

Campbell County School District #1
Gillette, Wyoming

Physical Education - Grade 7

Seventh-grade physical education classes are designed to introduce and review the basic skills, rules, and terminology of various team sports. Fitness activities and fitness testing are combined with team sports to improve the muscular and cardiovascular fitness of the students. A community water safety unit is taught at the Aquatic Center.

All physical education units will be taught according to availability of facilities and other variables such as weather, space equipment, time, and the skill level of the students. The physical education units are necessarily sequential, and it may not be possible to cover all the physical education units in one school year.

HP-P7-01 MOVEMENT (Content Standard)

C - Critical--Assessment Reporting Required

State Standard and Benchmark Correlation:

PE8.1.1 Rhythm, Team/Individual, Lifetime Activity Skills

PE8.1.2 Critical Skill Elements in Activities

Students will demonstrate competency in movement forms and apply movement concepts and principles to the learning and development of motor skills.

HP-P7-01-01 - Demonstrate Movement Skills (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will demonstrate skills in rhythms or dance, regulation or form team activities, regulation or form individual or dual activities and lifetime activities.

HP-P7-01-02 - Understand Critical Skill Elements (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will explain critical skill elements or skill cues or key observation points associated with each of rhythms or dance, modified team activities, individual or dual activities, and lifetime activities.

HP-P7-01-03 - Understand Rules and Strategies (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will demonstrate an understanding of rules and strategies associated with rhythms or dance, regulation or form team activities, regulation or form individual or dual activities and lifetime activities.

HP-P7-02 FITNESS (Content Standard)

C - Critical--Assessment Reporting Required

State Standard and Benchmark Correlation:

PE8.2.1 Explain/Assess Personal Fitness Status

PE8.2.2 Apply FITT Principles to Select Fitness Activities

PE8.2.3 Create Personal Physical Fitness Goals

PE8.2.4 Recognize./Explain Valid Features of Fitness Products

PE8.2.5 Participate in Variety of Physical Activities

Students will demonstrate fitness literacy and behaviors associated with it.

HP-P7-02-01 - Understand Personal Fitness (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will explain and assess their personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body mass index.

HP-P7-02-02 - Understand Fitness Benefits (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will apply principles of fitness (FITT: Frequency, Intensity, Time, Type).
Students will select and describe lifetime physical activities that enhance health related fitness.

HP-P7-02-03 - Fitness Products and Services (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will create personal fitness goals.

HP-P7-02-04 - Fitness Literacy (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will recognize and explain valid characteristics of products and technology related to fitness literacy.

HP-P7-02-05 - Participation in Physical Activities (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will participate in a variety of physical activities that will enhance health-related physical fitness.

HP-P7-03 PERSONAL AND SOCIAL BEHAVIOR (Content Standard)

C - Critical--Assessment Reporting Required

State Standard and Benchmark Correlation:

PE8.3.1 Rules, Procedures, Etiquette in Activities

PE8.3.2 Sportsmanship, Cooperation, Teamwork in Activities

PE8.3.3 Respect for Individual Similarities & Differences

PE8.3.4 Activities for Fun, Challenge, Social Interaction

Students will demonstrate personal and social responsibility, understand the benefits of physical activity, and respect diversity among people in physical activity settings.

HP-P7-03-01 - Rules, Procedures, and Etiquette (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will recognize and use safety principles and follow the rules, procedures, and etiquette in physical activity settings.

HP-P7-03-02 - Sportsmanship and Cooperation (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will demonstrate sportsmanship, cooperation, and teamwork in physical activity settings.

HP-P7-03-03 - Respect Differences (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will demonstrate respect for individual differences and similarities in others in physical activity settings.

HP-P7-03-04 - Activities for Fun, Challenge & Self-Expression (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will recognize that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.

HP-P7-05 FITNESS ASSESSMENT (Content Standard)

C - Critical--Assessment Reporting Required

State Standard and Benchmark Correlation:

PE8.2.1 Explain/Assess Personal Fitness Status

PE8.2.2 Apply FITT Principles to Select Fitness Activities

PE8.2.3 Create Personal Physical Fitness Goals

PE8.2.4 Recognize/Explain Valid Features of Fitness Products

PE8.2.5 Participate in Variety of Physical Activities

Students will participate in physical fitness assessments.

HP-P7-05-01 - Fitness Assessments (Objective)

C-CS - Critical-Assessment at Content Standard

Students will complete the following physical fitness assessments:

- a) Shuttle run
- b) BMI assessment
- c) Cardio-run – 1 mile
- d) Curl-ups

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Campbell County School District #1
Gillette, Wyoming

Physical Education - Grade 8

TS - All units in eighth-grade Health/PE are designed to introduce, maintain, and reinforce the basic skills and fundamentals of various team sports and individual sports. All physical education units will be taught according to availability of facilities and other variables such as weather, space, and equipment variability. The physical education units are not necessarily sequential.

SV - Eighth-grade units can be taught co-ed. The primary emphasis of all activities is to improve and maintain physical fitness and a healthy lifestyle. The units are designed to introduce, maintain, and reinforce the basic skills and fundamentals of team sports. Individual sports units are also offered to aid the transition from team sports towards lifetime carryover activities. We will also continue to stress personal wellness improvement and exploration activities.

HP-P8-01 MOVEMENT (Content Standard)

C - Critical--Assessment Reporting Required

State Standard and Benchmark Correlation:

PE8.1.1 Rhythm, Team/Individual, Lifetime Activity Skills

PE8.1.2 Critical Skill Elements in Activities

Students will demonstrate competency in movement forms and apply movement concepts and principles to the learning and development of motor skills.

HP-P8-01-01 - Demonstrate Movement Skills (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will demonstrate skills in rhythms or dance, regulation or form team activities, regulation or form individual or dual activities and lifetime activities.

HP-P8-01-02 - Understand Critical Skill Elements (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will explain critical skill elements or skill cues or key observation points associated with each of rhythms or dance, modified team activities, individual or dual activities, and lifetime activities.

HP-P8-01-03 - Understand Rules and Strategies (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will demonstrate an understanding of rules and strategies associated with rhythms or dance, regulation or form team activities, regulation or form individual or dual activities and lifetime activities.

HP-P8-02 FITNESS (Content Standard)

C - Critical--Assessment Reporting Required

State Standard and Benchmark Correlation:

PE8.2.1 Explain/Assess Personal Fitness Status

PE8.2.2 Apply FITT Principles to Select Fitness Activities

PE8.2.3 Create Personal Physical Fitness Goals

PE8.2.4 Recognize, Explain Valid Features of Fitness Products

PE8.2.5 Participate in Variety of Physical Activities

Students will demonstrate fitness literacy and behaviors associated with it.

HP-P8-02-01 - Understand Personal Fitness (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will explain and assess their personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body mass index.

HP-P8-02-02 - Understand Fitness Benefits (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will apply principles of fitness (FITT: Frequency, Intensity, Time, Type).
Students will select and describe lifetime physical activities that enhance health related fitness.

HP-P8-02-03 - Fitness Products and Services (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will create personal fitness goals.

HP-P8-02-04 - Fitness Literacy (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will recognize and explain valid characteristics of products and technology related to fitness literacy.

HP-P8-02-05 - Participation in Physical Activities (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will participate in a variety of physical activities that will enhance health-related physical fitness.

HP-P8-03 PERSONAL AND SOCIAL BEHAVIOR (Content Standard)

C - Critical--Assessment Reporting Required

State Standard and Benchmark Correlation:

PE8.3.1 Rules, Procedures, Etiquette in Activities

PE8.3.2 Sportsmanship, Cooperation, Teamwork in Activities

PE8.3.3 Respect for Individual Similarities & Differences

PE8.3.4 Activities for Fun, Challenge, Social Interaction

Students will demonstrate personal and social responsibility, understand the benefits of physical activity, and respect diversity among people in physical activity settings.

HP-P8-03-01 - Rules, Procedures, and Etiquette (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will recognize and use safety principles and follow the rules, procedures, and etiquette in physical activity settings.

HP-P8-03-02 - Sportsmanship and Cooperation (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will demonstrate sportsmanship, cooperation, and teamwork in physical activity settings.

HP-P8-03-03 - Respect Differences (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will demonstrate respect for individual differences and similarities in others in physical activity settings.

HP-P8-03-04 - Activities for Fun, Challenge & Self-Expression (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will recognize that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.

HP-P8-05 FITNESS ASSESSMENT (Content Standard)

C - Critical--Assessment Reporting Required

State Standard and Benchmark Correlation:

PE8.2.1 Explain/Assess Personal Fitness Status

PE8.2.2 Apply FITT Principles to Select Fitness Activities

PE8.2.3 Create Personal Physical Fitness Goals

PE8.2.4 Recognize/Explain Valid Features of Fitness Products

PE8.2.5 Participate in Variety of Physical Activities

Students will participate in physical fitness assessments.

