

Grade	Recommended Timeline	CONTENT	SKILLS	Essential Questions	CCCS	Assessments	Benchmarks
9-12	Unit 10-12 classes	Soccer	Demonstrate, perform and understand the critical elements of the skills related to soccer: dribbling Kicking Trapping Passing Strategy Rules/Regulations Safety Sportsmanship Sport Psychology	When is it appropriate to use different trapping techniques? How does situation effect strategy?	2.5, 2.6	80% of students will demonstrate a proficiency of 80% in: skill, knowledge of rules, regulations, and strategy (oral/written quiz) (teacher observation)	By the end of grade 12, students will be able to: apply knowledge and skills in a modified game using; appropriate motor skills, rules, regulations, strategy, and sportsmanship.
9-12	Unit 10-12 classes	Rugby	Demonstrate, perform and understand the critical elements of the skills related to rugby: Running Evading Catching Strategy Rules/Regulations Safety Sportsmanship Sport Psychology	How is the game of Rugby similar/different from other sports?	2.5, 2.6	80% of students will demonstrate a proficiency of 80% in: skill, knowledge of rules, regulations, and strategy (oral/written quiz) (teacher observation)	By the end of grade 12, students will be able to: apply knowledge and skills in a modified game using; appropriate motor skills, rules, regulations, strategy, and sportsmanship.
9-12	Unit 10-12 classes	Basketball	Demonstrate, perform and understand the critical elements of the skills related to basketball: Dribbling, Catching Running Shooting Strategy Rules/Regulations Safety Sportsmanship Sport Psychology	What are the different types of shots and when are they appropriate?	2.5, 2.6	80% of students will demonstrate a proficiency of 80% in: skill, knowledge of rules, regulations, and strategy (oral/written quiz) (teacher observation)	By the end of grade 12, students will be able to: apply knowledge and skills in a modified game using; appropriate motor skills, rules, regulations, strategy, and sportsmanship.
9-12	Unit 10-12 classes	Team Handball	Demonstrate, perform and understand the critical elements of the skills related to Team Handball: Shooting Catching Running Passing Strategy Rules/Regulations Safety Sportsmanship Sport Psychology	Describe how Team Handball is similar/different from other sports.	2.5, 2.6	80% of students will demonstrate a proficiency of 80% in: skill, knowledge of rules, regulations, and strategy (oral/written quiz) (teacher observation)	By the end of grade 12, students will be able to: apply knowledge and skills in a modified game using; appropriate motor skills, rules, regulations, strategy, and sportsmanship.

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9-12	Unit 10-12 classes	Volleyball	Demonstrate, perform and understand the critical elements of the skills related to Volleyball: Bumping Setting Spiking Serving Strategy Rules/Regulations Safety Sportsmanship Sport Psychology	How does body position effect the different types of hits?	2.5, 2.6	80% of students will demonstrate a proficiency of 80% in: skill, knowledge of rules, regulations, and strategy (oral/written quiz) (teacher observation)	By the end of grade 12, students will be able to: apply knowledge and skills in a modified game using; appropriate motor skills, rules, regulations, strategy, and sportsmanship.
9-12	Unit 10-12 classes	Ultimate Frisbee	Demonstrate, perform and understand the critical elements of the skills related to Ultimate Frisbee: Throwing Catching Running Agility Strategy Rules/Regulations Safety Sportsmanship Sport Psychology	Describe different types of throws for different situations.	2.5, 2.6	80% of students will demonstrate a proficiency of 80% in: skill, knowledge of rules, regulations, and strategy (oral/written quiz) (teacher observation)	By the end of grade 12, students will be able to: apply knowledge and skills in a modified game using; appropriate motor skills, rules, regulations, strategy, and sportsmanship.
9-12	Unit 10-12 classes	Floor Hockey	Demonstrate, perform and understand the critical elements of the skills related to Floor Hockey: Dribbling Shooting Passing Stick work Strategy Rules/Regulations Safety Sportsmanship Sport Psychology	What rules are in place to protect the players?	2.5, 2.6	80% of students will demonstrate a proficiency of 80% in: skill, knowledge of rules, regulations, and strategy (oral/written quiz) (teacher observation)	By the end of grade 12, students will be able to: apply knowledge and skills in a modified game using; appropriate motor skills, rules, regulations, strategy, and sportsmanship.
9-12	Unit 10-12 classes	Badminton	Demonstrate, perform and understand the critical elements of the skills related to Badminton: Forehand Backhand Serving Volleying Strategy Rules/Regulations Safety Sportsmanship Sport Psychology	How does strategy differ between singles and doubles play?	2.5, 2.6	80% of students will demonstrate a proficiency of 80% in: skill, knowledge of rules, regulations, and strategy (oral/written quiz) (teacher observation)	By the end of grade 12, students will be able to: apply knowledge and skills in a modified game using; appropriate motor skills, rules, regulations, strategy, and sportsmanship.

