

**YORK PUBLIC SCHOOLS
DEPARTMENT OF PHYSICAL EDUCATION AND HEALTH**

9-12 HIGH SCHOOL CURRICULUM

9TH Grade Physical Education and Health

*Students will attend physical education and health classes on alternating days for 2 semesters.

A. PHYSICAL EDUCATION UNITS:

Unit 1 – FITNESS TESTING.

Objective: * A minimum of 80% of all students completing the ninth grade will score at or above a level considered competent on final class fitness testing.

Skills: Goal Setting.

Activities: Students will set goals for end of the year testing based on beginning testing results. Testing will be conducted in the following activities at the beginning and end of the year:

Pull-ups (flexed arm hang), vertical jump, half mile run, 40 yard dash, sit-ups.

Evaluation: Fitness testing is 5% of the semester grade as determined by competency levels.

Safety Concerns: *Quality stretching before and after testing.
*Work at a progressive rate.

Unit 2 – RECREATIONAL VOLLEYBALL.

Objectives: The student will...
*Learn basic rules, skills, strategies, and safety.
*Demonstrate proper technique in basic skills.
*Be able to participate in a game.
*Display sportsmanship, teamwork and respect for all other students.

Skills: Forearm pass, overhead volley, service, spike, rotation.

Activities: Demonstration, drills, practice games.

Evaluation: Written Test and Participation.

Safety Concerns: *Roll ball under net.
*Play own position to limit collisions.
*Communication.

Unit 3 – RECREATIONAL FLAG FOOTBALL.

Objectives: The student will...
*Learn basic rules, skills, strategies, and safety.
*Demonstrate proper technique in basic skills.
*Be able to participate in a game.
*Display sportsmanship, teamwork and respect for all other students.

Skills: Passing, catching, blocking, tackling (flag pull), and kicking.

Activities: Demonstration, drills, practice games.

Evaluation: Written Test and Participation.

Safety Concerns: *Proper size and experience matching.
*No above the shoulders contact.
*Stoppage of action on all whistles.

Unit 4 – SWIMMING.

- Objectives:** The student will...
- *Improve swimming skills.
 - *Understand water safety rules.
 - *Recognize water emergency situations and know what to do.
 - *Enjoy swimming as a means of maintaining fitness.
- Skills:** Surface diving, treading water, stroke work, reaching/throwing assists, escapes, carries, spinal injury, use of PFD's.
- Activities:** Demonstration, group work, conditioning, games, relays.
- Evaluation:** Written Test, Skills Tests, Participation.
- Safety Concerns:** *Water depth awareness.
*Proper supervision/following of instructions.
*Spacing awareness during reaching/throwing assists.

Unit 5 – RECREATIONAL BASKETBALL.

- Objectives:** The student will...
- *Learn basic rules, skills, strategies, and safety.
 - *Demonstrate proper technique in basic skills.
 - *Be able to participate in a game.
 - *Display sportsmanship, teamwork and respect for all other students.
- Skills:** Dribbling, Passing, Shooting, Rebounding, Defending.
- Activities:** Demonstration, drills, contests (horse/knockout), practice games.
- Evaluation:** Written Test and Participation.
- Safety Concerns:** *Spacing awareness.
*Proper equipment.

Unit 6 – BEGINNING WEIGHT TRAINING.

Objectives: The student will...
*Be able to correctly utilize all strength and fitness equipment in the York High School weight room.
*Use correct technique in all lifts.
*Demonstrate understanding of all safety rules.
*Identify all major muscle groups, their function and lifts that strengthen them.
*Develop short term and long term strength goals.

Skills: Proper lifting, spotting.

Activities: Demonstration, partner work-outs, maximum testing.

Evaluation: Written Test, Participation.

Safety Concerns: *Spacing awareness.
*Equipment in proper working order.
*Strict adherence to safety rules.

Unit 7 – AEROBIC CONDITIONING.

Objectives: The student will...
*Develop and understanding of and enthusiasm for aerobic fitness.
*Properly utilize fitness monitoring equipment.
*Develop short term and long term aerobic fitness goals.

