weeks)

Learning Outcomes:

- Execute tactical shots
- Self-detect errors and help correct peers to improve technique
- Communicate with teammates
- Jump and land with correct form
- Strike objects toward a target
- Describe elements of sport skills
- Accept rules and official calls
- Employ some offensive and defensive positional strategies

Fitness Testing/Fitness Gram

Learning Outcomes:

- Establish goals based on Fitnessgram results
- Create a plan to try and attain Fitnessgram goals
- Chart healthy fitness zone based on results and see where they fall
- Work toward a fitness goal
- Identify specific exercise that can help meet goals
- Work to meet HFZ (healthy fitness zone)

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Grades 9-12

Archery (3 weeks)

Learning Outcomes:

- Follow directions and rules
- Understand the benefit of practice
- Self-detect errors and help correct peers to improve technique
- Relate leisure and recreational activities outside of class to physical education
- Efficiently apply skills in lifetime activities

Frisbee- Ultimate (3-weeks)

Learning Outcomes:

- Pass and catch stationary and moving targets
- Apply tactics and positioning in lead-up activities and sport
- Catch with correct form
- Identify benefits from physical activity
- Participate appropriately in structured physical activity
- Follow directions and rules
- Understand and accept consequences of game rules
- Communicate with teammates
- Communicate with teacher and peers when problems arise

- Employ self control when a conflict arises
- Accept rules, boundary lines, official's calls, etc
- Accept consequences and redirect after poor choices

Golf (3-weeks)

Learning Outcomes:

- Efficiently apply skills in lifetime activities
- Strike objects toward a target
- Use proper mechanics swinging, etc.
- Apply new skills to old for advancement
- Understand the benefit of practice
- Follow directions and rules

Weight Training (3-weeks)

Learning Outcomes:

- Efficiently apply skills in lifetime activities
- Know the benefits of warming-up
- Apply dynamic warm-up exercises
- Define aerobic fitness and apply
- Complete static stretching or major muscle groups
- Explain body-weight strength training exercises
- Perform weight room circuit
- Recognize weakness and set goals

Yard Games (3-weeks)

Learning Outcomes:

- Efficiently apply skills in lifetime activities
- Apply new skills to old for advancement
- Follow class procedures
- Communicate with teacher and peers when problems arise
- Participate in either sport or leisure activities outside of class

Top Rope Climbing (3-weeks)

Learning Outcomes:

- Efficiently apply skills in lifetime activities
- Apply new skills to old for advancement
- Follow directions and rules
- Display balance and body control

Basketball (3 weeks)

Learning Outcomes:

- Perform combination movements (Dribble, pass, shoot)
- Employ some offensive and defensive positional strategies
- Identify some tactics in competitive games
- Apply new skills to old for advancement
- Play lead up games while applying sports principles

- Identify benefits from physical activity
- Participate appropriately in structured physical activity
- Follow directions and rules
- Understand and accept consequences of game rules
- Communicate with teammates
- Communicate with teacher and peers when problems arise
- Employ self control when a conflict arises
- Accept rules, boundary lines, official's calls, etc
- Accept consequences and redirect after poor choices

Cycling (3 weeks)

Learning Outcomes:

- Efficiently apply skills in lifetime activities
- Identify benefits from physical activity
- Follow directions and rules
- Relate leisure and recreational activities outside of class to physical education
- Follow class procedures
- Communicate with teacher and peers when problems arise
- Display balance and body control

Disc Golf (3 weeks)

Learning Outcomes:

- Pass to a stationary object
- Understand the benefit of practice
- Feel accomplished and productive by participating
- Follow directions and rules
- Display balance and body control
- Self-detect errors and help correct peers to improve technique
- Relate leisure and recreational activities outside of class to physical education

Football- Throwing, Catching, Evading games (3 weeks)

Learning Outcomes:

- Employ some offensive and defensive positional strategies
- Throw and catch with correct form
- Follow directions and rules
- Display balance and body control
- Identify some tactics in competitive games
- Solve conflict
- Accept rules and official's calls
- Work with peers

Racquet Sports- (3 weeks)

Learning Outcomes:

(Tennis, Badminton, Pickleball)

- Execute tactical shots in racquet sports
- Strike objects toward a target and moving target using a implement
- Employ some offensive and defensive positional strategies
- Identify benefits from physical activity
- Serve with correct form
- Apply tactics and positioning in lead-up activities and sport
- Communicate with teammates
- Relate leisure and recreational activities outside of class to physical education
- Observe rules, court lines, serving procedure, scoring, etc
- Use mature form in racquet sports
- Apply new skills to old for advancement

Rollerblading/Roller Skating (3 weeks)**Learning Outcomes:**

- Correctly utilize equipment for optimum safety, function, comfort
- Explain correct body position as they relate to efficiency in movement and safety when falling
- Glide and stop while rollerblading
- Feel accomplished and productive by participating
- Define aerobic fitness and apply
- Participate in either sport or leisure activities outside of class

Snowshoeing (3 weeks)**Learning Outcomes**

- Feel accomplished and productive by participating
- Define aerobic fitness and apply
- Identify opportunities to snowshoe outside of class

Volleyball (3 weeks)**Learning Outcomes:**

- Execute tactical shots
- Self-detect errors and help correct peers to improve technique
- Communicate with teammates
- Jump and land with correct form
- Strike objects toward a target
- Describe elements of sport skills
- Observe court lines, serving procedure, scoring, rotation, etc

Fitness Testing/Fitness Gram**Learning Outcomes:**

- Establish goals based on Fitnessgram results

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- Identify specific exercise that can help meet goals
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PERSONAL FITNESS (10-12)

COURSE DESCRIPTION:

This course has a cardio and weight training emphasis. Students will learn fitness and training principles and apply the knowledge in development of a fitness program that helps them pursue appropriate personal fitness goals. Students will utilize technology that aids in the effectiveness of workouts and monitor their progress using knowledge of various fitness indicators.

Learning Outcomes:

- Display competence in advanced, mature motor skills
- Use proper mechanics in the safe execution of various lifts/movements
- Perform proper warm-up and cool-down
- Display understanding of movement concepts, tactics, and strategies
- Recognize proper technique during lifts to eliminate major injury potential
- Describe benefits of various types of exercise
- Assess individual muscular strength and endurance
- Assess cardiorespiratory fitness level and develop plan to improve or maintain
- Participate in physical activity
- Reflect on fitness level and establish appropriate goals
- Create a plan to try and attain overall wellness
- Assess fitness indicators and devise plan to improve or maintain
- Achieve fitness goals
- Work toward a fitness goal
- Identify specific exercise that can help meet goals
- Work to meet HFZ (healthy fitness zone)
- Respect self and others in physical education setting
- Work individually and with peers
- Display understanding and appreciation of differing levels of strength and fitness within the class
- Value physical education
- Appreciate the human body and its ability to perform physical activity

- Justify the importance of physical fitness as it relates to human performance and quality of life
- Explain how physical activity provides opportunity for health-enhancement, enjoyment, challenge, self-expression and/or social interaction.