Secondary Physical Education

Board of Education
Adopted October 22, 2004
Boulder Valley School District
Board of Education

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The Boulder Valley School District Secondary Physical Education Committee, in cooperation with the Division of Learning Services, is pleased to present to you the Secondary Physical Education Curriculum Guide. The curriculum guide is based upon the Boulder Valley Public Schools Physical Education Standards which were adopted by the Board of Education on June 24, 1999. Included in this curriculum guide are the benchmarks defining what a student should know and be able to do upon completion of a particular unit. The curriculum guide should be used to help plan and deliver an exemplary secondary physical education program and successfully assess the learning of the students in the Boulder Valley School District.
Physical Education

Standards Adopted by Board of Education
June 24, 1999
Background

Content Standards are general statements of what a student should know or be able to do relative to a particular academic area. A rationale statement accompanies each content standard. Benchmarks describe what most students should understand and be able to do at specified grade levels to meet each standard. The development and implementation of state content standards were mandated in May, 1993, by Colorado Revised Statute HB93-1313.

Local standards must meet or exceed state standards. Standards listed in the following table are comparable to the three Colorado standards and exceed them with a fourth standard describing safe, responsible behavior in physical education settings. These standards otherwise follow the format of the Colorado standards, including the division of standards into three levels: kindergarten through fourth grade (i.e., a description of what students should know and be able to do by the end of fourth grade), fifth through eighth grade, and ninth through twelfth grade. Language contained in these standards includes some technical jargon that is defined in the glossary of the Colorado Model Content Standards. (A copy of the Colorado Model Content Standards, including the glossary, is available at <http://www.cde.state.co.us/asindex.html>.)

Standards development was begun during the winter of 1999 by physical education teachers. (A list of teachers on the physical education curriculum task force is provided in Appendix, page 10). By May, 1999, two drafts had been completed. Available curriculum task force members met on May 27, 1999, to make final revisions and establish proposed standards. In June, 1999, proposed standards were posted on the District web site for public comment and forwarded to the Board of Education.

Curriculum implementation follows the adoption of standards. Revised curriculum documents will include standards, rationale, benchmarks, and the specific grade level or subject area curricula. A scope and sequence of skills and content will be developed for K-12 to illustrate how specific skills are introduced, practiced, and independently applied throughout the student's educational career. Performance assessments will provide a means for helping students reach proficiency levels and reporting overall District performance patterns. The assessments will indicate whether a student has met, exceeded, or continues to need additional work to meet the standards. This process will help to ensure that we have a system that is accountable for student learning.
## Comparison of Colorado and BVSD Content Standards

<table>
<thead>
<tr>
<th>Colorado Content Standards (Adopted 12/11/97)</th>
<th>BVSD Content Standards (Adopted 6/24/99)</th>
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<tbody>
<tr>
<td>1. Students demonstrate competent skills in a variety of physical activities and sports.</td>
<td>1. Students will demonstrate skills and apply concepts to a variety of Physical activities.</td>
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<tr>
<td>2. Students demonstrate competency in physical fitness.</td>
<td>2. Students will demonstrate the components of health-related physical fitness.</td>
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<tr>
<td>3. Students will demonstrate the knowledge of factors important to participation in physical activity</td>
<td>3. Students demonstrate knowledge of physical fitness concepts and the benefits of an active, healthy lifestyle.</td>
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<tr>
<td>4. Students will demonstrate safe, responsible behavior in physical education settings.</td>
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How Standards and Curriculum Fit Together

Content Standards

K–4 Benchmarks
Grade/Course Level Curriculum
- Topics/Content
- Skills
- Concepts

Performance Indicators (Assessments)

5–8 Benchmarks
Grade/Course Level Curriculum
- Topics/Content
- Skills
- Concepts

Performance Indicators (Assessments)

9–12 Benchmarks
Grade/Course Level Curriculum
- Topics/Content
- Skills
- Concepts

Performance Indicators (Assessments)
Physical Education Standard 1: Students will demonstrate skills and apply concepts to a variety of physical activities.