HP-P8-05-01 - Fitness Assessments (Objective)

C-CS - Critical-Assessment at Content Standard

Students will complete the following physical fitness assessments:

- a) Shuttle run
- b) BMI assessment
- c) Cardio-run – 1 mile
- d) Curl-ups

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Gillette, Wyoming

Physical Education - Grade 9

The ninth-grade level of physical education promotes five philosophies:

- Introduce dual and individual sports and activities which have a high degree of “lifetime activity”
- Perform physical fitness analysis through a series of fitness tests and measurements.
- Promote personal fitness and choices for a healthy lifestyle.
- Promote decision making skills and a healthy lifestyle based on the goal-setting process.
- Continue team games with an emphasis on:
 - . Individual team sports skills
 - . Methods of offensive/defensive strategy
 - . Personal cardiovascular fitness

HP-P9-01 MOVEMENT (Content Standard)

C - Critical--Assessment Reporting Required

State Standard and Benchmark Correlation:

- PE11.1.1 Demonstrate Movement Skills
- PE11.1.2 Understand Critical Skill Elements
- PE11.1.3 Understand Rules and Strategies

Students will demonstrate competency in movement forms and apply movement concepts and principles to the learning and development of motor skills.

HP-P9-01-01 - Demonstrate Movement Skills (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will demonstrate skills in rhythms or dance, regulation or form team activities, regulation or form individual or dual activities and lifetime activities.

HP-P9-01-02 - Understand Critical Skill Elements (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will explain critical skill elements or skill cues or key observation points associated with each of rhythms or dance, modified team activities, individual or dual activities, and lifetime activities.

HP-P9-01-03 - Understand Rules and Strategies (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will demonstrate an understanding of rules and strategies associated with rhythms or dance, regulation or form team activities, regulation or form individual or dual activities and lifetime activities.

HP-P9-02 FITNESS (Content Standard)

C - Critical--Assessment Reporting Required

State Standard and Benchmark Correlation:

- PE11.2.1 Understand Personal Fitness/Pers. Fitness Status
- PE11.2.2 Understand Fitness Benefits of Various Activities
- PE11.2.3 Acquire Knowledge of Fitness Products/Services
- PE11.2.4 Participate in Physical Activities for Fitness

Students will demonstrate fitness literacy and behaviors associated with it.

HP-P9-02-01 - Understand Personal Fitness (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will demonstrate an understanding of personal fitness programs and their personal fitness status by participating in cardiovascular, muscular, strength and endurance, flexibility, and BMI assessments.

HP-P9-02-02 - Understand Fitness Benefits (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will demonstrate an understanding of health and fitness benefits derived from various physical activities.

HP-P9-02-03 - Fitness Products and Services (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will be knowledgeable of consumers of fitness products and services.

HP-P9-02-04 - Participation (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will participate in a variety of physical activities that will enhance health-related physical fitness.

HP-P9-03 PERSONAL AND SOCIAL BEHAVIOR (Content Standard)

C - Critical--Assessment Reporting Required

State Standard and Benchmark Correlation:

PE11.3.1 Safety Principles, Rules, Procedures, Etiquette

PE11.3.2 Sportsmanship, Cooperation, Teamwork in Activities

PE11.3.3 Respect for Individual Differences & Similarities

PE11.3.4 Activities for Fun, Challenge, Self-Expression

Students will demonstrate personal and social responsibility, understand the benefits of physical activity, and respect diversity among people in physical activity settings.

HP-P9-03-01 - Rules, Procedures, and Etiquette (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will apply safety principles and follow the rules, procedures, and etiquette in physical activity settings.

HP-P9-03-02 - Sportsmanship and Cooperation (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will demonstrate sportsmanship, cooperation, and teamwork in physical activity settings.

HP-P9-03-03 - Respect Differences (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will demonstrate respect for individual differences and similarities in others in physical activity settings.

HP-P9-03-04 - Activities for Fun, Challenge & Self-Expression (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will recognize that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.

HP-P9-05 FITNESS ASSESSMENT (Content Standard)

C - Critical--Assessment Reporting Required

State Standard and Benchmark Correlation:

PE11.2.1 Understand Personal Fitness/Personal Fitness Status

PE11.2.2 Understand Fitness Benefits of Various Activities

PE11.2.3 Acquire Knowledge of Fitness Products/Services

PE11.2.4 Participate in Physical Activities for Fitness

Students will participate in physical fitness assessments.

HP-P9-05-01 - Fitness Assessments (Objective)

C-CS - Critical-Assessment at Content Standard

Students will complete the following physical fitness assessments:

- a) Shuttle run
- b) BMI assessment
- c) Cardio-run – 1 mile
- d) Curl-ups

last update 8/7/2009

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Gillette, Wyoming

HEALTH/P.E. - OUTDOOR EDUCATION

Outdoor Education is designed for those students who would like to further skills in lifetime and outdoor sports as well as activities.

Advanced Designation Course - Physical Education

This course is identified as an Advanced Designation Course. Students meeting the requirements of the Advanced Performance Level as defined in the Wyoming Content and Performance Standards will be considered Advanced in the Physical Education content area.

Students at the advanced level in Physical Education demonstrate complete and comprehensive knowledge of movement and apply it when performing complex movement skills in developmentally appropriate physical activities. They draw connections between fitness components, principles, and fitness status. They engage in physical activity that meets requirements for improving their fitness. They consistently exhibit positive intra-personal characteristics and engage in appropriate inter-personal relationships inherent to movement activities.

Students who are Advanced in at least five of the nine content areas and Proficient in the others will have the Advanced Endorsement placed on their grade transcript.

HP-OA-01 MOVEMENT (Content Standard)

C - Critical--Assessment Reporting Required

State Standard and Benchmark Correlation:

PE11.1.1 Demonstrate Movement Skills

PE11.1.2 Understand Critical Skill Elements

PE11.1.3 Understand Rules and Strategies

Students will demonstrate competency in movement forms and apply movement concepts and principles to the learning and development of motor skills in outdoor activities.

HP-OA-01-01 - Demonstrate Movement Skills (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will demonstrate skills in rhythms or dance, regulation or form team activities, regulation or form individual or dual activities and lifetime activities.

HP-OA-01-02 - Understand Critical Skill Elements (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will explain critical skill elements or skill cues or key observation points associated with each of rhythms or dance, modified team activities, individual or dual activities, and lifetime activities.

HP-OA-01-03 - Understand Rules and Strategies (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will demonstrate an understanding of rules and strategies associated with rhythms or dance, regulation or form team activities, regulation or form individual or dual activities and lifetime activities.

HP-OA-02 FITNESS (Content Standard)

C - Critical--Assessment Reporting Required

State Standard and Benchmark Correlation:

- PE11.2.1 Understand Personal Fitness/Pers. Fitness Status
- PE11.2.2 Understand Fitness Benefits of Various Activities
- PE11.2.3 Acquire Knowledge of Fitness Products/Services
- PE11.2.4 Participate in Physical Activities for Fitness

Students will demonstrate fitness literacy and behaviors associated with it.

HP-OA-02-01 - Understand Personal Fitness (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will understand personal fitness programs and their personal fitness status and how it relates to outdoor activities.

HP-OA-02-02 - Understand Fitness Benefits (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will understand health and fitness benefits derived from various outdoor physical activities.

HP-OA-02-03 - Fitness Products and Services (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students be knowledgeable of consumers of fitness products and services that apply to outdoor activities

HP-OA-02-04 - Participation (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will participate in a variety of physical activities that will enhance health-related physical fitness and the enjoyment of outdoor activities.

HP-OA-03 PERSONAL AND SOCIAL BEHAVIOR (Content Standard)

C - Critical--Assessment Reporting Required

State Standard and Benchmark Correlation:

- PE11.3.1 Safety Principles, Rules, Procedures, Etiquette
- PE11.3.2 Sportsmanship, Cooperation, Teamwork in Activities
- PE11.3.3 Respect for Individual Differences & Similarities
- PE11.3.4 Activities for Fun, Challenge, Self-Expression

Students will demonstrate personal and social responsibility, understand the benefits of physical activity, and respect diversity among people in physical activity settings.

HP-OA-03-01 - Rules, Procedures, and Etiquette (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will apply safety principles and follow the rules, procedures, and etiquette in outdoor activity settings.

HP-OA-03-02 - Sportsmanship and Cooperation (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will demonstrate sportsmanship, cooperation, and teamwork in outdoor activity settings.

