

## Calendar-Based Curriculum Map:

### Pleasant Hope R-VI Ranch School Grade / Subject: 9 - 12 Physical Education

Month	Essential Question	Content	Skills	Assessments	Activities / Resources
Aug	How are rules and etiquette important concepts in a physical activity setting?	Responsible Personal and Social Behavior in the Physical Activity Setting	Physical Activity and Lifetime Wellness	Quizzes Teacher Observations	Ranch School PE Rules and Expectations Daily classroom participation
	Can the student analyze their present fitness level?	Health-related fitness assessments	Physical Activity and Lifetime Wellness (PA1A) HPE 4, NPE 4	Physical Fitness Testing 1-mile run/walk Cadence pushups Cadence curlups Shuttle Run Back-Saver Sit and Reach Two-minute Step test Pull-ups	President's Challenge FitnessGram Manuals FitnessGram audio CD Globe Fearon Fitness for Life 4th edition Chapter 1, Ranch PE Book Personal Fitness Testing Record
	Can the student recognize the benefits of total lifetime fitness?	Personal Fitness and Healthy Active Living			
Aug	Can the student identify the relationship between warm-up, cool-down, and proper conditioning to exercise-related injuries?	Injury Prevention, Treatment, and Rehabilitation	Physical Activity and Lifetime Wellness (PA3A) HPE 4, NPE 2	Quiz Individual performance Teacher Observation	Globe Fearon Fitness for Life, 4th edition Chapter 2, 4 Ranch PE Book
	Can the student identify the major muscle groups that are engaged during specific exercises?	Personal Fitness and Healthy Active Living	Physical Activity and Lifetime Wellness (PA1D) HPE 1, NH 1	Quiz Individual Performance Teacher Observation	Weight Room Instruction Maximum Bench Press Globe Fearon - Fitness for Life, 4th edition
	Can the student identify and analyze the critical elements of selected advanced skills?	Fundamental Movement Skills and Games	Human Movement and Performance (HM1E) HPE 4, NPE 1	Quiz Individual Performance Teacher Observation	Weight Room Ranch PE Book

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Aug	Does the student show personal etiquette, respect, and safety skills during physical activities?	Responsible Personal and Social Behavior in the Physical Activity Setting	Physical Activity and Lifetime Wellness (PA2A) HPE 2, NPE 1	Quiz Individual Performance Teacher Observation	Gym Weight Room Ranch PE Book
Aug/Sept	Can the student summarize and apply rules in a variety of outdoor pursuits and recreational activities?	Sport Skills and Lifetime Activities	Human Movement and Performance (HM2C) HPE 4, NPE 1, NPE 5	Quiz Word Search Individual Performance Teacher Observation	Gym Disc Golf Course and equipment Ranch PE Book
	Can the student apply basic strategies in a variety of outdoor pursuits and recreational activities?	Sport Skills and Lifetime Activities	Human Movement and Performance (HM2C) HPE 4, NPE 1, NPE 5	Individual Performance Teacher Observation	Disc Golf Course and equipment
	Can the student identify and analyze the critical elements of selected advanced skills?	Fundamental Movement Skills and Games	Human Movement and Performance (HM1E) HPE 4, NPE 1	Individual Performance Disc Golf scores Teacher Observation	Disc Golf Course and equipment
	Can the student analyze skill techniques of self, detect skill errors, and make corrections to show improvement?	Sport Skills and Lifetime Activities	Human Movement and Performance (HM2A) HPE 4, NPE 2	Individual Performance Disc Golf scores Teacher Observation	Disc Golf Course and equipment
	Does the student consistently demonstrate skill competency in a variety of outdoor pursuits and recreational activities?	Sport Skills and Lifetime Activities	Human Movement and Performance (HM2C) HPE 4, NPE 1, NPE 5	Individual Performance Disc Golf scores Teacher Observation	Disc Golf Course and equipment

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Aug / Sept	Does the student show personal etiquette, respect, and safety skills during physical activities?	Responsible Personal and Social Behavior in the Physical Activity Setting	Physical Activity and Lifetime Wellness (PA2A) HPE 2, NPE 1	Individual Performance Teacher Observation	Gym Disc Golf Course and equipment
Oct / Nov	Can the student summarize the history, rules, terminology, and scoring in a variety of individual, dual, and team sports?	Sport Skills and Lifetime Activities	Human Movement and Performance (HM2B) HPE 4, NPE 1, NPE 2, NPE 5	Quiz Individual Performance Teacher Observation	Ranch PE Book Baseball Instruction Presentation Baseball Instruction Videos Gym / Classroom
	Can the student identify and analyze the critical elements of selected advanced skills?	Fundamental Movement Skills and Games	Human Movement and Performance (HM1E) HPE 4, NPE 1	Individual Performance Teacher Observation	Whiffleball and Plastic Bat Gym
	Can the student identify and apply rules of play, skill techniques and basic game strategies in a variety of individual, dual, and team sports?	Sport Skills and Lifetime Activities	Human Movement and Performance (HM2B) HPE 4, NPE 1, NPE 2, NPE 5	Individual Performance Teacher Observation	Whiffleball and Plastic Bat Indoor Bases Gym
	Can the student analyze skill techniques of self, detect skill errors, and make corrections to show improvement?	Sport Skills and Lifetime Activities	Human Movement and Performance (HM2A) HPE 4, NPE 2	Individual Performance Teacher Observation	Whiffleball and Plastic Bat Indoor Bases Gym