RATIONALE
As with all academic areas, basic skills in physical education are the foundation for future success. Students initially learn to move skillfully by practicing fundamental movement skills and receiving feedback on their performance from teachers. Once students have developed fundamental skills, they extend their knowledge of movement by applying their skills to an increasing variety of physical activities. Knowledge and application of movement skills help enable students to lead active, healthy lives beyond school.

In order to meet this standard, students will:
- demonstrate knowledge and application of fundamental movements skills;
- move, using an understanding of the movement framework concepts of body, space, effort, and relationship;
- demonstrate competency in a variety of developmentally appropriate movement skills;
- apply movement skills to new activities and sports;
- demonstrate knowledge and application of rules, strategies and behaviors in a variety of physical activities and sports; and
- demonstrate knowledge that physical education activities such as dance and sports come from a variety of cultural, historical, ethnic and national origins.

In Grades K-4, what students know and are able to do includes
- chasing, fleeing and dodging in game-like settings;
- leaping, leading with either foot (e.g., hurdles, dance patterns);
- consistently entering, jumping and exiting a rope turned by others;
- repeatedly jumping a self-turned rope;
- jumping for height and distance, landing with proper body alignment;
- transferring weight from feet to hands at fast and slow speeds using large extensions (e.g., mulekick, handstand, cartwheel);
- developing patterns and combinations of movements into repeatable sequences (e.g., dance, jump rope, gymnastics);
- balancing, with control, in static and dynamic positions (e.g., in a headstand or tripod position, on a balance board or fitball);
- maintaining appropriate body alignment during activity (e.g., lift, carry, push, pull);
- hand dribbling a ball, maintaining control, while traveling within shared space (space shared with other students);
- foot dribbling a ball and maintaining control while traveling within shared space;
- striking a ball back to a partner or target using a variety of body parts (e.g., open palm, instep of foot);
- striking a ball with a bat or racquet using proper body alignment and grip techniques;
• throwing overhand demonstrating accuracy and force to target or partners;
• catching with proper technique a ball rebounding from a wall or thrown by a partner;
• drop kicking a ball to targets or partners with proper technique;
• punting a ball to targets or partners with proper technique;
• recognizing strategies used in simple games and activities;
• identifying ways movement concepts can be used to refine movement skills (e.g., effort, space, force, flow); and
• describing essential elements of mature movement patterns.

As students in Grades 5 - 8 extend their knowledge, what they know and are able to do includes
• combining skills to participate effectively in team and individual activities, including modified versions of such activities (e.g., an activity played with fewer players, a different field or different rules than usual);
• using basic offensive and defensive strategies while playing a sport, including modified versions of a sport;
• identifying and following rules while playing sports and games; and
• demonstrating basic rhythmic or dance patterns.

As students in Grades 9 - 12 extend their knowledge, what they know and are able to do includes
• applying scientific principles to learning and improving skills;
• demonstrating knowledge of rules and regulations specific to a physical activity;
• identifying and explaining the cultural, ethnic and historical roles of games, sports and dance;
• comparing and contrasting the strategies of defense and offense in various sports;
• demonstrating competency in one team-related activity or sport, through the execution of defensive and offensive strategies (e.g., soccer, softball, basketball, floor/field hockey, volleyball);
• demonstrating competency in one individual activity (e.g., aquatics, dance, gymnastics, golf, archery, adventure activities, and weight training); and
• demonstrating competency in one dual sport or game displaying an understanding of how it is played (e.g., tennis, badminton, racquetball, frisbee, handball).
Physical Education Standard 2: Students will demonstrate the components of health-related physical fitness.

RATIONALE

Through regular participation in physical activity, students will develop appropriate levels of physical fitness. By obtaining and maintaining appropriate levels of fitness, students will be able to carry out daily tasks without undue fatigue, respond to emergency situations, and possess sufficient energy to enjoy active and productive lifestyles.