HP-OA-03-03 - Respect Differences (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will demonstrate respect for individual differences and similarities in others in outdoor activity settings.

HP-OA-03-04 - Activities for Fun, Challenge & Self-Expression (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will recognize that outdoor activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.

HP-OA-04 OUTDOOR ACTIVITIES (Content Standard)

State Standard and Benchmark Correlation:

PE11.1.1 Demonstrate Movement Skills

PE11.2.3 Acquire Knowledge of Fitness Products/Services

PE11.2.4 Participate in Physical Activities for Fitness

PE11.3.1 Safety Principles, Rules, Procedures, Etiquette

PE11.3.2 Sportsmanship, Cooperation, Teamwork in Activities

PE11.3.3 Respect for Individual Differences & Similarities

PE11.3.4 Activities for Fun, Challenge, Self-Expression

Students will recognize and understand the importance of developing various physical activities for lifelong wellness. Safety procedures will be practiced in all activities. Students must participate in at least two of the activities.

ASSESSMENT STANDARD: The students will demonstrate an understanding of each objective through an acceptable performance on a traditional assessment or on an alternative assessment. The alternative assessments may include a demonstration, portfolio, project, or other acceptable activity.

HP-OA-04-01 - Bowling Skills, Scoring, Etiquette, Equipment (Objective)

C-NR - Critical-District Reporting Not Required

A) **BASIC SKILLS:** Students will have an understanding of the basic skills: stance, approach, delivery, follow-through, hook ball, spot bowling, and spare conversion.

Method of Evaluation: a) Teacher observation
b) Skills tests
c) Written tests

B) **HOW TO SCORE:** Students will understand and be able to demonstrate the proper way to score by hand.

Method of Evaluation: a) Written tests
b) Teacher observation

C) **ALLEY ETIQUETTE:** Students will understand the proper alley etiquette.

Method of Evaluation: a) Teacher observation
b) Written tests

D) **EQUIPMENT CHOICE:** Students will understand how to choose and fit a bowling ball and bowling shoes.

Method of Evaluation: a) Written tests
b) Teacher observation

HP-OA-04-02 - Bowling: Personal Participation and Enjoyment (Objective)

S - Supporting

DESCRIPTOR: Students will be able to participate in recreational bowling for personal enjoyment.

Method of Evaluation: a) Student feedback
b) Teacher observation

- D) **SHIFTING GEARS:** Students will understand a bicycle's gear system and demonstrate proper use.
Method of Evaluation: a) Written test
b) Teacher observation
- E) **RULES OF THE ROAD AND THE TRAIL:** Students will understand and demonstrate the rules of the road and will show respect for the trails.
Method of Evaluation: a) Written tests
b) Teacher observation
- F) **ACCESSORIES:** Students will choose proper bicycle accessories and be an intelligent consumer.
Method of Evaluation: a) Teacher observation

HP-OA-04-06 - Cross-Country Skiing: Safety, Techniques (Objective)

S - Supporting

- A) **SAFETY PRACTICES:** Students will understand and demonstrate proper safety.
Method of Evaluation: a) Teacher observation
- B) **DIAGONAL SKIING:** Students will understand and demonstrate traditional diagonal skiing.
Method of Evaluation: a) Teacher observation
- C) **SKATE METHOD:** Students will understand and demonstrate the skate method of skiing.
Method of Evaluation: a) Teacher observation

HP-OA-04-07 - Climbing: Safety, Methods (Objective)

S - Supporting

- D) **SAFETY PRACTICES:** Students will understand proper safety practices when climbing.
Method of Evaluation: a) Teacher observation
- E) **EXPOSURE TO CLIMBING METHODS:** Students will understand and be knowledgeable about climbing methods through the use of research and videos.
Methods of Evaluation: a) Written tests
b) Teacher observation

HP-OA-04-08 - Hiking and Backpacking: Safety Procedures, Equipment (Objective)

S - Supporting

- A) **SAFETY PRACTICES:** Students will understand and demonstrate proper safety procedures when hiking.
Method of Evaluation: a) Written tests
b) Teacher observation
- B) **EQUIPMENT:** Students will be able to choose the appropriate equipment for the hike.
Method of Evaluation: a) Teacher observation

HP-OA-04-09 - Skating: Safety, Types, Equipment (Objective)

S - Supporting

- A) **SAFETY PRACTICES:** Students will demonstrate and practice proper safety procedures while skating.
Method of Evaluation: a) Written tests
b) Teacher observation
- B) **SKATING FOR EXERCISE:** Students will be able to enjoy several types of skating for exercise.
Method of Evaluation: a) Teacher observation

C) **SKATING EQUIPMENT:** Students will choose the proper skating equipment.

Method of Evaluation: a) Teacher observation

D) **IN-LINE SKATING:** Students will demonstrate the proper in-line skating techniques.

Method of Evaluation: a) Teacher observation

HP-OA-04-10 - Canoeing (Objective)

S - Supporting

Students will participate in canoeing activities and:

Basic Skills: learn to control and use a canoe with a single paddle as well as with a partner

Safety: identify hazardous situations and properly use safety equipment

Method of Evaluation: a) Teacher observation b) Written test

HP-OA-04-11 Archery (Objective)

S - Supporting

Students will participate in archery activities and:

Basic Skills: demonstrate use of skills for different shooting situations: target, hunting, competition.

Safety and Equipment: demonstrate safety practices and basic equipment use and care.

Method of Evaluation: a) Teacher observation b) Written test

HP-OA-04-12 - Fishing: Safety, Process, Equipment (Objective)

S - Supporting

Students will participate in fishing and will:

Basic Skills: demonstrate use of skills for freshwater fishing, fly fishing, spinning, etc.

Rules & Regulations: understand the rules and regulations set forth by local game & fish agencies.

Method of Evaluation: a) Teacher observation b) Written test

HP-OA-04-13 - Racquetball: Safety, Process, Equipment (Objective)

S - Supporting

Students will participate in racquetball and will:

Skills: demonstrate skills to play in singles or doubles competition.

Safety & Equipment: demonstrate safe and proper use of equipment.

Method of Evaluation: a) Teacher observation b) Written test

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Gillette, Wyoming

Health / PE - LIFETIME PERSONAL FITNESS (CCHS)

Lifetime Personal Fitness is an advanced level course. Students must have successfully completed a semester of health. Students may not participate in Lifetime Personal Fitness and Physical Conditioning or Lifetime Personal Fitness and Sports Training. In Lifetime Personal Fitness, students will follow the National Guidelines for Nutrition and Strength Training Cardiovascular Endurance and Flexibility. Weekly work out plans will be designed and followed based on personal interests, needs, assessments and goals.

Advanced Designation Course – Lifetime Personal Fitness

This course is identified as an Advanced Designation Course. Students meeting the requirements of the Advanced Performance Level as defined in the Wyoming Content and Performance Standards will be considered Advanced in the Physical Education content area.

Students at the advanced level in Physical Education demonstrate complete and comprehensive knowledge of movement and apply it when performing complex movement skills in developmentally appropriate physical activities. They draw connections between fitness components, principles and fitness status. They engage in physical activity that meets requirements for improving their fitness. They consistently exhibit positive intra-personal characteristics and engage in appropriate inter-personal relationships inherent to movement activities.

Students who are Advanced in at least five of the nine content areas and Proficient in the others will have the Advanced Endorsement placed on their grade transcript.

HP-PF--01 MOVEMENT (Content Standard)

State Standard and Benchmark Correlation:

- PE11.1.1 Demonstrate Movement Skills
- PE11.1.2 Understand Critical Skill Elements
- PE11.1.3 Understand Rules and Strategies

Students will demonstrate competency in movement forms and apply movement concepts and principles to the learning and development of motor skills for lifetime personal fitness.

HP-PF--01-01 - Demonstrate Movement Skills (Objective)

C - Critical--Assessment Reporting Required

Students will demonstrate skills in rhythms or dance, regulation or form team activities, regulation or form individual or dual activities and lifetime activities.

HP-PF--01-02 - Understand Critical Skill Elements (Objective)

C - Critical--Assessment Reporting Required

Students will explain critical skill elements or skill cues or key observation points associated with each of rhythms or dance, modified team activities, individual or dual activities, and lifetime activities.

HP-PF--01-03 - Understand Rules and Strategies (Objective)

C - Critical--Assessment Reporting Required

Students will demonstrate an understanding of rules and strategies associated with rhythms or dance, regulation or form team activities, regulation or form individual or dual activities and lifetime activities.