Skills: Proper running form, rhythmic activities, jumping rope.

Activities: Warm-up activities, workouts to music, cool down sessions.

Evaluation: Written Test, Participation.

Safety Concerns: *Spacing awareness.
*Work at a progressive rate.
*Teacher especially awareness of all medical conditions.

Unit 8 – MASS GAMES.

Objectives: The student will...
*Learn basic rules, strategies, and safety for “unusual” games.
*Be able to participate in a game.
*Demonstrate enjoyment for activities outside the norm.
*Improve level of aerobic fitness.
*Display sportsmanship, teamwork and respect for all other students.

Skills: Not a point of emphasis in this unit.

Activities: Crazy Kickball, Dodgeball, Team Handball, Speedball, Hockey.

Evaluation: Written Test and Participation.

Safety Concerns: *Spacing awareness.
*Proper equipment.

Unit 9 - RECREATIONAL SOCCER.

Objectives: The student will...
*Learn basic rules, skills, strategies, and safety.
*Demonstrate proper technique in basic skills.
*Be able to participate in a game.
*Display sportsmanship, teamwork and respect for all other students.

Skills: Dribbling, Passing, Kicking, Heading, Tackling, Goalie Skills.

Activities: Demonstration, drills, lead-up games, practice games.

Evaluation: Written Test and Participation.

Safety Concerns: *Spacing awareness.
*Communication.
*Proper equipment/Protection.

Unit 10 – PROJECT ADVENTURE.

Objectives: **The student will...**
*Display increased sense of confidence and accomplishment.
*Display a decreased fear of change.
*Demonstrate an increased level of agility and coordination.
*Demonstrate an increased level of teamwork, both as a team leader and as a team member.
*Develop and increased familiarity and identification with the natural world.

Skills: **Problem solving, following instructions, balancing, climbing, correct falling, team work.**

<u>Activities:</u>	<u>Lead-up Activities:</u>	<u>Low Elements:</u>
	Interviews	Free Fall
	Memory Games	Pendulum
	Airplane Ride	Center Pivot
	Electric Fence	Wild Woosey
	Nitro Crossing	Zipper
	Seven Square	Cookie Machine
	Tube Soccer	
	Tug-of-War	
	The Monster	
	Beam Walk	

Evaluation: **Written Test and Participation.**

Safety Concerns: *Progressive difficulties/heights.
*Proper spotting.
*Equipment is in good order.

Unit 11 – TRACK AND FIELD:

Objectives: The student will...
*Learn basic rules, skills, methods, and safety.
*Be able to participate in various events.
*Display sportsmanship, teamwork and respect for all other students.
*Increase level of fitness.

Skills: Proper running form, basic skills in field events and sprints.

Activities: Demonstration, drills, mini track meet.

Evaluation: Written Test and Participation.

Safety Concerns: *Work at a progressive rate.
*Equipment in good order.
*Strict adherence to safety rules in throwing and jumping events.

Unit 12 – ALL CLASS SOFTBALL (Health units completed).

Objectives: The student will...
*Learn basic rules and safety.
*Have fun!!....this is the end-of-the-year fun activity.
*Display sportsmanship, teamwork and respect for all other students.

Skills: Not an emphasis in this unit.

Activities: Softball games.

Evaluation: Participation.

Safety Concerns: *Place players in positions corresponding to level of skill.
*Equipment in good order.

B. HEALTH UNITS:

Unit 1 – LIFETIME FITNESS.

<u>Objectives:</u>	The student will... <ul style="list-style-type: none">*Identify the components and health benefits of physical fitness.*Identify types of exercise that promote physical fitness.*Explain the role of diet, exercise and sleep in physical fitness.*Identify ways to stay safe during exercise.*Identify the major muscle groups in the human body.*Describe the health hazards of anabolic steroids.*Identify the components and health benefits of total fitness.*Identify proper guidelines, principles and lifetime activities to include in a fitness plan.
<u>Skills:</u>	Measuring body composition, Measuring target heart rate.
<u>Activities:</u>	Measurement labs, Lecture, Worksheets, Fitness plan project.
<u>Evaluation:</u>	Daily Work/Labs, Written Test and Participation.