In order to meet the standard, students will:

- develop health-related fitness: cardiovascular endurance, muscular endurance, muscular strength, flexibility;
- develop performance-related or motor skill fitness components: agility, balance, coordination, power, reaction time, and speed;
- demonstrate an understanding that physical fitness is a part of a wellness program; and
- design and use personal fitness programs and appropriate technology to achieve and maintain physical fitness.

In Grades K-4, what students know and are able to do includes

- maintaining continuous aerobic activity during warm-ups, games and dance activities; and
- demonstrating activities that develop muscular strength, endurance and flexibility components.

As students in Grades 5 - 8 extend their knowledge, what they know and are able to do includes

- participating in sustained aerobic and anaerobic activities, maintaining a target heart rate sufficient to achieve cardiovascular benefits; and
- developing health-related fitness in the areas of endurance, muscular strength, muscular endurance, and flexibility.

As students in Grades 9 - 12 extend their knowledge, what they know and are able to do includes

- sustaining and maintaining a moderate aerobic activity to achieve cardiovascular benefits;
- demonstrating fitness development principles of overload, progression, specificity and individuality in developing cardiovascular endurance, muscular endurance, muscular strength and flexibility (e.g., overloading a specific muscle to improve endurance);
- demonstrating how to set goals for improvement in the areas of health-related fitness; and implementing and refining a fitness plan based on personal goals; and
- implementing and refining a fitness plan based on personal goals.
Physical Education Standard 3: Students demonstrate knowledge of physical fitness concepts and the benefits of an active, healthy lifestyle.

RATIONALE
Research indicates that good physical health contributes positively to performance in academic settings and the workplace. Knowing how to make safe, healthy, and informed decisions about physical activity improves students' chances for success later in life.

In order to meet this standard, students will:
• identify and describe the benefits, risks and safety factors associated with regular participation in physical activity;
• demonstrate knowledge of biomechanical principles that apply to the development of movement skills (for example, the analysis of a tennis swing or of shooting a basket); and
• demonstrate the ability to set personal and group activity goals, including using appropriate technology.

In Grades K-4, what students know and are able to do includes
• identifying benefits that result from health-related fitness activities;
• identifying benefits that may result from applying technology in physical education settings (e.g., using heart rate monitors and other forms of performance feedback); and
• identifying and applying basic fitness concepts: frequency, intensity, time, and type of physical activity.

As students in Grades 5 - 8 extend their knowledge, what they know and are able to do includes
• understanding physical fitness concepts and the benefits of an active, healthy lifestyle;
• understanding principles of training and conditioning such as safety factors and knowledge required in a variety of muscular endurance and strength activities; and
• understanding the necessity for warming up prior to and cooling down at the completion of all fitness activities.

As students in Grades 9 - 12 extend their knowledge, what they know and are able to do includes
• understanding how to maintain appropriate levels of cardiovascular and respiratory efficiency, muscular strength and endurance, flexibility, and body composition necessary for a healthful lifestyle;
• identifying performance-related factors that contribute to participation in physical activity;
• investigating the time, cost, available technology and participation requirements involved in a choice of physical activities;
• evaluating risks and safety factors that may affect physical activity throughout life; and
• analyzing biomechanical principles involved in sports to improve performance and reduce injury.
Standard 4: Students will demonstrate safe, responsible behavior in physical education settings.

RATIONALE
Successful participation in many physical activities involves interaction with others. By learning sports etiquette, sportsmanship, and consideration of others in physical education settings, students will enable themselves to participate successfully in physical activities throughout their lives.

In order to meet this standard, students will:
• cooperate with others in safely undertaking physical activity; and
• demonstrate principles of sportsmanship.

In Grades K-4, what students know and are able to do includes
• exhibiting consideration for and cooperation with classmates and teachers (e.g., taking turns, sharing equipment, using supportive comments, resolving conflicts appropriately); and
• working safely and productively during activity time (e.g., self initiated or assigned task).