HP-PF--02 FITNESS (Content Standard)

State Standard and Benchmark Correlation:

- PE11.2.1 Understand Personal Fitness/Pers. Fitness Status
- PE11.2.2 Understand Fitness Benefits of Various Activities
- PE11.2.3 Acquire Knowledge of Fitness Products/Services
- PE11.2.4 Participate in Physical Activities for Fitness

Students will demonstrate fitness literacy and behaviors associated with it.

HP-PF--02-01 - Understand Personal Fitness/Personal Fitness Status (Objective)

C - Critical--Assessment Reporting Required

Students will demonstrate an understanding of personal fitness programs and their own personal fitness status.

HP-PF--02-02 - Understand Fitness Benefits (Objective)

C - Critical--Assessment Reporting Required

Students will demonstrate an understanding of health and fitness benefits derived from various lifetime personal fitness activities.

HP-PF--02-03 - Fitness Products and Services (Objective)

C - Critical--Assessment Reporting Required

Students will be knowledgeable of consumers of fitness products and services.

HP-PF--02-04 - Participation (Objective)

C - Critical--Assessment Reporting Required

Students will participate in lifetime personal fitness activities that will enhance health-related fitness.

HP-PF--03 PERSONAL AND SOCIAL BEHAVIOR (Content Standard)

State Standard and Benchmark Correlation:

- PE11.3.1 Safety Principles, Rules, Procedures, Etiquette
- PE11.3.2 Sportsmanship, Cooperation, Teamwork in Activities
- PE11.3.3 Respect for Individual Differences & Similarities
- PE11.3.4 Activities for Fun, Challenge, Self-Expression

Students will demonstrate personal and social responsibility, understand the benefits of physical activity, and respect diversity among people in personal fitness settings.

HP-PF--03-01 - Rules, Procedures, and Etiquette (Objective)

C - Critical--Assessment Reporting Required

Students will apply safety principles and follow the rules, procedures, and etiquette in personal fitness settings.

HP-PF--03-02 - Respect Differences (Objective)

C - Critical--Assessment Reporting Required

Students will demonstrate respect for individual differences and similarities in physical activity settings.

HP-PF--03-03 - Activities for Fun, Challenge & Self-Expression (Objective)

C - Critical--Assessment Reporting Required

Students will recognize that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.

HP-PF-04 PHYSICAL CONDITIONING (Content Standard)

State Standard and Benchmark Correlation:

- PE11.1.1 Demonstrate Movement Skills

- PE11.1.2 Understand Critical Skill Elements
- PE11.1.3 Understand Rules and Strategies
- PE11.2.1 Understand Personal Fitness/Pers. Fitness Status
- PE11.2.2 Understand Fitness Benefits of Various Activities
- PE11.2.3 Acquire Knowledge of Fitness Products/Services
- PE11.2.4 Participate in Physical Activities for Fitness
- PE11.3.1 Safety Principles, Rules, Procedures, Etiquette
- PE11.3.2 Sportsmanship, Cooperation, Teamwork in Activities
- PE11.3.3 Respect for Individual Differences & Similarities
- PE11.3.4 Activities for Fun, Challenge, Self-Expression

Students will develop and participate in a fitness program which involves aerobics, body composition, muscular strength and endurance, and flexibility.

ASSESSMENT STANDARD: Students will demonstrate an understanding of each objective through an acceptable performance on a traditional assessment or on an alternative assessment. The alternative assessment may include a demonstration, portfolio, project, or other acceptable activity.

HP-PF-04-01 - Safety Practices (Objective)

C-NR - Critical-District Reporting Not Required

Students will understand and be able to demonstrate the proper safety procedures at all times and in all activities.

METHOD OF EVALUATION: Teacher observation
Written quizzes and worksheets

MATERIALS: Unit handout including safety procedures

HP-PF-04-02 - Cardiovascular Fitness (Objective)

C-NR - Critical-District Reporting Not Required

Students will maintain and/or improve their cardiovascular fitness.

METHOD OF EVALUATION: a. Fitness tests
b. Teacher observation

HP-PF-04-03 - Resting and Target Heart Rates (Objective)

S - Supporting

Students will understand resting and target heart rates.

METHOD OF EVALUATION: a. Fitness tests
b. Written tests
c. Teacher observation

HP-PF-04-04 - Individualized Fitness Programs (Objective)

C-NR - Critical-District Reporting Not Required

Students will understand how to individualize an aerobic/anaerobic fitness program.

METHOD OF EVALUATION: a. Written program
b. Teacher observation
c. Students feedback

HP-PF-04-05 Variety of Aerobic and Anaerobic Activities (Objective)

S - Supporting

Students will use daily a variety of aerobic and anaerobic fitness activities.

METHOD OF EVALUATION: a. Teacher observation
b. Students feedback

HP-PF-04-06 - Flexibility; Stretching Techniques (Objective)

C-NR - Critical-District Reporting Not Required

Students will demonstrate the proper technique for stretching.

METHOD OF EVALUATION: a. Teacher observation
b. Flexibility fitness tests

HP-PF-04-07 - Individualized Flexibility Programs (Objective)

C-NR - Critical-District Reporting Not Required

Students will understand how to individualize a flexibility program.

METHOD OF EVALUATION: a. Written program
b. Teacher observation
c. Students feedback

HP-PF-04-08 - Strength/Endurance Training Techniques (Objective)

C-NR - Critical-District Reporting Not Required

Students will maintain and/or improve muscular strength.

METHOD OF EVALUATION: a. Teacher observation
b. Students feedback
c. Fitness tests

HP-PF-04-09 - Proper Use of Weight Room Equipment (Objective)

C-NR - Critical-District Reporting Not Required

Students will demonstrate on a daily basis the proper use of the weight room equipment during and after use.

METHOD OF EVALUATION: a. Written tests
b. Teacher observation
c. Students feedback

HP-PF-04-10 - Individualized Program for Strength Improvement (Objective)

C-NR - Critical-District Reporting Not Required

Students will understand how to individualize a fitness program for strength improvement.

METHOD OF EVALUATION: a. Written program
b. Teacher observation

HP-PF-04-11 - Body Composition Measurement (Objective)

S - Supporting

Students will have their body composition evaluated through a body fat test.

METHOD OF EVALUATION: a. Body fat test

HP-PF-04-12 - Individualized Program for Body Composition (Objective)

S - Supporting

Students will understand how to individualize a program dealing with body composition.

METHOD OF EVALUATION: a. Written program
b. Teacher observation
c. Students feedback

HP-PF-04-13 - Weight Training: Correct Techniques of Lifting (Objective)

C-NR - Critical-District Reporting Not Required

Students will demonstrate correct weight lifting techniques on the Nautilus machine, the universal machine, free weights, and other specialized lifting stations.

METHOD OF EVALUATION: a. Teacher observation
b. Practical test

HP-PF-04-14 - Weight Training: Spotting (Objective)

C-NR - Critical-District Reporting Not Required

Students will demonstrate and use correct lifting and spotting procedures when working in

the weight room.

METHOD OF EVALUATION: a. Written tests
b. Teacher observation
c. Practical test

HP-PF-04-15 - Individualized Weight Training Program (Objective)

S - Supporting

Students will understand and be able to set up an individualized weight training program.

METHOD OF EVALUATION: a. Written program
b. Teacher observation
c. Students feedback

last update 8/7/2009

pc

Health/ PE- SPORTS TRAINING

Sports Training is designed to develop muscular strength, power, and endurance through the use of free weights and anaerobic conditioning. Nutrition and sports-specific training will be emphasized.

Advanced Designation Course - Physical Education

This course is identified as an Advanced Designation Course. Students meeting the requirements of the Advanced Performance Level as defined in the Wyoming Content and Performance Standards will be considered Advanced in the Physical Education content area.

Students at the advanced level in Physical Education demonstrate complete and comprehensive knowledge of movement and apply it when performing complex movement skills in developmentally appropriate physical activities. They draw connections between fitness components, principles, and fitness status. They engage in physical activity that meets requirements for improving their fitness. They consistently exhibit positive intra-personal characteristics and engage in appropriate inter-personal relationships inherent to movement activities.

Students who are Advanced in at least five of the nine content areas and Proficient in the others will have the Advanced Endorsement placed on their grade transcript.

HP-ST-01 MOVEMENT (Content Standard)

C - Critical--Assessment Reporting Required

State Standard and Benchmark Correlation:

PE11.1.1 Demonstrate Movement Skills

PE11.1.2 Understand Critical Skill Elements

PE11.1.3 Understand Rules and Strategies

Students will demonstrate competency in movement forms and apply movement concepts and principles to the learning and development of motor skills.