Unit 2 – NUTRITION.

<u>Objectives:</u>	The student will... <ul style="list-style-type: none">*Identify the six basic nutrients, their function and in which foods they can be found.*Describe the role of the food guide pyramid in developing an individual balanced diet for healthy eating.*Describe how food choices are linked to cultural heritage, family, social relationships, media messages, and lifestyles.*Identify the health risks related to being overweight or underweight.*Identify healthy weight loss and weight gain strategies.*Identify different eating disorders and their symptoms.*Demonstrate the ability to use nutrition labels to gain healthy eating information.
<u>Skills:</u>	Using nutrition labels.
<u>Activities:</u>	Lecture, Classroom projects, Discussion groups, Grocery store field trip.
<u>Evaluation:</u>	Classroom Projects, Written Test and Participation.

Unit 3 – DRUGS AND ALCOHOL.

- Objectives:** **The student will...**
*Describe the effects of tobacco, alcohol and various illegal drugs on the human body.
*Discuss the social effects of tobacco, alcohol and various illegal drugs.
*Discuss the effects of peer pressure and why people choose to use, or not to use tobacco, alcohol and various illegal drugs.
*List treatments available for tobacco, alcohol and illegal drug abuse.
*Use internet sources to research additional current information on tobacco, alcohol and illegal drugs.
- Skills:** **Computer literacy.**
- Activities:** **Lecture, Classroom Projects, Discussion groups, Guest Speakers.**
- Evaluation:** **Classroom Projects, Written Test and Participation.**

Unit 4 – STRESS MANAGEMENT.

- Objectives:** **The student will...**
*Identify different sources and types of stress.
*Describe the effects of stress on the human body.
*Utilize stress management skills.
- Skills:** **Relaxation Techniques.**
- Activities:** **Lecture, Classroom Projects, Discussion groups, Relaxation activities.**
- Evaluation:** **Classroom Projects, Written Test and Participation.**

Unit 5 – FIRST AID.

Objectives: The student will...

- *Explain the importance of having knowledge of first aid.
- *Demonstrate recognition and first aid for the following:
 - Bleeding/Fractures -Shock
 - Sprains -Heat Exhaustion
 - Heat Stroke -Frostbite
 - Burns -Poisoning
 - Diabetic Emergencies -Blisters
 - Eye Irritations -Asthma
 - Seizures -Insect Bites

Skills: First aid techniques.

Activities: Lecture, Classroom Projects, Demonstration, Practice Sessions.

Evaluation: Classroom Projects, Written Test and Participation.

Unit 6 – CPR.

Objectives: The student will...

- *Recognize the signs of heart attack.
- *Describe the method of putting the EMS into motion.
- *Demonstrate obstructed airway techniques.
- *Demonstrate proper CPR technique.
- *Achieve the American Red Cross certification in CPR.
- *Demonstrate understanding of risk factors and legal considerations.

Skills: CPR Skills.

Activities: Lecture, Classroom Projects, Hands-on Practice, Guest Speakers.

Evaluation: Classroom Projects, Practical Test, Written test and Participation.

Unit 7 – PERSONAL SAFETY.

- Objectives:** The student will...
- *Describe the differences between sexual harassment, sexual assault, and rape.
 - *Demonstrate understanding of date rape definition and prevention.
 - *Describe respectful and responsible dating behaviors.
 - *Describe strategies to lessen the chances of becoming a victim of rape or other violence.
 - *Identify steps to take if you are the victim of rape or other violence.
 - *Demonstrate understanding of internet safety rules.
 - *Demonstrate understanding of breast/testicular cancer and detection.
- Skills:** Communication, Personal Safety.
- Activities:** Lecture, Classroom Projects, Discussion groups, Guest Speaker.
- Evaluation:** Classroom Projects, Written Test and Participation.

Unit 8 – HEALTHY LIFESTYLE.

