











Topics		
	Experience Wellness	Exercise Science
<b>Standard</b>	<b>9</b>	<b>10</b>
<b>1</b>		
<b>2</b>		
<b>3</b>		
<b>4</b>		
<b>5</b>		

Standard 1: Demonstrates competency in a variety of motor skills and movement patterns

Standard 2: Applies knowledge of concepts, principles, strategies and tactics related to movement and performance

Standard 3: Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

Standard 4: Exhibits responsible personal and social behavior that respects self and others

Standard 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction



# Physical Education 9th Grade: Experience Ed

**CLASS ESSENTIAL QUESTIONS:** How do health related decisions impact every area of my life? How will accessing health related information help me make impactful decisions? What skills are important to making life long healthy decisions?

## STANDARDS FOR SUCCESS

**Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

**Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

**Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others.

**Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

## UNIT SKILLS

- Team building
- Collaboration
- Problem solving
- Play games and have fun
- Wellness reflection
- Decision making
- Risk taking

## HOW WILL I BE ASSESSED?

- Active skill based games
- Application of skills in each unit
- Wellness reflection paper

## ESSENTIAL QUESTION FOR EACH UNIT

**Team Building**-How do team building exercises help to provide a quality experience any setting?

**Collaboration**-How does building collaboration skills relate to life outside this class?

**Risk Taking**-How will learning how to take effective and safe risks benefit my life?

**Problem Solving**-In what situations will problem solving skills benefit me?

**Decision Making**-Where will use decision making skills elsewhere in my life?

**Play and Have fun**-What level of life fulfillment will I gain through play and fun?

**Wellness Reflection**-How does reflecting help me to excel beyond this class?



# Physical Education 10th Grade: Exercise Science

**CLASS ESSENTIAL QUESTIONS:** How do health related decisions impact every area of my life? How will accessing health related information help me make impactful decisions? What skills are important to making life long healthy decisions?

## STANDARDS FOR SUCCESS

**Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

**Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

**Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others.

**Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

## UNIT SKILLS

- Baseline Fitness Testing
- Fitness Literacy
- Navigating/Understanding How to Workout
- Introduction to Nutrition
- CPR/First Aid Training
- How to write your own Fitness and Nutrition Plan

## HOW WILL I BE ASSESSED?

- Active Participation
- Fitness Testing and Goal Setting
- Nutrition and Fitness Literacy Questions
- CPR/First Aid Skills
- Self-Written Fitness and Nutrition Plans

## ESSENTIAL QUESTION FOR EACH UNIT

**Baseline Fitness Testing**-How does having a baseline allow me to establish my own goals?

**Fitness Literacy**-How does understanding the science behind fitness help me guide my own personal fitness and nutrition?

**Navigation/Understanding how to work out**-How do you read a workout plan? What is the proper technique on exercises? How do I apply appropriate resistance to exercise? What intensity should I work out? What workout programs challenge me?

**Introduction to Nutrition**- How does establishing healthy nutrition habits impact my overall wellness? How does understanding nutrition basics guide my food and beverage choices?

**CPR/First Aid Training**-How do I engage in a health and life-threatening situation if it occurs?

**How to write your own plan**-How can I create a fitness and nutrition plan that are attainable for me beyond my class?