HP-ST-01-01 - Demonstrate Movement Skills (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will demonstrate skills in rhythms or dance, regulation or form team activities, regulation or form individual or dual activities and lifetime activities.

HP-ST-01-02 - Understand Critical Skill Elements (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will explain critical skill elements or skill cues or key observation points associated with each of rhythms or dance, modified team activities, individual or dual activities, and lifetime activities.

HP-ST-01-03 - Understand Rules and Strategies (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will demonstrate an understanding of rules and strategies associated with rhythms or dance, regulation or form team activities, regulation or form individual or dual activities and lifetime activities.

HP-ST-02 FITNESS (Content Standard)

C - Critical--Assessment Reporting Required

State Standard and Benchmark Correlation:

- PE11.2.1 Understand Personal Fitness/Pers. Fitness Status
- PE11.2.2 Understand Fitness Benefits of Various Activities
- PE11.2.3 Acquire Knowledge of Fitness Products/Services
- PE11.2.4 Participate in Physical Activities for Fitness

Students will demonstrate fitness literacy and behaviors associated with it.

HP-ST-02-01 - Understand Personal Fitness (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will demonstrate an understanding of sports fitness programs and their personal fitness status.

HP-ST-02-02 - Understand Fitness Benefits (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will demonstrate an understanding of health and fitness benefits derived from various sports training activities.

HP-ST-02-03 - Fitness Products and Services (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will be knowledgeable of consumers of fitness products and services.

HP-ST-02-04 - Participation (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will participate in a variety of physical activities that will enhance sports-related physical fitness.

HP-ST-03 PERSONAL AND SOCIAL BEHAVIOR (Content Standard)

C - Critical--Assessment Reporting Required

State Standard and Benchmark Correlation:

- PE11.3.1 Safety Principles, Rules, Procedures, Etiquette
- PE11.3.2 Sportsmanship, Cooperation, Teamwork in Activities
- PE11.3.3 Respect for Individual Differences & Similarities
- PE11.3.4 Activities for Fun, Challenge, Self-Expression

Students will demonstrate personal and social responsibility, understand the benefits of physical activity, and respect diversity among people in physical activity settings.

HP-ST-03-01 - Rules, Procedures, and Etiquette (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will apply safety principles and follow the rules, procedures, and etiquette in physical activity settings.

HP-ST-03-02 - Sportsmanship and Cooperation (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will demonstrate sportsmanship, cooperation, and teamwork in physical activity settings.

HP-ST-03-03 - Respect Differences (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will demonstrate respect for individual differences and similarities in others in physical activity settings.

HP-ST-03-04 - Activities for Fun, Challenge & Self-Expression (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will recognize that physical activity provides opportunities for enjoyment,

challenge, self-expression, and social interaction.

HP-ST-04 SPORTS TRAINING (Content Standard)

State Standard and Benchmark Correlation:

- PE11.1.1 Demonstrate Movement Skills
- PE11.1.2 Understand Critical Skill Elements
- PE11.1.3 Understand Rules and Strategies
- PE11.2.1 Understand Personal Fitness/Pers. Fitness Status
- PE11.2.2 Understand Fitness Benefits of Various Activities
- PE11.2.3 Acquire Knowledge of Fitness Products/Services
- PE11.2.4 Participate in Physical Activities for Fitness
- PE11.3.1 Safety Principles, Rules, Procedures, Etiquette
- PE11.3.2 Sportsmanship, Cooperation, Teamwork in Activities
- PE11.3.3 Respect for Individual Differences & Similarities
- PE11.3.4 Activities for Fun, Challenge, Self-Expression

Students will be aware of strength training and physical conditioning principles as applied to lifetime fitness.

HP-ST-04-01 - Sport-Specific Performance Training (Objective)

C-NR - Critical-District Reporting Not Required

Students will understand the principles of sport-specific strength training and conditioning.

HP-ST-04-02 - Sports Nutrition (Objective)

C-NR - Critical-District Reporting Not Required

Students will identify the need for proper nutrition and how it relates to sports performance and training.

HP-ST-04-03 - Physiological Response to Strength Training (Objective)

C-NR - Critical-District Reporting Not Required

Students will have a basic knowledge of the physical changes that strength training has on the body: increases in muscle, ligament, tendon size; increase in bone density; hormonal responses; increase in lean body mass.

HP-ST-04-04 - Periodization (Objective)

C-NR - Critical-District Reporting Not Required

Students will understand the principles of overload and progression as they relate to strength training and program design.

HP-ST-04-05 - Muscle and Skeletal Physiology and Techniques (Objective)

C-NR - Critical-District Reporting Not Required

Students will identify various muscles and groups of muscles in the body and describe what exercises activate those muscles.

HP-ST-04-06 - Safety and Technique (Objective)

C-NR - Critical-District Reporting Not Required

Students will demonstrate proper training techniques and will practice safety skills needed in strength and conditioning.

HP-ST-04-07 - Power and Strength Definition, Differentiation (Objective)

C-NR - Critical-District Reporting Not Required

Students will recognize the difference between power and strength and their relationship

as applied to sports performance.

last update 8/7/2009

pc

**Campbell County School District #1
Gillette, Wyoming**

HEALTH/ P.E. TEAM & INDIVIDUAL SPORTS

This class is designed to include many different team and individual activities as well as fitness related-components.

HP-TI-01 MOVEMENT (Content Standard)

State Standard and Benchmark Correlation:

PE11.1.1 Demonstrate Movement Skills

PE11.1.2 Understand Critical Skill Elements

PE11.1.3 Understand Rules and Strategies

Students will demonstrate competency in movement forms and apply movement concepts and principles to the learning and development of motor skills.

HP-TI-01-01 - Demonstrate Movement Skills (Objective)

C - Critical--Assessment Reporting Required

Students will demonstrate skills in rhythms or dance, regulation or form team activities, regulation or form individual or dual activities and lifetime activities.

HP-TI-01-02 - Understand Critical Skill Elements (Objective)

C - Critical--Assessment Reporting Required

Students will explain critical skill elements or skill cues or key observation points associated with each of rhythms or dance, modified team activities, individual or dual activities, and lifetime activities.

HP-TI-01-03 - Understand Rules and Strategies (Objective)

C - Critical--Assessment Reporting Required

Students will demonstrate an understanding of rules and strategies associated with rhythms or dance, regulation or form team activities, regulation or form individual or dual activities and lifetime activities.

HP-TI-02 FITNESS (Content Standard)

State Standard and Benchmark Correlation:

PE11.2.1 Understand Personal Fitness/Pers. Fitness Status

PE11.2.2 Understand Fitness Benefits of Various Activities

PE11.2.3 Acquire Knowledge of Fitness Products/Services

PE11.2.4 Participate in Physical Activities for Fitness

Students will demonstrate fitness literacy and behaviors associated with it.

HP-TI-02-01 - Understand Personal Fitness (Objective)

C - Critical--Assessment Reporting Required

Students will demonstrate an understanding of personal fitness programs and their personal fitness status in relation to team and individual sports.

HP-TI-02-02 - Understand Fitness Benefits (Objective)

C - Critical--Assessment Reporting Required

Students will demonstrate an understanding of health and fitness benefits derived from various physical activities.

HP-TI-02-03 - Fitness Products and Services (Objective)

C - Critical--Assessment Reporting Required

Students will be knowledgeable of consumers of fitness products and services.

HP-TI-02-04 - Participation (Objective)

C - Critical--Assessment Reporting Required

Students will participate in a variety of individual and team activities that will enhance health-related physical fitness.

HP-TI-03 PERSONAL AND SOCIAL BEHAVIOR (Content Standard)

State Standard and Benchmark Correlation:

PE11.3.1 Safety Principles, Rules, Procedures, Etiquette

PE11.3.2 Sportsmanship, Cooperation, Teamwork in Activities

PE11.3.3 Respect for Individual Differences & Similarities

PE11.3.4 Activities for Fun, Challenge, Self-Expression

Students will demonstrate personal and social responsibility, understand the benefits of physical activity, and respect diversity among people in physical activity settings.

HP-TI-03-01 - Rules, Procedures, and Etiquette (Objective)

C - Critical--Assessment Reporting Required

Students will apply safety principles and follow the rules, procedures, and etiquette in physical activity settings.

HP-TI-03-02 - Sportsmanship and Cooperation (Objective)

C - Critical--Assessment Reporting Required

Students will demonstrate sportsmanship, cooperation, and teamwork in physical activity settings.

HP-TI-03-03 - Respect Differences (Objective)

C - Critical--Assessment Reporting Required

Students will demonstrate respect for individual differences and similarities in others in physical activity settings.

HP-TI-03-04 - Activities for Fun, Challenge & Self-Expression (Objective)

C - Critical--Assessment Reporting Required

Students will recognize that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.