- Objectives:** The student will...
- *Demonstrate the use of the 5-step decision making process in making decisions regarding a healthy lifestyle.
 - *Identify the changes that occur in adolescent physiology.
 - *Identify healthy sexuality.
 - *Identify the healthy benefits of abstinence.
 - *Describe symptoms, causes and treatments of sexually transmitted diseases.
- Skills:** Decision Making.
- Activities:** Lecture, Classroom Projects, Discussion groups, Abstinence Film.
- Evaluation:** Classroom Projects, Written Test and Participation.

10th – 12th Grade Individual Skills

*One semester class.

Unit 1 – FITNESS TESTING.

Objective: * A minimum of 80% of all students completing individual skills class will score at or above a level considered competent on final class fitness testing.

Skills: Goal Setting.

Activities: Students will set goals for end of semester testing based on beginning testing results. Testing will be conducted in the following activities at the beginning and end of the semester:

Pull-ups (flexed arm hang), vertical jump, half mile run, 40 yard dash, sit-ups.

Evaluation: Fitness testing is 5% of the semester grade as determined by competency levels.

Safety Concerns: *Quality stretching before and after testing.
*Work at a progressive rate.

Unit 2 – TENNIS.

Objectives: The student will...
*Learn basic rules, skills, strategies, and safety.
*Demonstrate proper technique in basic skills.
*Be able to participate in a match (singles and doubles).
*Display sportsmanship, teamwork and respect for all other students.
*Realize the lifetime benefits of the sport.

Skills: Proper grip, footwork, forehand/backhand, serve, advanced strokes: volley, lob, smash.

Activities: Demonstration, drills, practice games, tournaments.

Evaluation: Written Test, Skills Testing and Participation.

Safety Concerns: *Spacing Awareness.
*Eliminate net jumping or throwing of rackets.

Unit 3 – GOLF.

- Objectives:** The student will...
- *Learn basic rules, skills, strategies, etiquette, and safety.
 - *Demonstrate proper technique in basic skills.
 - *Recognize appropriate equipment for appropriate shot.
 - *Be able to participate in a match.
 - *Display sportsmanship, and respect for all other students.
 - *Realize the lifetime benefits of the sport.
- Skills:** Proper grip, stance, swing, chipping and putting.
- Activities:** Demonstration, drills, video, mini-contests, actual round.
- Evaluation:** Written Test, Skills Testing and Participation.
- Safety Concerns:** *Spacing Awareness.
*Hitting same direction at same time.

Unit 4 – BADMINTON.

- Objectives:** The student will...
- *Learn basic rules, skills, strategies, and safety.
 - *Demonstrate proper technique in basic skills.
 - *Be able to participate in a match (singles and doubles).
 - *Display sportsmanship, teamwork and respect for all other students.
 - *Realize the lifetime benefits of the sport.
- Skills:** Proper grip, footwork, shots: (drive, drop, clear, smash), and serves: (short, long, drive).
- Activities:** Demonstration, drills, practice games, tournaments.
- Evaluation:** Written Test, Skills Testing and Participation.
- Safety Concerns:** *Spacing Awareness.
*Straight shooting lines.
*Strict adherence to shooting commands.
*Proper equipment and in good working order.

Unit 5 – ARCHERY.

- Objectives:** The student will...
- *Learn basic rules, terminology, skills, strategies, and safety.
 - *Demonstrate proper technique in basic skills.
 - *Be able to participate in a match (rounds and ends).
 - *Display sportsmanship, and respect for all other students.
 - *Realize the lifetime benefits of the sport.
- Skills:** Stringing a bow, nocking the arrow, stance, shooting procedure, scoring.
- Activities:** Demonstration, drills, contests, practice games, tournaments.
- Evaluation:** Written Test, Skills Testing and Participation.
- Safety Concerns:** *Spacing Awareness.

Unit 6 – DANCE.

- Objectives:** The student will...
- *Demonstrate understanding of dance terms and movements.
 - *Develop awareness of his/her body movements through space.
 - *Develop an increased sense of rhythm.
 - *Develop socially through dance activities.
 - *Realize the lifetime benefits of the activity.
- Skills:** Polka, Waltz, Flying Dutchman, Country Swing, 2-Step.
- Activities:** Demonstration, Practice Movements, Live Dancing.
- Evaluation:** Demonstration with partner and Participation.
- Safety Concerns:** *Spacing Awareness.