As students in Grades 5 - 8 extend their knowledge, what they know and are able to do includes
• demonstrating conduct appropriate for engaging in physical activity, including conflict resolution when needed; and
• developing an understanding of the need for respecting physical and performance limitations of self and others.

As students in Grades 9 - 12 extend their knowledge, what they know and are able to do includes
• demonstrating respect for physical and performance limitations of self and others while participating in physical activities; and
• demonstrating cooperative participation, sportsmanship and etiquette specific to an activity.
### 1999 Physical Education Curriculum Task Force Reps

<table>
<thead>
<tr>
<th>Name</th>
<th>School</th>
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<tbody>
<tr>
<td>Tim Coughlin</td>
<td>Angevine MS</td>
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<tr>
<td>Tim Eubank</td>
<td>Mapleton Elem/BCSIS</td>
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<tr>
<td>Sue Kennedy</td>
<td>Broomfield High</td>
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<tr>
<td>John Freeman</td>
<td>Burbank MS</td>
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<tr>
<td>Michelle Goldman</td>
<td>Centaurus HS</td>
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<tr>
<td>Anne Spalding</td>
<td>Crest View Elem</td>
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<tr>
<td>Jackie Bedwell</td>
<td>Eisenhower Elem</td>
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<tr>
<td>Mary Ann Briggs</td>
<td>Fairview HS</td>
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<td>Gary Pine Flatirons</td>
<td>Flatirons Elem</td>
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<td>Sue Witmer</td>
<td>Heatherwood Elem</td>
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<tr>
<td>Kathleen Allen</td>
<td>Lafayette Elem</td>
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<tr>
<td>Floyd Godwin</td>
<td>Louisville Mid</td>
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<td>Terry Prince</td>
<td>Monarch K-8</td>
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<td>Suzan Metz</td>
<td>Ryan Elem</td>
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<tr>
<td>Joyce Klauka</td>
<td>Southern Hills Mid</td>
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<tr>
<td>Bruce Buchanan</td>
<td>Washington Bilingual Elem.</td>
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<tr>
<td>Linda Danter</td>
<td>Baseline MS</td>
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<tr>
<td>Monique Guidry</td>
<td>Boulder HS</td>
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<td>Roy Sutton</td>
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<td>Kay Strack</td>
<td>Casey MS</td>
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<td>Ellen Blockhus</td>
<td>Columbine Elem</td>
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<td>Rich Cendali</td>
<td>Douglass Elem</td>
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<td>Susan Hausle</td>
<td>Emerald Elem</td>
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<td>Anne Turnacliff</td>
<td>Fireside Elem</td>
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<td>Sue Brittenham</td>
<td>Foothill Elem/Crest View Elem</td>
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<td>Norm Haubert</td>
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<td>Rick Natter</td>
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<td>Susan Riley</td>
<td>Monarch High</td>
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<tr>
<td>Judy Stone</td>
<td>Nederland High</td>
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<tr>
<td>Pat Kayser</td>
<td>Sanchez Elem/Douglass Elem</td>
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<tr>
<td>Barbara Boschen</td>
<td>University Hill Elem</td>
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<td>Amy Sherman</td>
<td>Whittier Elem/Gold Hill Elem</td>
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Secondary Physical Education
Adopted October 12, 2004

Boulder Valley School District
Middle School Physical Education Curriculum

Curriculum Council and Writing Team Members
2004

Sandy Brennan           Angevine Middle School
Roy Sutton              Broomfield Middle School
Chris Dondelinger       Broomfield Middle School
Audra Blackledge         Casey Middle School
Monica Tuz               Aspen Creek K-8
Terry Prince             Monarch K-8
Ellen Wilson             Platt Middle School
Robin Lynch              Angevine Middle School
Jackie Bedwell           Burbank Middle School
Kathy Danskin            Centennial Middle School
Middle School Physical Education Curriculum

In order for all students to meet all physical education Boulder Valley School District content standards and benchmarks, the following guidelines have been established.