HP-TI-04 INDIVIDUAL AND TEAM ACTIVITIES (Content Standard)

State Standard and Benchmark Correlation:

PE11.1.1 Demonstrate Movement Skills

PE11.1.2 Understand Critical Skill Elements

PE11.1.3 Understand Rules and Strategies

PE11.2.4 Participate in Physical Activities for Fitness

PE11.3.1 Safety Principles, Rules, Procedures, Etiquette

PE11.3.2 Sportsmanship, Cooperation, Teamwork in Activities

PE11.3.3 Respect for Individual Differences & Similarities

PE11.3.4 Activities for Fun, Challenge, Self-Expression

Students will participate in team and individual activities.

HP-TI-04-01 - Bowling (Objective)

C-NR - Critical-District Reporting Not Required

Students will:

Basic Skills: demonstrate and use in class the basic bowling skills.

Game Rules & Scoring: understand and demonstrate in a game situation bowling rules and scoring.

Organized Class Tournaments: compete in organized class tournaments.

Personal Participation: participate in recreational bowling for personal enjoyment.

Method of evaluation: •Teacher observation
 •Student feedback

HP-TI-04-02 - Paddleball (Objective)

C-NR - Critical-District Reporting Not Required

Students will:

Skills: demonstrate use in a game situation in class:

- forehand/backhand drive •drop shots
- short/long shots •kill shots

Rules & Strategies: understand and demonstrate in a game situation the rules and strategies of singles and doubles in badminton.

Care of Equipment/Safety Procedures: demonstrate on a daily basis the proper care of equipment and the correct safety procedures before, during, and after a game.

Organized Class Tournament: compete in organized class tournaments, singles and doubles.

Playing & Cooperation: cooperatively work with a partner in double paddleball in a game situation.

Personal Participation & Enjoyment: play recreational paddleball for personal enjoyment.

Method of evaluation: •Teacher observation
 •Student feedback
 •Written/Practical tests

HP-TI-04-03 - Pickleball (Objective)

C-NR - Critical-District Reporting Not Required

Students will:

Skills: demonstrate and use in a game situation in class:

- drop shots • smash

Rules & Strategies: understand and demonstrate in a game situation the rules and strategies of singles and doubles pickleball.

Organized Class Tournament: compete in organized class tournaments.

Personal Participation & Enjoyment: play recreational pickleball for personal enjoyment.

Method of Evaluation: •Teacher observation
 •Student feedback
 •Written/skills tests

HP-TI-04-04 - Table Tennis (Objective)

C-NR - Critical-District Reporting Not Required

Students will:

Skills: demonstrate and use in a game situation in class the serve and volley or return.

Game Rules & Strategies: understand and demonstrate in a game situation the rules and strategies of singles and doubles table tennis.

Organized Class Tournament: compete in organized class tournaments, singles and doubles.

Personal Participation & Enjoyment: play recreational table tennis for personal enjoyment.

Method of Evaluation: •Teacher observation
 •Student feedback
 •Written/skills tests

HP-TI-04-05 - Tennis (Objective)

C-NR - Critical-District Reporting Not Required

Students will:

Skills: demonstrate and use in a game situation in class:

- serve • forehand • smash
- volley • backhand

Game Rules & Strategies: understand and demonstrate in a game situation the rules and strategies of singles and doubles in tennis.

Care of Equipment: demonstrate on a daily basis the proper care of equipment before, during, and after a game.

Organized Class Tournament: compete in organized class tournaments, singles and doubles.

Personal Participation & Enjoyment: play recreational tennis for personal enjoyment.

Method of Evaluation: •Teacher observation
 •Student feedback
 •Written/Skills tests

HP-TI-04-06 - Badminton (Objective)

C-NR - Critical-District Reporting Not Required

Students will:

Skills: demonstrate and use in a game situation in class: drop shots, smash, short and long serves, and forehand and backhand serves.

Game Rules and Strategies: understand and demonstrate in a game situation the rules and strategies of singles and doubles badminton.

Care of Equipment: demonstrate on a daily level the proper care of equipment before, during, and after a game.

Organized Class Tournaments: compete in organized class tournaments, singles and doubles.

Playing & Cooperation: cooperatively work with a partner in doubles badminton during game situations.

Personal Participation & Enjoyment: play recreational badminton for personal enjoyment.

Method of Evaluation: •Teacher observation
 •Student feedback
 •Written/Skills tests

HP-TI-04-07 - Basketball (Objective)

C-NR - Critical-District Reporting Not Required

Students will:

Skills: develop a basic level of adequacy in passing, receiving, shooting, dribbling, pivoting, screening, and rebounding.

Rules & Strategies: understand the rules and strategies of the game of basketball.

Recreational Participation: develop a knowledge of the game in order to play on the recreational level for personal enjoyment.

- Method of Evaluation:
- Teacher observation
 - Student feedback
 - Written and skills tests

HP-TI-04-08 - Soccer (Objective)

C-NR - Critical-District Reporting Not Required

Students will:

Skills: develop a basic skill level in soccer skills:

Game Rules & Strategies: understand and demonstrate the rules and strategies of soccer.

Terminology: understand and correctly use soccer terminology

Personal Participation and Enjoyment: participate in recreational soccer.

- Method of Evaluation:
- Teacher observation
 - Student feedback
 - Written and skills tests

HP-TI-04-09 - Softball (Objective)

C-NR - Critical-District Reporting Not Required

Students will:

Skills: develop a basic skill level in batting, fielding, ground balls, fielding fly balls, pitching, throwing, and base running.

Game Rules & Strategies: understand the rules and strategies of softball.

Terminology: understand and use softball terms:

- strike
- infield foul ball
- force out
- ball
- outfield fly ball
- home run
- walk
- infield fly ball

Personal Participation & Enjoyment: participate in recreational softball.

- Method of Evaluation:
- Teacher observation
 - Student feedback
 - Written/Skills tests

HP-TI-04-10 - Speed-A-Way (Objective)

C-NR - Critical-District Reporting Not Required

Students will:

Skills: demonstrate basic speed-a-way skills:

- foot passing
- dribbling
- hand passing
- catching
- goal keeping
- tackling
- shooting for goal
- player-to-player defense

Game Rules & Strategies: understand the rules and strategies of speed-a-way.

Terminology: understand and use speed-a-way terms:

- throw in
- defense kick
- touchdown
- field goal
- offside

Personal Participation & Enjoyment: participate in recreational speed-a-way.

- Method of Evaluation:
- Teacher observation
 - Student feedback
 - Written/Skills tests

HP-TI-04-11 - Football (Objective)

C-NR - Critical-District Reporting Not Required

Students will:

Skills: develop a basic level of skill in:

Rules & Strategies: understand the rules and strategies of football.

Terminology: understand and use football terminology:

- line of scrimmage
- punt
- first down
- off sides

Personal Participation & Enjoyment: participate in recreational football games for enjoyment.

Method of Evaluation:

- Teacher observation
- Student feedback
- Written/Skills tests

HP-TI-04-12 - Floor Hockey (Objective)

C-NR - Critical-District Reporting Not Required

Students will:

Skills: develop a basic level of skill in stick handling:

- dribbling
- checking
- passing
- box play
- shooting

Rules & Strategies: understand the rules and strategies of floor hockey.

Personal Participation & Enjoyment: play floor hockey for personal enjoyment.

Method of Evaluation:

- Teacher observation
- Student feedback
- Written/skills tests

HP-TI-04-13 - Volleyball (Objective)

C-NR - Critical-District Reporting Not Required

Students will:

Skills: develop and demonstrate the following basic skills:

- forearm pass
- overhead pass
- serves
- spike

Rules & Strategies: understand the game rules and strategies of volleyball.

Game Officiating Responsibilities: understand the responsibilities of the referee, umpire, and lineman; officiate a game as a referee, umpire, and lineman.

Personal Participation & Enjoyment: play recreational volleyball for personal enjoyment.

Method of Evaluation:

- Teacher observation
- Student feedback
- Written/Skills tests

HP-TI-04-14 - Speedball (Objective)

C-NR - Critical-District Reporting Not Required

Students will:

Skills: develop a basic level of skill to play speedball.

Rules & Strategies: understand speedball rules and strategies.

Terminology: understand and use the following speedball terms:

- dropkick
- field goal
- pick up
- defense kick-off/sides

Personal Participation & Enjoyment: participate in recreational speedball for enjoyment.