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9-12	Unit 10-12 classes	Strength and Fitness	Demonstrate, perform and understand the critical elements of the skills related to Strength and Fitness: Bodyweight Free Weights Machines Misc. Objects Exercise Physiology Biomechanics Sport Psychology	How do different exercises effect strength and fitness?	2.5, 2.6	80% of students will demonstrate a proficiency of 80% in: a variety of exercises and understand basic exercise physiology concepts (oral/written quiz) (teacher observation)	By the end of grade 12, students will be able to: Design and implement a lifelong personal fitness plan.
9-12	Unit 10-12 classes	Aerobics	Demonstrate, perform and understand the critical elements of the skills related to Aerobics: Balance Flexibility Coordination Strength Rhythm Exercise Physiology Biomechanics Sport Psychology	What are the long term versus short term benefits of aerobic exercise?	2.5, 2.6	80% of students will demonstrate a proficiency of 80% in: how to perform smooth flowing sequences in intensity and rhythm while participating in an aerobics class. (oral/written quiz) (teacher observation)	By the end of grade 12, students will be able to: Design and implement a lifelong personal fitness plan.
9-12	Unit 10-12 classes	Golf	Demonstrate, perform and understand the critical elements of the skills related to Golf: Balance Flexibility Coordination Strength Sport Psychology Striking Stance Stroke	How does momentum, force, and torque affect club choice, stroke skill, and ball placement?	2.5, 2.6	80% of students will demonstrate a proficiency of 80% in: how to select different clubs and strokes while playing golf (oral/written quiz) (teacher observation)	By the end of grade 12, students will be able to: apply knowledge and skills in a modified game using; appropriate motor skills, rules, regulations, strategy, and sportsmanship.
9-12	Unit 10-12 classes	Table Tennis	Demonstrate, perform and understand the critical elements of the skills related to Table Tennis: Striking Forehand Backhand Smash Serve Drop	How does momentum, force, spin, and torque effect ball velocity and table placement in table tennis?	2.5, 2.6	80% of students will demonstrate a proficiency of 80% in: Using a variety of different strokes while playing table tennis. (oral/written quiz) (teacher observation)	By the end of grade 12, students will be able to: Apply knowledge, skill, rules, regulations, strategy, and sportsmanship in table tennis activity..

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9-12	Unit 10-12 classes	Project Adventure	Demonstrate, perform and understand the critical elements of the skills related to Project Adventure: Initiatives Challenges Low Elements High Elements Sport Psychology Team Work Trust Building Safety	How does height of the element influence movement skills and patterns?	2.5, 2.6	80% of students will demonstrate a proficiency of 80% in: Demonstrating mature, mechanically correct form and control when combining and modifying movement skills in both high and low elements (teacher observation) (performance evaluation)	By the end of grade 12, students will be able to: Apply knowledge and skills in lifelong fitness program using different modalities.
9-12	Unit 10-12 classes	Swimming	Demonstrate, perform and understand the critical elements of the skills related to Swimming: Learn to swim, Water Safety' Alternative Aquatics, Water Sports Life Guarding WSI	How do Newton's Laws of Physics apply to swimming?	2.5, 2.6	80% of students will demonstrate a proficiency of 80% in: Demonstrating mature, mechanically correct form and control when performing multiple swimming strokes. (performance evaluation) (teacher observation)	By the end of grade 12, students will be able to: Apply knowledge and skills in lifelong fitness program and career opportunities in aquatics field.
9-12	Unit 10-12 classes	Lacrosse	Demonstrate, perform and understand the critical elements of the skills related to Lacrosse: Cradling Passing Shooting Scooping Strategy Rules/Regulations Safety Sportsmanship Sport Psychology	What is the history of Lacrosse?	2.5, 2.6	80% of students will demonstrate a proficiency of 80% in: skill, knowledge of rules, regulations, and strategy. (oral/written quiz) (teacher observation)	By the end of grade 12, students will be able to: apply knowledge, and skills in a modified game using: appropriate motor skills, rules, regulations, strategy, and sportsmanship.

