

## BONDUEL PHYSICAL EDUCATION

# PHYSICAL EDUCATION 9

**Grade:** 9

**Credits:** ½

**Prerequisite:** none

**Course Description:**

This course will expose students to a wide variety of activities that will promote lifetime fitness and recreational opportunities. The course will focus on fitness testing and the basic fundamentals, skills, rules and etiquette necessary to be successful in each activity. Students may be introduced to the following activities; Pre and Post Fitness Testing, Individual Sports, Team Sports, Trends in Fitness Concepts, Strength and Conditioning Concepts, Outdoor Adventure Concepts.

### Pre and Post Fitness Testing

Students will be able to assess their own personal aerobic capacity, body composition, muscular strength and endurance, and flexibility by completing a variety of fitness tests.

### Wisconsin State Standards

- E.12.1 Monitor exercise and other behaviors related to health-related fitness
- E.12.2 Maintain appropriate levels of cardiovascular and respiratory efficiency, muscular strength and endurance, flexibility and body composition necessary for a healthful lifestyle
- E.12.3 Assess personal health-related fitness status
- E.12.4 Continue meeting health-related fitness standards
- E.12.5 Use the results of fitness assessments to guide changes in personal program of physical activity

### Individual Sports

Students will participate in a variety of individual games and be able to follow rules and safety guidelines of each activity. Students will also be able to demonstrate an advanced understanding of game strategy and techniques.

### Wisconsin State Standards

- A.12.1 Participate regularly in health-enhancing fitness activities such as games, sports, dance, outdoor pursuits, and other physical activities that contribute to the maintenance of wellness, independent of class requirements
- B.12.1 Demonstrate competence (basic skills, strategies, and rules) in an increasing number of more complex versions of different types of movement forms such as aquatics, team sports, individual and dual sports, outdoor activities, self-defense, dance, and gymnastics
- B.12.2 Demonstrate competence and work toward advanced proficiency in selected activities such as participating in a tennis match using all the basic skills, rules and strategies with some consistency; passing the Red Cross intermediate swimming requirement; getting nine out of ten arrows in the target from 40 feet; using advanced offensive and defensive shots in a racquetball game against an opponent of similar skill

- C.12.4 Identify and apply characteristics and critical elements of highly skilled performance to develop movement competence or proficiency such as using internal and external information to modify movement during performance
- D.12.1 Derive pleasure from participating in physical activities in competitive and recreational settings
- D.12.4 Enter competition or activity voluntarily
- F.12.1 Apply rules, procedures, and etiquette in all physical-activity settings
- F.12.2 Act independently of peer pressure
- F.12.3 Defuse potential conflicts by communicating with other participants
- F.12.4 Keep in perspective the importance of winning and losing relative to other established goals of participation
- G.12.1 Recognize the value of sports and physical activity in understanding multiculturalism
- G.12.2 Invite students of both genders and various ethnic backgrounds and those with exceptional needs to join in personally enjoyable physical activities
- G.12.3 Display a willingness to experiment with the sport and activity of other cultures
- G.12.4 Develop strategies for including persons of diverse backgrounds and abilities in physical activities
- G.12.5 Recognize how participation in physical activity influences appreciation for people of both genders, varying cultures and ethnic groups, and those with various levels of physical ability or disability

### Team Sports

Students will participate in a variety of team sports and be able to follow rules and safety guidelines of each activity. Students will also be able to demonstrate an advanced understanding of game strategy, techniques and teamwork.

### Wisconsin State Standards

- A.12.1 Participate regularly in health-enhancing fitness activities such as games, sports, dance, outdoor pursuits, and other physical activities that contribute to the maintenance of wellness, independent of class requirements
- A.12.4 Accurately evaluate physical activity information, products, and services to become an informed and responsible physical activity consumer
- B.12.2 Demonstrate competence and work toward advanced proficiency in selected activities such as participating in a tennis match using all the basic skills, rules and strategies with some consistency; passing the Red Cross intermediate swimming requirement; getting nine out of ten arrows in the target from 40 feet; using advanced offensive and defensive shots in a racquetball game against an opponent of similar skill
- C.12.4 Identify and apply characteristics and critical elements of highly skilled performance to develop movement competence or proficiency such as using internal and external information to modify movement during performance
- D.12.1 Derive pleasure from participating in physical activities in competitive and recreational settings
- D.12.3 Recognize the strengths and weaknesses of teammates and provide opportunities for everyone to enjoy success within skill limitations
- D.12.4 Enter competition or activity voluntarily
- F.12.1 Apply rules, procedures, and etiquette in all physical-activity settings
- F.12.2 Act independently of peer pressure
- F.12.3 Defuse potential conflicts by communicating with other participants
- F.12.4 Keep in perspective the importance of winning and losing relative to other established goals of participation
- F.12.5 Take appropriate leadership or supportive roles in activities
- F.12.6 Create a safe environment for their own skill practice and group activities

- F.12.7 Set personal goals for activity and work toward their achievement
- G.12.3 Display a willingness to experiment with the sport and activity of other cultures
- G.12.4 Develop strategies for including persons of diverse backgrounds and abilities in physical activities

### Trends in Fitness Concepts

Students will experience a variety of new and current trends in fitness. Students will have a competent understanding of how participating in fitness related activities leads to health and wellness.