Unit 7 – SELF DEFENSE.

- Objectives:** The student will...
- *Demonstrate understanding of Korean vocabulary involved in Tae-kwon-do.
 - *Demonstrate the basic self-discipline and basic self-defense moves involved in Tae-kwon-do.
 - *Develop awareness of his/her body movements through space.
 - *Realize the lifetime benefits of the activity.
- Skills:** Tae-kwon-do forms, Tae-kwon-do kicks.
- Activities:** Guest Demonstration, Practice Movements.
- Evaluation:** Demonstration with partner and Participation.
- Safety Concerns:** *Spacing Awareness.
*No Jewelry.

Unit 8 – RECREATIONAL GAMES.

- Objectives:** The student will...
- *Learn basic rules, terminology, skills, and strategies.
 - *Be able to participate in a game.
 - *Display sportsmanship, and respect for all other students.
 - *Realize the lifetime benefits of the games.
- Skills:** Strategies and Scoring.
- Activities:** Demonstration, practice games, tournaments.
- Evaluation:** Written Test and Participation.
- Safety Concerns:** *Proper use of equipment/game pieces.

Unit 9 – BOWLING.

Objectives: The student will...
*Learn basic rules, terminology, skills, scoring and safety.
*Demonstrate proper technique in basic skills.
*Be able to participate in a game.
*Display sportsmanship, and respect for all other students.
*Realize the lifetime benefits of the sport.

Skills: Stance, approach, release, follow-through, spare shooting, scoring.

Activities: Demonstration, practice drills, games, tournaments, score keeping.

Evaluation: Written Test, Skills Testing and Participation.

Safety Concerns: *Spacing Awareness.
*Proper use of equipment.

10th – 12th Grade Team Skills

*One semester class.

Unit 1 – FITNESS TESTING.

Objective: * A minimum of 80% of all students completing individual skills class will score at or above a level considered competent on final class fitness testing.

Skills: Goal Setting.

Activities: Students will set goals for end of semester testing based on beginning testing results. Testing will be conducted in the following activities at the beginning and end of the semester:

Pull-ups (flexed arm hang), vertical jump, half mile run, 40 yard dash, sit-ups.

Evaluation: Fitness testing is 5% of the semester grade as determined by competency levels.

Safety Concerns: *Quality stretching before and after testing.
*Work at a progressive rate.

Unit 2 – VOLLEYBALL.

Objectives: The student will...
*Learn basic rules, skills, strategies, and safety.
*Demonstrate proper technique in basic skills.
*Be able to participate in a game.
*Display sportsmanship, teamwork and respect for all other students.

Skills: Forearm pass, overhead volley, service, spike, rotation.

Activities: Demonstration, drills, games, tournament.

Evaluation: Written test, Skills Test and Participation.

Safety Concerns: *Roll ball under net.
*Play own position to limit collisions.
*Communication.

Unit 3 – FLAG FOOTBALL.

Objectives: The student will...
*Learn basic rules, skills, strategies, positions and safety.
*Demonstrate proper technique in basic skills.
*Be able to participate in a game.
*Display sportsmanship, teamwork and respect for all other students.

Skills: Passing, catching, blocking, tackling (flag pull), and kicking.

Activities: Demonstration, drills, games.

Evaluation: Written Test, Skills Test and Participation.

Safety Concerns: *Proper size and experience matching.
*No above the shoulders contact.
*Stoppage of action on all whistles.

Unit 4 – Soccer.

Objectives: The student will...
*Learn basic rules, skills, strategies, and safety.
*Demonstrate proper technique in basic skills.
*Be able to participate in a game.
*Display sportsmanship, teamwork and respect for all other students.

Skills: Dribbling, Passing, Kicking, Heading, Tackling, Goalie Skills.

Activities: Demonstration, drills, lead-up games, games.

Evaluation: Written Test, Skills Test and Participation.

Safety Concerns: *Spacing awareness.
*Communication.
*Proper equipment/Protection.

Unit 5 – SOFTBALL.