Method of Evaluation: •Teacher observation
 •Student feedback
 •Written/Skills tests

HP-TI-04-15 - Low-Organized Games (Objective)

C-NR - Critical-District Reporting Not Required

Students will participate in the following low- organized games after a short introduction of rules by the instructor:

- Ultimate football
- Basketball snatch ball
- Flicker football
- Relays
- German kickball
- Global ball
- Long Base
- Whiffle ball
- Bounce ball
- Mass soccer
- Line soccer
- New games/activities from conferences or workshops

Method of Evaluation: •Teacher observation
 •Written test

HP-TI-04-16 - Ropes Course (Objective)

C-NR - Critical-District Reporting Not Required

Students will participate in activities that allow students to attempt problem-solving such as:

Problem-Solving Activities • The Wild River • Electric Fence

Students' own problem-solving activities: have students create their own problem-solving activity and present to the class for them to attempt.

Low Elements: participate in large groups in low elements at the CCSD Ropes Course such as: •Trust Fall Platform •Mohawk Wall •Low Wall

High Elements: attempt high elements at the CCSD Ropes Course such as:

- Pamper Pole
- Catwalk
- Dangle Doo
- MultiVine
- 2-Person Catwalk
- Climbing Wall
- 2-Person MultiVine
- Zip Line
- Rappel Platform

Belaying: learn to belay and to belay a partner on either or both the CatWalk and MultiVine.

Method of Evaluation: •Teacher observation

HP-TI-04-17 - Swimming (Objective)

C-NR - Critical-District Reporting Not Required

Students will participate in swimming lessons, conditioning activities, and water games.

HP-TI-04-18 - Golf (Objective)

C-NR - Critical-District Reporting Not Required

Students will:

Basic Skills: demonstrate and use basic golf skills

Rules & Strategies: use rules and strategies of the game.

Safety & Etiquette: use proper safety and etiquette for golf.

HP-TI-04-19 - Archery (Objective)

C-NR - Critical-District Reporting Not Required

Students will demonstrate the use of basic skills for target practice. They will employ archery safety practices and properly care for archery equipment.

Gillette, Wyoming

Health / PE

PERSONAL FITNESS/CONDITIONING (WJSHS)

This course is designed to develop and implement a plan for lifetime fitness and nutrition following an individual health and fitness assessment. Students will engage in a variety of lifetime physical activities including but not limited to pilates, yoga, body toning, and various aerobic-based exercises that will focus on the development of cardiorespiratory endurance and weight control.

Advanced Designation Course - Physical Education

This course is identified as an Advanced Designation Course. Students meeting the requirements of the Advanced Performance Level as defined in the Wyoming Content and Performance Standards will be considered Advanced in the Physical Education content area.

Students at the advanced level in Physical Education demonstrate complete and comprehensive knowledge of movement and apply it when performing complex movement skills in developmentally appropriate physical activities. They draw connections between fitness components, principles, and fitness status. They engage in physical activity that meets requirements for improving their fitness. They consistently exhibit positive intra-personal characteristics and engage in appropriate inter-personal relationships inherent to movement activities.

Students who are Advanced in at least five of the nine content areas and Proficient in the others will have the Advanced Endorsement placed on their grade transcript.

HP-PF-01 MOVEMENT (Content Standard)

C - Critical--Assessment Reporting Required

State Standard and Benchmark Correlation:

PE11.1.1 Demonstrate Movement Skills

PE11.1.2 Understand Critical Skill Elements

PE11.1.3 Understand Rules and Strategies

Students will demonstrate competency in movement forms and apply movement concepts and principles to the learning and development of motor skills.

HP-PF-01-01 - Demonstrate Movement Skills (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will demonstrate skills in rhythms or dance, regulation or form team activities, regulation or form individual or dual activities and lifetime activities.

HP-PF-01-02 - Understand Critical Skill Elements (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will explain critical skill elements or skill cues or key observation points associated with each of rhythms or dance, modified team activities, individual or dual activities, and lifetime activities.

HP-PF-01-03 - Understand Rules and Strategies (Objective)

S - Supporting

Students will demonstrate an understanding of rules and strategies associated with rhythms or dance, regulation or form team activities, regulation or form individual or dual activities and lifetime activities.

HP-PF-02 FITNESS (Content Standard)

C - Critical--Assessment Reporting Required

State Standard and Benchmark Correlation:

PE11.2.1 Understand Personal Fitness/Pers. Fitness Status

PE11.2.2 Understand Fitness Benefits of Various Activities

PE11.2.3 Acquire Knowledge of Fitness Products/Services

PE11.2.4 Participate in Physical Activities for Fitness

Students will demonstrate fitness literacy and behaviors associated with it.

HP-PF-02-01 - Understand Personal Fitness (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will demonstrate an understanding of personal fitness programs and their personal fitness status.

HP-PF-02-02 - Understand Fitness Benefits (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will demonstrate an understanding of health and fitness benefits derived from various physical activities.

HP-PF-02-03 - Fitness Products and Services (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will be knowledgeable of consumers of fitness products and services.

HP-PF-02-04 - Participation (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will participate in a variety of physical activities that will enhance health-related physical fitness.

HP-PF-03 PERSONAL AND SOCIAL BEHAVIOR (Content Standard)

C - Critical--Assessment Reporting Required

State Standard and Benchmark Correlation:

PE11.3.1 Safety Principles, Rules, Procedures, Etiquette

PE11.3.2 Sportsmanship, Cooperation, Teamwork in Activities

PE11.3.3 Respect for Individual Differences & Similarities

PE11.3.4 Activities for Fun, Challenge, Self-Expression

Students will demonstrate personal and social responsibility, understand the benefits of physical activity, and respect diversity among people in physical activity settings.

HP-PF-03-01 - Rules, Procedures, and Etiquette (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will apply safety principles and follow the rules, procedures, and etiquette in physical activity settings.

HP-PF-03-02 - Sportsmanship and Cooperation (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will demonstrate sportsmanship, cooperation, and teamwork in physical activity settings.

HP-PF-03-03 - Respect Differences (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will demonstrate respect for individual differences and similarities in others in physical activity settings.

HP-PF-03-04 - Activities for Fun, Challenge & Self-Expression (Objective)

C-CS - Critical-Assessment at Content Standard Level

Students will recognize that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.

HP-PF-04 SPORTS TRAINING (Content Standard)

State Standard and Benchmark Correlation:

PE11.1.1 Demonstrate Movement Skills

PE11.1.2 Understand Critical Skill Elements

PE11.1.3 Understand Rules and Strategies

PE11.2.1 Understand Personal Fitness/Pers. Fitness Status

PE11.2.2 Understand Fitness Benefits of Various Activities

PE11.2.3 Acquire Knowledge of Fitness Products/Services

PE11.2.4 Participate in Physical Activities for Fitness

PE11.3.1 Safety Principles, Rules, Procedures, Etiquette

PE11.3.2 Sportsmanship, Cooperation, Teamwork in Activities

PE11.3.3 Respect for Individual Differences & Similarities

PE11.3.4 Activities for Fun, Challenge, Self-Expression

Students will be aware of strength training and physical conditioning principles as applied to lifetime fitness.

HP-PF-04-01 - Sport-Specific Performance Training (Objective)

C-NR - Critical-District Reporting Not Required

Students will understand the principles of sport-specific strength training and conditioning.

HP-PF-04-02 - Sports Nutrition (Objective)

C-NR - Critical-District Reporting Not Required

Students will identify the need for proper nutrition and how it relates to sports performance and training.

HP-PF-04-03 - Physiological Response to Strength Training (Objective)

C-NR - Critical-District Reporting Not Required

Students will have a basic knowledge of the physical changes that strength training has on the body: increases in muscle, ligament, tendon size; increase in bone density; hormonal responses; increase in lean body mass.

HP-PF-04-04 - Periodization (Objective)

C-NR - Critical-District Reporting Not Required

Students will understand the principles of overload and progression as they relate to strength training and program design.

HP-PF-04-05 - Muscle and Skeletal Physiology and Techniques (Objective)

C-NR - Critical-District Reporting Not Required

Students will identify various muscles and groups of muscles in the body and describe what exercises build those muscles.

HP-PF-04-06 - Safety and Technique (Objective)

C-NR - Critical-District Reporting Not Required

Students will demonstrate proper training techniques and will practice safety skills needed in strength and conditioning.

HP-PF-04-07 - Power and Strength Definition, Differentiation (Objective)

C-NR - Critical-District Reporting Not Required

Students will recognize the difference between power and strength and their relationship as applied to sports performance.

last update 8/7/2009

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Campbell County School District #1
Gillette, Wyoming

Health / PE - PHYSICAL CONDITIONING

Physical Conditioning is designed for those students who would like to work on various areas of fitness. This will include body composition, flexibility, muscular strength, muscular endurance, and cardiorespiratory endurance.