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9-12	Unit 10-12 classes	Paddleball	Demonstrate, perform and understand the critical elements of the skills related to Paddle Ball: Forehand Backhand Serving Strategy Rules/Regulations Safety Sportsmanship Sport Psychology	How do the rules differ between singles and doubles play?	2.5, 2.6	80% of students will demonstrate a proficiency of 80% in: skill, knowledge of rules, regulations, and strategy (oral/written quiz) (teacher observation)	By the end of grade 12, students will be able to: apply knowledge, and skills in a modified game using: appropriate motor skills, rules, regulations, strategy, and sportsmanship.
9-12	Unit 10-12 classes	Field Hockey	Demonstrate, perform and understand the critical elements of the skills related to Field Hockey: Dribbling Shooting Passing Stick work Strategy Rules/Regulations Safety Sportsmanship Sport Psychology	What are the different types tactics involved in field hockey?	2.5 2.6	80% of students will demonstrate a proficiency of 80% in: skill, knowledge of rules, regulations, and strategy. (oral/written quiz) (teacher observation)	By the end of grade 12, students will be able to: apply knowledge, and skills in a modified game using: appropriate motor skills, rules, regulations, strategy, and sportsmanship.
9-12	Unit 10-12 classes	Tennis	Demonstrate, perform and understand the critical elements of the skills related to Tennis: Forehand Backhand Serving Overhand Strategy Rules/Regulations Safety Sportsmanship Sport Psychology	How does physical fitness effect the outcome of a game?	2.5 2.6	80% of students will demonstrate a proficiency of 80% in: skill, knowledge of rules, regulations, and strategy. (oral/written quiz) (teacher observation)	By the end of grade 12, students will be able to: apply knowledge, and skills in a modified game using: appropriate motor skills, rules, regulations, strategy, and sportsmanship.

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9-12	Unit 10-12 classes	Tumbling/Stunting	Demonstrate, perform and understand the critical elements of the skills related to Tumbling/Stunts: Balance Flexibility Coordination Agility Sport Psychology Strength Conditioning Spotting Individual/Partner Stunts	How does correct form and body control impact correct tumbling and stunting skills?	2.5 2.6	80% of students will demonstrate a proficiency of 80% in: Applying and demonstrating tumbling/stunting moves. Using momentum, force and torque while performing tumbling passes and building stunt pyramids. (oral/written quiz) (teacher observation)	By the end of grade 12, students will be able to: apply knowledge, and skills in a modified game using: appropriate motor skills, rules, regulations, strategy, and sportsmanship.
9-12	Unit 10-12 classes	Track & Field	Demonstrate, perform and understand the critical elements of the skills related to Track & Field: Sprint Middle/Long Distance Jumping Throwing Sport Psychology Team Work Hurdling Safety	What biomechanical factors effect the outcome of jumping?	2.5 2.6	80% of students will demonstrate a proficiency of 80% in: demonstrating mature mechanically correct form and control when performing multiple jumping events. (oral/written quiz) (teacher observation)	By the end of grade 12, students will be able to: apply knowledge, and skills in a modified game using: appropriate motor skills, rules, regulations, strategy, and sportsmanship.
9-12	Unit 10-12 classes	Football	Demonstrate, perform and understand the critical elements of the skills relater to Football: Throwing Catching Running Evading Rules/regulations Safety Sportsmanship Sports Psychology	How has football evolved from 1869 to the present? How does this situation effect strategy?	2.5 2.6	80% of students will demonstrate a proficiency of 80% in: skill, knowledge of rules, regulations, and strategy. (oral/written quiz) (teacher observation)	By the end of grade 12, students will be able to: apply knowledge, and skills in a modified game using: appropriate motor skills, rules, regulations, strategy, and sportsmanship