All teachers are required to offer students at least two units from each of the three categories listed below. (Teachers on a trimester schedule must include one unit from each of three categories.) One of the units selected must be Dance, Aerobics, or Rhythms.

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<tr>
<th>Individual Activities</th>
<th>Team Sports</th>
<th>Lifetime Activities</th>
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<td>Cross Country Jogging</td>
<td>Volleyball</td>
<td>Golf/Frisbee Golf</td>
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<td>Aerobics</td>
<td>Flag Football</td>
<td>Croquet</td>
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<td>Cycling</td>
<td>Basketball</td>
<td>Archery</td>
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<td>Self Defense</td>
<td>Soccer</td>
<td>Badminton</td>
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<tr>
<td>Dance</td>
<td>Floor Hockey</td>
<td>Outdoor Education</td>
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<tr>
<td>Track and Field</td>
<td>In-Line Skating</td>
<td>Tennis</td>
</tr>
<tr>
<td>Run, Ride and Roll</td>
<td>Speedball</td>
<td>Bowling</td>
</tr>
<tr>
<td>Dance</td>
<td>Ultimate Frisbee</td>
<td>Pickleball</td>
</tr>
<tr>
<td>Rope Jumping</td>
<td>Softball</td>
<td>Ice Skating</td>
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<tr>
<td>Hackey Sack</td>
<td>Team Handball</td>
<td>Challenges</td>
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<tr>
<td>Juggling</td>
<td>Lacrosse</td>
<td>Horse Shoes</td>
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<tr>
<td>Basic Tumbling/Group Stunts</td>
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<td>Weight Lifting</td>
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</tbody>
</table>

For each of the four standards there are specifically numbered benchmark statements defining what students should know and be able to do upon completion of a particular unit. Also, for each unit there are lesson ideas for student performance and classroom activities appropriate for that level of instruction. The use of the lesson ideas does not mean that the school must utilize only these ideas as a part of their curriculum. Rather, this standard could be met in a variety of activities, utilizing a variety of equipment as determined by the teacher.
Course #: P06                        Course Name:  Physical Education
Course Length:  Variable           Designated Grade Level:  6th

Course Description:

Physical Education at the 6th grade middle level offers students a variety of physical activities through which they will develop positive attitudes toward group interaction, sportsmanship, the joy of effort, fair play, cooperation, initiative and an appreciation for the abilities and limitations of self and others. Activities to be emphasized are: organized exercises, lead-up games, traditional team sports, individual and dual sports, rhythmic activities and self-testing activities. The program is designed to continue development of physical fitness, motor, perception, rhythm, and movement skills.

Team Sports                                                          Grade 6

Standard 1. Students will demonstrate skills and apply concepts to a variety of physical activities.

Benchmark 1. Students will demonstrate proficiency in a variety of fundamental sport skills.

Essential Learning Results: Students will demonstrate knowledge and understanding of fundamental movement patterns taught during skill development.

Lesson Ideas: Basic skills with focus on sport specific skills.
Lesson Ideas: Video analysis to observe performance of professional athletes.
Resources: Books, videos, peers; colleague support
Assessment: Peer and self-assessment, student video assessment observation using rubrics, students give evidence in their self assessment

Benchmark 2. Students will understand the difference between the concept of “offense and defense”.

Essential Learning Results: Students will demonstrate knowledge and understanding of ball possession and game transition.
Lesson Idea: 3 on 3
Lesson Ideas: Review a videotape of professional team transferring from offense to defense.
Benchmark 3. Students will recognize the importance of following basic rules while playing sports and games.

**Essential Learning Results:** Students will show an understanding of the rules that define the game.

**Lesson Ideas:** Safety considerations. Students observe and record rule violations during game play.

**Lesson Ideas:** Self officiating

**Resources:** Rule Books, list and post game rules in gym

**Assessment:** Student referees, teacher assesses student referees, teacher observation, peer evaluation

Standard 2. Students will demonstrate the components of health-related physical fitness.