Month	Essential Question	Content	Skills	Assessments	Activities / Resources
Oct / Nov	Does the student consistently demonstrate skill competency in a variety of individual, dual, and team sports?	Sports Skills and Lifetime Activities	Human Movement and Performance (HM2B) HPE 4, NPE 1, NPE 2, NPE 5	Individual Performance Teacher Observation	Whiffleball and Plastic Bat Indoor Bases Gym
	Does the student show personal etiquette, respect, and safety skills during physical activities?	Responsible Personal and Social Behavior in the Physical Activity setting	Physical Activity and Lifetime Wellness (PA2A) HPE 2, NPE 1	Individual Performance Teacher Observation	Gym
Nov	Can the student identify and apply rules of play, skill techniques, and basic game strategies in a variety of individual, dual, and team sports?	Sports Skills and Lifetime Activities	Human Movement and Performance (HM2B) HPE 4, NPE 1, NPE 2, NPE 5	Individual Performance Teacher Observation	Shuffleboard Equipment Shuffleboard Game Gym
	Does the student consistently demonstrate skill competency in a variety of individual, dual, and team sports?	Sports Skills and Lifetime Activities	Human Movement and Performance (HM2B) HPE 4, NPE 1, NPE 2, NPE 5	Individual Performance Teacher Observation	Shuffleboard Equipment Shuffleboard Game Gym
	Does the student show personal etiquette, respect, and safety skills during physical activities?	Responsible Personal and Social Behavior in the Physical Activity setting	Physical Activity and Lifetime Wellness (PA2A) HPE 2, NPE 1	Individual Performance Teacher Observation	Gym

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Nov / Dec	Can the student analyze their present fitness level?	Health-related fitness assessments	Physical Activity and Lifetime Wellness (PA1A) HPE 4, NPE 4	Physical Fitness Testing 1-mile run/walk Cadence pushups Cadence curlups Shuttle Run Back-Saver Sit and Reach Two-minute Step test Pull-ups Maximum Bench Press	President's Challenge FitnessGram Manuals FitnessGram audio CD Personal Fitness Testing Record
	Can the student recognize the benefits of total lifetime fitness?	Personal Fitness and Healthy Active Living			
Dec	Can the student describe the relationship between nutrition, exercise, and body composition?	Personal Fitness and Healthy Active Living	Physical Activity and Lifetime Wellness (PA1B) HPE 2, HPE 4, HPE 5, NPE 3	Quizzes Worksheets Chapter Reviews Chapter Tests	Globe Fearon Fitness for Life, 4th edition Videos
	Can the student explain the negative effects of performance enhancing drugs and alcohol on health and physical performance?	Personal Fitness and Healthy Active Living	Physical Activity and Lifetime Wellness (PA1B) HPE 2, HPE 4, HPE 5, NPE 3		
	Can the student categorize short and long-term effects of stress on the individual?	Personal Fitness and Healthy Active Living	Physical Activity and Lifetime Wellness (PA1B) HPE 2, HPE 4, HPE 5, NPE 3		
	Can the student recognize the benefits of an effective stress management plan?	Personal Fitness and Healthy Active Living	Physical Activity and Lifetime Wellness (PA1B) HPE 2, HPE 4, HPE 5, NPE 3		

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Jan	What are the benefits of health-related fitness to the development of total fitness?	Personal Fitness and Healthy Active Living	Physical Activity and Lifetime Wellness (PA1A) HPE 4, NPE 4	Teacher Observation Individual Observation Individual Performance	Gym Orange Cones Stopwatch Conditioning Exercises
	Can the student differentiate how oxygen is utilized aerobically and anaerobically?	Personal Fitness and Healthy Active Living	Physical Activity and Lifetime Wellness (PA1C) HPE 2, HPE 4, NPE 4	Individual Observation Individual Performance	Gym Orange Cones Stopwatch Conditioning Exercises
Jan / Feb	Can the student summarize the history, rules, terminology, scoring, and etiquette in a variety of individual, dual, and team sports?	Sports Skills and Lifetime Activities	Human Movement and Performance (HM2B) HPE 4, NPE 1, NPE 2, NPE 5	Quiz Wordsearch	Ranch PE Book Instruction Presentation Basketball Instruction Videos
	Can the student identify and apply rules of play, skill techniques, and basic game strategies in a variety of individual, dual, and team sports?	Sports Skills and Lifetime Activities	Human Movement and Performance (HM2B) HPE 4, NPE 1, NPE 2, NPE 5	Teacher Observation Individual Performance	Basketballs Gym
	Can the student identify and analyze the critical elements of selected advanced skills?	Fundamental Movement Skills and Games	Human Movement and Performance (HM1E) HPE 4, NPE 1	Teacher Observation Individual Performance	Basketballs Gym Orange Cones