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9-12	Unit 10-12 classes	Speedball	Demonstrate, perform and understand the critical elements of the skills related to speedball: Dribbling Throwing Trapping Catching Strategy Rules/Regulations Safety Sportsmanship Sports Psychology	When is it appropriate to use the different skills in the game of speedball?	2.5, 2.6	80% of students will demonstrate a proficiency of 80% in: skill, knowledge of rules, regulations, and strategy. (oral/written quiz) (teacher observation)	By the end of grade 12, students will be able to: apply knowledge, and skills in a modified game using: appropriate motor skills, rules, regulations, strategy, and sportsmanship
9-12	Unit 10-12 classes	Softball	Demonstrate, perform and understand the critical elements of the skills related to Softball: Throwing Catching Striking Running Strategy Rules/Regulations Safety Sportsmanship Sports Psychology	How does different pitching styles effect the speed, direction, and velocity of a pitched softball?	2.5, 2.6	80% of students will demonstrate a proficiency of 80% in: skill, knowledge of rules, regulations, and strategy. (oral/written quiz) (teacher observation)	By the end of grade 12, students will be able to: apply knowledge, and skills in a modified game using: appropriate motor skills, rules, regulations, strategy, and sportsmanship
9-12	Unit 10-12 classes	Floor Hockey	Demonstrate, perform and understand the critical elements of the skills related to Floor Hockey: Stick handling Shooting Passing Strategy Goaltending Rules/Regulations Safety Sportsmanship Sports Psychology	What rules are in place to protect the players?	2.5, 2.6	80% of students will demonstrate a proficiency of 80% in: skill, knowledge of rules, regulations, and strategy. (oral/written quiz) (teacher observation)	By the end of grade 12, students will be able to: apply knowledge, and skills in a modified game using: appropriate motor skills, rules, regulations, strategy, and sportsmanship

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9-12	Unit 10-12 classes	Dance	Demonstrate, perform and understand the critical elements of the skills related to Dance: Modern ballet Tap and Jazz Hip Hop Video Groove Moves Broadway Theater Choreography Ballroom, Latin, Country and Line Dancing	Compare and contrast different ethnic and cultural styles of dance movement.	2.5, 2.6	80% of students will demonstrate a proficiency of 80% in: how to perform smooth flowing sequences in intensity and rhythm while participating in a dance class. (oral/written quiz) (teacher observation)	By the end of grade 12, students will be able to: Choreograph a dance routine using a variety dance styles and rhythms.

The following units are optional activities and could be taught contingent upon availability of resources. The students will not be missing any skills listed in these areas as they are included in other units. These optional units can be used as alternate avenues for students to appreciate other recreational activities.

9-12	Unit 10-12 classes	Spinning	Demonstrate, perform and understand the critical elements of the skills related to Spinning: Balance Flexibility, Exercise Physiology Biomechanics Sport Psychology	What is the relationship between aerobic and anaerobic exercise as applied to spin class?	2.5 2.6	80% of students will demonstrate a proficiency of 80% in: a variety of exercises and understand basic physiology concepts. (oral/written quiz) (teacher observation)	By the end of grade 12, students will be able to: Choreograph a dance routine using a variety dance styles and rhythms.
9-12	Unit 10-12 classes	In-Line Skating	Demonstrate, perform and understand the critical elements of the skills related to In-line Skating: Balance Flexibility Coordination Agility Sport Psychology Linear Movement Stopping	Analyze the similarities and differences between in-line skating, roller skating, and skateboarding.	2.5 2.6	80% of students will demonstrate a proficiency of 80% in: detecting and correcting errors while performing skating skills. (oral/written quiz) (teacher observation)	By the end of grade 12, students will be able to: Choreograph a dance routine using a variety dance styles and rhythms.