Benchmark #2: Students will develop health-related fitness in the areas of cardiovascular endurance, muscular strength, muscular endurance, and flexibility.

**Essential Learning Results:** Students will participate in all areas of physical fitness during team sports.

**Lesson Ideas:** Participate in warm-up and stretching before and after skill development and modified game play.

**Lesson Ideas:** Recognize the use of all fitness components during team sports.

**Resources:** Presidential Physical Fitness testing materials and/or Health-Related Components Fitness testing book and materials.

**Assessment:** Peer, self, teacher evaluation.

Standard 3. Students will demonstrate knowledge of physical fitness concepts and the benefits of an active healthy lifestyle.

Benchmark 1. Students understand physical fitness concepts and the benefits of a healthy, active lifestyle.

**Essential Learning Results:** Students recognize how physical fitness is a part of team sports.

**Lesson Ideas:** Develop fitness essays evaluating fitness levels during participation in team sports.

**Lesson Ideas:** Record how fitness levels have improved during team sport unit.

**Lesson Ideas:** List fitness components needed in particular team sports.

**Assessment:** Written tests, sportfolio, oral assessment, teacher checklist.
Benchmark 3. Students will understand the necessity for warming up prior to and cooling down at the completion of all fitness activities.

**Essential Learning Results:** Students explain why a warm-up and cool-down is important in team sport activities.

**Lesson Ideas:** Submission of ideas for warm-up/cool-down by students.
**Lesson Ideas:** Student-led warm-ups
**Lesson Ideas:** Monitor in partners the completion of warm-up and cool-down.
**Assessment:** Teacher observation, heart rate check.

**Standard 4. Students will demonstrate safe, responsible behavior in physical education settings.**

Benchmark 1. Student will demonstrate conduct appropriate for engaged physical activity, including conflict resolution when needed.

**Essential Learning Results:** Students will be introduced to conflict resolution strategies for use in all activities.

**Lesson Ideas:** Utilize conflict resolution strategies to solve problems when students disagree.
**Lesson Ideas:** Discuss conflicts that occur in team play.
**Lesson Ideas:** Experience the “Stop Putdowns” curriculum and/or “Bully-proofing” curriculum.
**Lesson Ideas:** Discuss the resolution of conflicts in professional athletics.
**Assessment:** Tracking of number of conflicts in physical education classes.

Benchmark 2. Students will develop an understanding of the need for respecting physical and performance limitations of self and others.

**Essential Learning Results:** Students develop awareness of their own abilities and that of their classmates.

**Lesson Ideas:** Recognize “Sportsperson of the Week”
**Lesson Ideas:** Model sportsmanship in class
**Lesson Ideas:** Diversify teams and set specific parameters on how teams are developed.
**Resources:** Team building books and seminars; videos
**Assessment:** Track and record examples of good and bad sportsmanship; keeping students aware of comments that are positive and negative toward others

**Individual Activities**

**Grade 6**
Standard 1. Students will demonstrate skills and apply concepts to a variety of physical activities.

Benchmark 1. Students will combine skills to participate effectively in individual activities, including modified versions of activities.

Essential Learning Results: Students will be able to understand and identify skills and concepts used to participate in individual activities

Lesson Ideas: Introduce methods for calculating heart rate
Lesson Ideas: Create an individual aerobic routine
Lesson Ideas: List motor skills needed to participate successfully
Resources: Posters, fitness overheads speakers/demonstrators, books, computer software
Assessment: Portfolio, peer evaluation, video assessment

Benchmark 4. Students will demonstrate basic rhythmic or dance patterns.

Essential Learning Results: Students will know basic rhythmic patterns, including the use of skill related components such as balance, agility, speed, and coordination.

Lesson Ideas: Establish basic patterns of movements patterns
Lesson Ideas: Create basic rhythmic routines
Resources: Music, CD players, books, guest speakers/demonstrators, video
Assessment: Participation in dance, teacher observation, skill component rubric, video performance for analysis

Standard 2. Students will demonstrate the components of health-related physical fitness.