Month	Essential Question	Content	Skills	Assessments	Activities / Resources
Jan / Feb	Can the student analyze skill techniques of self and others, detect skill errors, and make corrections to show improvement?	Sports Skills and Lifetime Activities	Human Movement and Performance (HM2A) HPE 4, NPE 2	Teacher Observation Individual Performance	Basketballs Gym
	Does the student consistently demonstrate skill competency in a variety of individual, dual, and team sports?	Sport Skills and Lifetime Activites	Human Movement and Performance (HM2B) HPE 4, NPE 1, NPE 2, NPE 5	Teacher Observation Individual Performance	Basketballs Gym
	Does the student show personal etiquette, respect, and safety skills during physical activities?	Responsible Personal and Social Behavior in the Physical Activity setting	Physical Activity and Lifetime Wellness (PA2A) HPE 2, NPE 1	Teacher Observation	Gym
Feb / March	Can the student summarize the history, rules, terminology, scoring, and etiquette in a variety of individual, dual, and team sports?	Sports Skills and Lifetime Activities	Human Movement and Performance (HM2B) HPE 4, NPE 1, NPE 2, NPE 5	Quiz Wordsearch	Ranch PE Book Instruction Presentation Bowling Instructional Videos
	Can the student identify and apply rules of play, skill techniques, and basic game strategies in a variety of individual, dual, and team sports?	Sports Skills and Lifetime Activites	Human Movement and Performance (HM2B) HPE 4, NPE 1, NPE 2, NPE 5	Teacher Observation Individual Performance	Bowling Balls and Plastic Pins Gym

Month	Essential Question	Content	Skills	Assessments	Activities / Resources
Feb / March	Can the student identify and analyze the critical elements of selected advanced skills?	Fundamental Movement Skills and Games	Human Movement and Performance (HM1E) HPE 4, NPE 1	Teacher Observation Individual Performance	Bowling Balls and Plastic Pins Gym
	Can the student analyze skill techniques of self and others, detect skill errors, and make corrections to show improvement?	Sports Skills and Lifetime Activities	Human Movement and Performance (HM2A) HPE 4, NPE 2	Teacher Observation Individual Performance	Bowling Balls and Plastic Pins Gym
	Does the student consistently demonstrate skill competency in a variety of individual, dual, and team sports?	Sport Skills and Lifetime Activities	Human Movement and Performance (HM2B) HPE 4, NPE 1, NPE 2, NPE 5	Teacher Observation Individual Performance	Bowling Balls and Plastic Pins Gym Bowling Tournament
	Does the student show personal etiquette, respect, and safety skills during physical activities?	Responsible Personal and Social Behavior in the Physical Activity setting	Physical Activity and Lifetime Wellness (PA2A) HPE 2, NPE 1	Teacher Observation	Gym

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April / May	Can the student summarize the history, rules, terminology, scoring, and etiquette in a variety of individual, dual, and team sports?	Sports Skills and Lifetime Activities	Human Movement and Performance (HM2B) HPE 4, NPE 1, NPE 2, NPE 5	Quiz Wordsearch	Ranch PE Book Instruction Presentation Volleyball Instructional Videos
	Can the student identify and apply rules of play, skill techniques, and basic game strategies in a variety of individual, dual, and team sports?	Sports Skills and Lifetime Activities	Human Movement and Performance (HM2B) HPE 4, NPE 1, NPE 2, NPE 5	Teacher Observation Individual Performance	Volleyballs and Net Gym
	Can the student identify and analyze the critical elements of selected advanced skills?	Fundamental Movement Skills and Games	Human Movement and Performance (HM1E) HPE 4, NPE 1	Teacher Observation Individual Performance	Volleyballs and Net Gym
	Can the student analyze skill techniques of self and others, detect skill errors, and make corrections to show improvement?	Sports Skills and Lifetime Activities	Human Movement and Performance (HM2A) HPE 4, NPE 2	Teacher Observation Individual Performance	Volleyballs and Net Gym
	Does the student consistently demonstrate skill competency in a variety of individual, dual, and team sports?	Sport Skills and Lifetime Activities	Human Movement and Performance (HM2B) HPE 4, NPE 1, NPE 2, NPE 5	Teacher Observation Individual Performance Team Win / Loss record	Volleyballs and Net Gym Volleyball Matches

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April / May	Does the student show personal etiquette, respect, and safety skills during physical activities?	Responsible Personal and Social Behavior in the Physical Activity setting	Physical Activity and Lifetime Wellness (PA2A) HPE 2, NPE 1	Teacher Observation	Gym
May	Can the student analyze their present fitness level?  Can the student recognize the benefits of total lifetime fitness?	Health-related fitness assessments  Personal Fitness and Healthy Active Living	Physical Activity and Lifetime Wellness (PA1A) HPE 4, NPE 4	Physical Fitness Testing 1-mile run/walk Cadence pushups Cadence curlups Shuttle Run Back-Saver Sit and Reach Two-minute Step test Pull-ups Maximum Bench Press	President's Challenge FitnessGram Manuals FitnessGram audio CD Personal Fitness Testing Record