9-12	Unit 10-12 classes	Mountain Biking	Demonstrate, perform and understand the critical elements of the skills related to Mountain Biking: Balance Flexibility Coordination Strength Sport Psychology	What is the relationship between aerobic and anaerobic exercise as applied to mountain biking?	2.5 2.6	80% of students will demonstrate a proficiency of 80% in: how to transfer specialized movement skills from a variety of activities in order to become a competent mountain biker. (oral/written quiz) (teacher observation)	By the end of grade 12, students will be able to: Apply knowledge and skills in a lifelong fitness program.
9-12	Unit 10-12 classes	Archery	Demonstrate, perform and understand the critical elements of Archery: the skills related to Balance Flexibility Coordination Strength Sport Psychology Aim	Analyze the relationship between strength and the type of bow used.	2.5 2.6	80% of students will demonstrate a proficiency of 80% in: detecting and correcting errors while performing archery skills. (oral/written quiz) (teacher observation)	By the end of grade 12, students will be able to: apply knowledge and skills in archery while using basic skills, safety measures, procedures and governmental policies.
9-12	Unit 10-12 classes	Self Defense	Demonstrate, perform and understand the critical elements of the skills related to Self Defence: Balance Flexibility Coordination Strength Sport Psychology Agility Proprioception	How does momentum, force, and torque affect self defense movements?	2.5 2.6	80% of students will demonstrate a proficiency of 80% in: applying and demonstrating self defense moves, implementing the use of momentum, force, and torque while role playing scenarios. (oral/written quiz) (teacher observation)	By the end of grade 12, students will be able to: Apply and demonstrate self defense skills in real life settings.
9-12	Unit 10-12 classes	Martial Arts	Demonstrate, perform and understand the critical elements of the skills related to Martial Arts: Balance, Flexibility Coordination Strength Sport Psychology Agility Proprioception	How does momentum, force, and torque affect self defense movements?	2.5 2.6	80% of students will demonstrate a proficiency of 80% in: applying and demonstrating martial art skills, implementing the use of momentum, force, and torque while role playing scenarios. (oral/written quiz) (teacher observation)	By the end of grade 12, students will be able to: apply and demonstrate martial art skills with the option of continuing the martial arts as a life long activity.
9-12	Unit 10-12 classes	Skiing	Demonstrate, perform and understand the critical elements of the skills related to Skiing: Balance Flexibility Coordination Strength Sport Psychology Agility Proprioception Stopping	Analyze the similarities and differences between downhill, slalom, cross country, and mogul skiing.	2.5 2.6	80% of students will demonstrate a proficiency of 80% in: detecting and correcting errors while performing their skiing form and technique. (oral/written quiz) (teacher observation)	By the end of grade 12, students will be able to: apply knowledge and skills in lifelong leisure activities.

9-12	Unit 10-12 classes	Orienteering	Demonstrate, perform and understand the critical elements of the skills related to Orienteering: Hiking, Survival, Physical Fitness, Sport Psychology Safety	How are movement patterns affected by varying terrains?	2.5 2.6	80% of students will demonstrate a proficiency of 80% in: detecting and correcting errors in movement patterns while orienteering in a safe appropriate manner. (oral/written quiz) (teacher observation)	By the end of grade 12, students will be able to: apply knowledge and skills in lifelong leisure activities.
9-12	Unit 10-12 classes	Coaching and Officiating	Knowledge of Rules Crowd control Player development Sport Psychology Planning (practice and game) Strategy	How does strategy change as athletes mature physically, mentally, and emotionally? Explain.	2.5 2.6	80% of students will demonstrate a proficiency of 80% in: detecting and correcting errors in coaching situations with regards to strategy and player performance.(oral/written quiz) (teacher observation)	By the end of grade 12, students will be able to: apply knowledge and skills in a career opportunity as a coach or sports official.