### Wisconsin State Standards

- A.12.1 Participate regularly in health-enhancing fitness activities such as games, sports, dance, outdoor pursuits, and other physical activities that contribute to the maintenance of wellness, independent of class requirements
- A.12.2 Understand the ways in which personal characteristics, performance styles, and activity preferences will change over the life span
- A.12.3 Maintain and improve physical fitness, motor skills and knowledge about physical activity through charting or journalizing improvement over time
- A.12.5 Design and implement a personal fitness program
- C.12.2 Independently apply advanced, movement-specific information
- C.12.3 Integrate discipline-specific knowledge to enable the independent learning of movement skills such as designing a long-term plan for self-improvement in a movement activity and explaining the relationship of physical, emotional and cognitive factors that influence the rate of movement
- C.12.4 Identify and apply characteristics and critical elements of highly skilled performance to develop movement competence or proficiency such as using internal and external information to modify movement during performance
- D.12.2 Pursue new activities both alone and with others
- E.12.1 Monitor exercise and other behaviors related to health-related fitness
- E.12.2 Maintain appropriate levels of cardiovascular and respiratory efficiency, muscular strength and endurance, flexibility and body composition necessary for a healthful lifestyle
- E.12.3 Assess personal health-related fitness status
- E.12.4 Continue meeting health-related fitness standards
- E.12.5 Use the results of fitness assessments to guide changes in personal program of physical activity
- F.12.6 Create a safe environment for their own skill practice and group activities
- F.12.7 Set personal goals for activity and work toward their achievement
- G.12.3 Display a willingness to experiment with the sport and activity of other cultures
- G.12.5 Recognize how participation in physical activity influences appreciation for people of both genders, varying cultures and ethnic groups, and those with various levels of physical ability or disability

### Strength and Conditioning Concepts

Students will be introduced to various weight training machines and use free weights, bands, balls and plyometrics to enhance levels of strength, flexibility, coordination and endurance.

### Wisconsin State Standards

- A.12.1 Participate regularly in health-enhancing fitness activities such as games, sports,

dance, outdoor pursuits, and other physical activities that contribute to the maintenance of wellness, independent of class requirements

A.12.2 Understand the ways in which personal characteristics, performance styles, and activity preferences will change over the life span

A.12.3 Maintain and improve physical fitness, motor skills and knowledge about physical activity through charting or journalizing improvement over time

B.12.1 Demonstrate competence (basic skills, strategies, and rules) in an increasing number of more complex versions of different types of movement forms such as aquatics, team sports, individual and dual sports, outdoor activities, self-defense, dance, and gymnastics

C.12.1 Know and understand pertinent, scientifically-based information regarding movement performance such as the overload principle

D.12.2 Pursue new activities both alone and with others

D.12.3 Recognize the strengths and weaknesses of teammates and provide opportunities for everyone to enjoy success within skill limitations

E.12.1 Monitor exercise and other behaviors related to health-related fitness

E.12.2 Maintain appropriate levels of cardiovascular and respiratory efficiency, muscular strength and endurance, flexibility and body composition necessary for a healthful lifestyle

E.12.3 Assess personal health-related fitness status

E.12.4 Continue meeting health-related fitness standards

E.12.5 Use the results of fitness assessments to guide changes in personal program of physical activity

F.12.1 Apply rules, procedures, and etiquette in all physical-activity settings

F.12.2 Act independently of peer pressure

F.12.3 Defuse potential conflicts by communicating with other participants

F.12.4 Keep in perspective the importance of winning and losing relative to other established goals of participation

F.12.5 Take appropriate leadership or supportive roles in activities

F.12.6 Create a safe environment for their own skill practice and group activities

F.12.7 Set personal goals for activity and work toward their achievement

G.12.1 Recognize the value of sports and physical activity in understanding multiculturalism

G.12.2 Invite students of both genders and various ethnic backgrounds and those with exceptional needs to join in personally enjoyable physical activities

G.12.5 Recognize how participation in physical activity influences appreciation for people of both genders, varying cultures and ethnic groups, and those with various levels of physical ability or disability

### Outdoor Adventure Concepts

Students will explore ways to enhance fitness while participating in adventure based education activities.

### Wisconsin State Standards

A.12.1 Participate regularly in health-enhancing fitness activities such as games, sports, dance, outdoor pursuits, and other physical activities that contribute to the maintenance of wellness, independent of class requirements

A.12.2 Understand the ways in which personal characteristics, performance styles, and activity preferences will change over the life span

B.12.1 Demonstrate competence (basic skills, strategies, and rules) in an increasing number of more complex versions of different types of movement forms such as aquatics, team sports, individual and dual sports, outdoor activities, self-defense, dance, and gymnastics

B.12.2 Demonstrate competence and work toward advanced proficiency in selected activities such as participating in a tennis match using all the basic skills, rules and strategies with some consistency; passing the Red Cross intermediate swimming requirement; getting nine out of ten arrows in the target from 40 feet; using advanced offensive and defensive shots in a racquetball game against an opponent of similar skill

C.12.1 Know and understand pertinent, scientifically-based information regarding movement performance such as the overload principle

C.12.2 Independently apply advanced, movement-specific information

C.12.3 Integrate discipline-specific knowledge to enable the independent learning of movement skills such as designing a long-term plan for self-improvement in a movement activity and explaining the relationship of physical, emotional and cognitive factors that influence the rate of movement

C.12.4 Identify and apply characteristics and critical elements of highly skilled performance to develop movement competence or proficiency such as using internal and external information to modify movement during performance

D.12.1 Derive pleasure from participating in physical activities in competitive and recreational settings

D.12.2 Pursue new activities both alone and with others

D.12.3 Recognize the strengths and weaknesses of teammates and provide opportunities for everyone to enjoy success within skill limitations

D.12.4 Enter competition or activity voluntarily

E.12.1 Monitor exercise and other behaviors related to health-related fitness

E.12.2 Maintain appropriate levels of cardiovascular and respiratory efficiency, muscular strength and endurance, flexibility and body composition necessary for a healthful lifestyle

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