HP-PC--01 MOVEMENT (Content Standard)

State Standard and Benchmark Correlation:

PE11.1.1 Demonstrate Movement Skills

PE11.1.2 Understand Critical Skill Elements

PE11.1.3 Understand Rules and Strategies

Students will demonstrate competency in movement forms and apply movement concepts and principles to the learning and development of motor skills for physical conditioning.

HP-PC--01-01 - Demonstrate Movement Skills (Objective)

C - Critical--Assessment Reporting Required

Students will demonstrate skills in rhythms or dance, regulation or form team activities, regulation or form individual or dual activities and lifetime activities.

HP-PC--01-02 - Understand Critical Skill Elements (Objective)

C - Critical--Assessment Reporting Required

Students will explain critical skill elements or skill cues or key observation points associated with each of rhythms or dance, modified team activities, individual or dual activities, and lifetime activities.

HP-PC--01-03 - Understand Rules and Strategies (Objective)

C - Critical--Assessment Reporting Required

Students will demonstrate an understanding of rules and strategies associated with rhythms or dance, regulation or form team activities, regulation or form individual or dual activities and lifetime activities.

HP-PC--02 FITNESS (Content Standard)

State Standard and Benchmark Correlation:

PE11-02-01 Understand Personal Fitness/Pers. Fitness Status

PE11-02-02 Understand Fitness Benefits of Various Activities

PE11-02-03 Acquire Knowledge of Fitness Products/Services

PE11-02-04 Participate in Physical Activities for Fitness

Students will demonstrate fitness literacy and behaviors associated with it.

HP-PC--02-01 - Understand Personal Fitness/Personal Fitness Status (Objective)

C - Critical--Assessment Reporting Required

Students will demonstrate an understanding of personal fitness programs and their own personal fitness status.

HP-PC--02-02 - Understand Fitness Benefits (Objective)

C - Critical--Assessment Reporting Required

Students will demonstrate an understanding of health and fitness benefits derived from various lifetime physical conditioning activities.

HP-PC--02-03 - Fitness Products and Services (Objective)

C - Critical--Assessment Reporting Required

Students will be knowledgeable of consumers of fitness products and services.

HP-PC--02-04 - Participation (Objective)

C - Critical--Assessment Reporting Required

Students will participate in a variety of physical conditioning activities that will enhance health-related physical fitness.

HP-PC--03 PERSONAL AND SOCIAL BEHAVIOR (Content Standard)

State Standard and Benchmark Correlation:

PE11.3.1 Safety Principles, Rules, Procedures, Etiquette

PE11.3.2 Sportsmanship, Cooperation, Teamwork in Activities

PE11.3.3 Respect for Individual Differences & Similarities

PE11.3.4 Activities for Fun, Challenge, Self-Expression

Students will demonstrate personal and social responsibility, understand the benefits of physical activity, and respect diversity among people in physical activity settings.

HP-PC--03-01 - Rules, Procedures, and Etiquette (Objective)

C - Critical--Assessment Reporting Required

Students will apply safety principles and follow the rules, procedures, and etiquette in physical activity settings.

HP-PC--03-02 – Sportsmanship and Cooperation (Objective)

C - Critical--Assessment Reporting Required

Students will demonstrate sportsmanship, cooperation, and teamwork in physical activity settings.

HP-PC--03-03 - Respect Differences (Objective)

C - Critical--Assessment Reporting Required

Students will demonstrate respect for individual differences and similarities in others in physical activity settings.

HP-PC--03-04 - Activities for Fun, Challenge & Self-Expression (Objective)

C - Critical--Assessment Reporting Required

Students will recognize that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.

HP-PC-04 PHYSICAL CONDITIONING (Content Standard)

State Standard and Benchmark Correlation:

PE11.1.1 Demonstrate Movement Skills

PE11.1.2 Understand Critical Skill Elements

PE11.1.3 Understand Rules and Strategies

PE11.2.1 Understand Personal Fitness/Pers. Fitness Status

PE11.2.2 Understand Fitness Benefits of Various Activities

PE11.2.3 Acquire Knowledge of Fitness Products/Services

PE11.2.4 Participate in Physical Activities for Fitness

PE11.3.1 Safety Principles, Rules, Procedures, Etiquette

PE11.3.2 Sportsmanship, Cooperation, Teamwork in Activities

PE11.3.3 Respect for Individual Differences & Similarities

PE11.3.4 Activities for Fun, Challenge, Self-Expression

Students will develop and participate in a fitness program which involves aerobics, body composition, muscular strength and endurance, and flexibility.

ASSESSMENT STANDARD: The students will demonstrate an understanding of each objective through an acceptable performance on a traditional assessment or on an alternative

assessment. The alternative assessment may include a demonstration, portfolio, project, or other acceptable activity.

HP-PC-04-01 - Safety Practices (Objective)

C-NR - Critical-District Reporting Not Required

Students will understand and be able to demonstrate the proper safety procedures at all times and in all activities.

METHOD OF EVALUATION: Teacher observation
Written quizzes and worksheets

MATERIALS: Unit handout including safety procedures

HP-PC-04-02 - Cardiovascular Fitness (Objective)

C-NR - Critical-District Reporting Not Required

Students will maintain and/or improve their cardiovascular fitness.

METHOD OF EVALUATION: a. Fitness tests
b. Teacher observation

HP-PC-04-03 - Resting and Target Heart Rates (Objective)

S - Supporting

Students will understand resting and target heart rates.

METHOD OF EVALUATION: a. Fitness tests
b. Written tests
c. Teacher observation

HP-PC-04-04 - Individualized Fitness Programs (Objective)

C-NR - Critical-District Reporting Not Required

Students will understand how to individualize an aerobic/anaerobic fitness program.

METHOD OF EVALUATION: a. Written program
b. Teacher observation
c. Students feedback

HP-PC-04-05 Variety of Aerobic and Anaerobic Activities (Objective)

S - Supporting

Students will use daily a variety of aerobic and anaerobic fitness activities.

METHOD OF EVALUATION: a. Teacher observation
b. Students feedback

HP-PC-04-06 - Flexibility; Stretching Techniques (Objective)

C-NR - Critical-District Reporting Not Required

Students will demonstrate the proper technique for stretching.

METHOD OF EVALUATION: a. Teacher observation
b. Flexibility fitness tests

HP-PC-04-07 - Individualized Flexibility Programs (Objective)

C-NR - Critical-District Reporting Not Required

Students will understand how to individualize a flexibility program.

METHOD OF EVALUATION: a. Written program
b. Teacher observation
c. Students feedback

HP-PC-04-08 - Strength/Endurance Training Techniques (Objective)

C-NR - Critical-District Reporting Not Required

Students will maintain and/or improve muscular strength.

METHOD OF EVALUATION: a. Teacher observation
b. Students feedback
c. Fitness tests

HP-PC-04-09 - Proper Use of Weight Room Equipment (Objective)

C-NR - Critical-District Reporting Not Required

Students will demonstrate on a daily basis the proper use of the weight room equipment during and after use.

METHOD OF EVALUATION: a. Written tests
b. Teacher observation
c. Students feedback

HP-PC-04-10 - Individualized Program for Strength Improvement (Objective)

C-NR - Critical-District Reporting Not Required

Students will understand how to individualize a fitness program for strength improvement.

METHOD OF EVALUATION: a. Written program
b. Teacher observation

HP-PC-04-11 - Body Composition Measurement (Objective)

S - Supporting

Students will have their body composition evaluated through a body fat test.

METHOD OF EVALUATION: a. Body fat test

HP-PC-04-12 - Individualized Program for Body Composition (Objective)

S - Supporting

Students will understand how to individualize a program dealing with body composition.

METHOD OF EVALUATION: a. Written program
b. Teacher observation
c. Students feedback

HP-PC-04-13 - Weight Training: Correct Techniques of Lifting (Objective)

C-NR - Critical-District Reporting Not Required

Students will demonstrate correct weight lifting techniques on the Nautilus machine, the universal machine, free weights, and other specialized lifting stations.

METHOD OF EVALUATION: a. Teacher observation
b. Practical test

HP-PC-04-14 - Weight Training: Spotting (Objective)

C-NR - Critical-District Reporting Not Required

Students will demonstrate and use correct lifting and spotting procedures when working in the weight room.

METHOD OF EVALUATION: a. Written tests
b. Teacher observation
c. Practical test

HP-PC-04-15 - Individualized Weight Training Program (Objective)

S - Supporting

Students will understand and be able to set up an individualized weight training program.

METHOD OF EVALUATION: a. Written program
b. Teacher observation
c. Students feedback

