

CURRICULUM MAP
COURSE – PE II
GRADE – 10

MARKING PERIOD	ESSENTIAL QUESTIONS	CONTENT	SKILLS	ASSESSMENT	STANDARDS
1	How does an atmosphere of teamwork increase the chances of success?	Team Work	-creating teamwork ethic within a group -analyzing famous quotes regarding teamwork -ability to evaluate the success of implementing teamwork activities	-project worksheet -written test -creation and implementation of teamwork ideas	HE.9-12. - [Content Statement] - Individual and team execution in games, sports, and other activity situations is based on the interaction of tactical use of strategies, positive mental attitudes, competent skill levels, and teamwork.
2	How can ones mental outlook affect level of play?	Sport Psychology	-distinguishing the difference between intrinsic and extrinsic motivation -explain the importance of emotions, focus, intensity, etc. on the success of a player -create a list of techniques for improving personal and team sport psychology	-project worksheet -written test -application of sport psychology in a team situation	HE.9-12.2.5.12.B.3 - [Cumulative Progress Indicator] - Analyze factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness.
3	How will improving my health-related fitness contribute to my overall	Health-related fitness	-define the components of health-related fitness -design a personal fitness program that will help to increase	-project worksheet -written test -workout design	HE.9-12.2.6.12.A.1 - [Cumulative Progress Indicator] - Compare the short- and long-term impact on wellness associated with physical inactivity. HE.9-12.2.6.12.A.4 - [Cumulative Progress Indicator] - Compare and contrast the impact of health-related fitness components as a measure of fitness and health.

	wellness?		<p>levels of fitness</p> <ul style="list-style-type: none"> -understand the benefits of overall fitness -demonstrate the proper technique for taking heart rate before and during exercise -employ workout principles -explain how to control weight through diet and exercise 		
ALL	How do you realize age-appropriate fitness?	Fitness Activities	<ul style="list-style-type: none"> -evaluate personal fitness -design a personal fitness plan including warm-up; muscular fitness activities; cardio activities; flexibility; and cool down 	<ul style="list-style-type: none"> -personal fitness log -fitness testing -leading class fitness activities -written testing regarding fitness concepts -skills tests -class preparation and participation -teacher observation of correct exercise technique 	<p>HE.9-12.2.6.12.A.2 - [Cumulative Progress Indicator] - Design, implement, and evaluate a fitness plan that reflects knowledge and application of fitness-training principals.</p> <p>HE.9-12.2.6.12.A.4 - [Cumulative Progress Indicator] - Compare and contrast the impact of health-related fitness components as a measure of fitness and health.</p>
ALL	How does effective and appropriate	Individual and Dual Sports AND Team	-Perform skills of various sports using correct technique	-written tests on skills, rules, strategies	<p>HE.9-12.2.2.12.C.1 - [Cumulative Progress Indicator] - Analyze the impact of competition on personal character development.</p> <p>HE.9-12.2.5.12.A.1 - [Cumulative Progress</p>

	movement affect wellness?	Sports	-Use a variety of techniques to improve sport/team psychology -Transfer movement concepts from one sport to another -Play the using the rules of good sportsmanship	-process based skills tests -class preparation and participation -teacher observation of correct play	Indicator] - Explain and demonstrate ways to transfer movement skills from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball). HE.9-12.2.5.12.A.2 - [Cumulative Progress Indicator] - Analyze application of force and motion (weight transfer, power, speed, agility, range of motion) and modify movement to impact performance. HE.9-12.2.5.12.A.4 - [Cumulative Progress Indicator] - Critique a movement skill/performance and discuss how each part can be made more interesting, creative, efficient, and effective. HE.9-12.2.5.12.B.1 - [Cumulative Progress Indicator] - Demonstrate and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies. HE.9-12.2.5.12.B.2 - [Cumulative Progress Indicator] - Apply a variety of mental strategies to improve performance. HE.9-12.2.5.12.C.2 - [Cumulative Progress Indicator] - Develop rule changes to existing games, sports, and activities that enhance safety and enjoyment.
3	What effect can dance have in developing mental and physical wellness?	Dance	-hearing the downbeat to start any dance -knowledge and performance of dance steps -creation of a dance	-dance combinations physical test -creation of group dance -leading group dance	HE.9-12.2.5.12.A.3 - [Cumulative Progress Indicator] - Design and lead a rhythmic activity that includes variations in time, space, force, flow, and relationships (creative, cultural, social, and fitness dance). HE.9-12.2.5.12.A.4 - [Cumulative Progress Indicator] - Critique a movement skill/performance and discuss how each part can be made more interesting, creative, efficient, and effective.