Objectives: The student will...
*Learn basic rules, skills, strategies and safety.
*Develop an appreciation for softball as a life-long sport.
*Display sportsmanship, teamwork and respect for all other students.

Skills: Throwing, catching, batting, fielding.

Activities: Demonstration, drills, games, tournament.

Evaluation: Written Test, Skills Test and Participation.

Safety Concerns: *Place players in positions corresponding to level of skill.
*Equipment in good order.

Unit 6 – ADVANCED MASS GAMES.

Objectives: The student will...
*Learn basic rules, strategies, and safety for “unusual” games.
*Be able to participate in a game.
*Demonstrate enjoyment for activities outside the norm.
*Improve level of aerobic fitness.
*Display sportsmanship, teamwork and respect for all other students.

Skills: Running, Throwing, Catching, Communication.

Activities: Floor Hockey, Prisoner Ball, Mat Volleyball, Ultimate Frisbee, Frisbee Golf.

Evaluation: Written Test and Participation.

Safety Concerns: *Spacing awareness.
*Proper equipment.

Unit 7 – BASKETBALL.

Objectives: **The student will...**
*Learn basic rules, skills, strategies, and safety.
*Demonstrate proper technique in basic skills.
*Be able to participate in a game.
*Improve fitness and coordination.
*Display sportsmanship, teamwork and respect for all other students.

Skills: **Dribbling, Passing, Shooting, Rebounding, Defending.**

Activities: **Demonstration, drills, contests, practice games, tournament.**

Evaluation: **Written Test, Skills Test and Participation.**

Safety Concerns: *Spacing awareness.
*Proper equipment.

10th – 12th Strength and Conditioning

*One semester class. (Pass/Fail)

Unit 1 – INTRODUCTION TO STRENGTH & CONDITIONING.

Objectives: The student will...
*Be able to correctly utilize all strength and fitness equipment in the York High School weight room.
*Use correct technique in all lifts.
*Demonstrate understanding of all safety rules.
*Identify all major muscle groups, their function and lifts that strengthen them.
*Score at or above 80% on a written test over the above objectives.

Skills: Proper lifting, spotting.

Activities: Demonstration, Lecture

Evaluation: Written Test, Demonstration.

Safety Concerns: *Spacing awareness.
*Equipment in proper working order.

Unit 2 – FITNESS PRE-TESTING

Objective: * Students will get accurate data as to their current state of fitness.

Skills: Goal Setting.

Activities: Students will set goals for end of semester testing based on beginning testing results. Testing will be conducted in the following activities at the beginning and end of the semester:

Fitness: Pull-ups (flexed arm hang), vertical jump, half mile run, 40 yard dash, sit-ups.

Strength: Bench Press, Squat, Dead Lift.

Evaluation: Effort in testing, Quality of goal setting sheets.

Safety Concerns: *Quality stretching before and after testing.

*Work at a progressive rate.

*Multiple rep. max out allowed.

Unit 3 – STRENGTH/CONDITIONING GAIN PHASE.

Objectives: The student will...

*Increase their level of strength and aerobic fitness from the pre-test to the post-test phase of the class.

*Gain an appreciation and enthusiasm for lifetime fitness.

Skills: Proper lifting, spotting, running form, plyometric movements, jumping rope.

Activities: Warm-up and cool-down activities, Partner strength and aerobic work-outs.

Evaluation: Participation, Documentation of workouts.

Safety Concerns: *Spacing awareness.

*Equipment in proper working order.

*Strict adherence to safety rules.

Unit 4 – FITNESS POST-TESTING

Objective: * Students will get accurate data as to their current state of fitness.

*A minimum of 90% of all students completing the class will score at or above a level considered competent on final class fitness testing.

Skills: None.

Activities: Testing will be conducted in the following activities. Data will be compared to pre-test data and goals.
Fitness: Pull-ups (flexed arm hang), vertical jump, half mile run, 40 yard dash, sit-ups.

Strength: Bench Press, Squat, Dead Lift.

Evaluation: Effort in testing.

Safety Concerns: *Quality stretching before and after testing.
*Work at a progressive rate.
*Multiple rep. max out allowed.