Benchmark 1: Students will participate in sustained aerobic and anaerobic activities, maintaining a target heart rate sufficient to achieve cardiovascular benefits.

Essential Learning Results: Students will understand the concepts of anaerobic and aerobic exercise through a variety of activities and will be skilled at taking their target heart rate.

Lesson Ideas: Experience circuit training course
Lesson Ideas: Perform yoga
Lesson Ideas: Track activity levels using pedometer
Resources: Pedometers, yoga mats, yoga videos, CD players, music
Assessment: Teacher observation, activity charts, video taping, self-assessment.

Benchmark #2: Students will develop health-related fitness in the areas of
endurance, muscular strength, muscular endurance, and flexibility.

**Essential Learning Results:** Students will know and understand the concepts of health-related fitness components; activities to develop endurance.

**Lesson Ideas:** Participation in daily warm-ups and conditioning
**Lesson Ideas:** Participation in fitness games, physical fitness testing
**Lesson Ideas:** Participation in jump roping, obstacle course
**Resources:** Books, music, CD’s, teacher training
**Assessment:** Teacher observation, self evaluation, physical fitness testing results (pre/post testing), development of sportfolio

**Standard 3. Students will demonstrate knowledge of physical fitness concepts and the benefits of an active healthy lifestyle.**

**Benchmark 1. Students understand physical fitness concepts and the benefits of a healthy, active lifestyle.**

**Essential Learning Results:** Students will have knowledge of activities that develop cardiovascular endurance, muscular strength, endurance, and flexibility.

**Lesson Ideas:** Identify specific activities to enhance enjoyment of individual sports.
**Lesson Ideas:** Participate in fitness games
**Resources:** Books, professional development for teachers, posters
**Assessment:** Self assessment

**Benchmark 2. Students will understand principles of training and conditioning such as safety factors and knowledge required in a variety of muscular endurance and strength activities.**

**Essential Learning Results:** Students will be introduced to the principles of training and Conditioning, and safety factors.

**Lesson Ideas:** Utilize heart rate monitors to illustrate training and conditioning principles.
**Lesson Ideas:** Learn proper form and techniques for a variety of activities
**Lesson Ideas:** Recognize examples of physical fitness levels of professional athletes and how this high level of fitness enhances their performance.
**Resources:** Posters, video tapes, journals, heart rate monitors
**Assessment:** Fitness journals, portfolio

**Benchmark 3. Students will understand the necessity for warming up prior to and cooling down at the completion of all fitness activities.**

**Essential Learning Results:** Students are introduced to safety and conditioning
principles involved in preparing to participate in individual activities.

Lesson Ideas: Teacher led warm-ups, demonstration by athlete, speakers
Lesson Ideas: Participation in fitness games, lead up games
Lesson Ideas: Utilize heart rate monitors to demonstrate warm-up and cool down
Resources: Heart rate monitors, professional development for teachers, books, speakers.
Assessment: Peer observation, self evaluation, portfolio, data collection, teacher observation.

**Standard 4. Students will demonstrate safe, responsible behavior in physical education settings.**

**Benchmark 1.** Student will demonstrate conduct appropriate for engaged physical activity, including conflict resolution when needed.

**Essential Learning Results:** Students act responsibly in physical education, socially, emotionally, and physically.

Lesson Ideas: Listen and follow directions for activity given by teacher.
Lesson Ideas: Participate in “Character Counts” curriculum—honesty, integrity…
Lesson Ideas: Develop rules for conflict resolution by whole class.
Resources: Character counts curriculum, posters, whiteboards

**Benchmark 2.** Students will develop an understanding of the need for respecting physical and performance limitations of self and others.

**Essential Learning Results:** Students are aware of self and others’ abilities and encourage all classmates. Students are tolerant of others’ limitations.

Lesson Ideas: “Sportsperson of the Week”
Lesson Ideas: Modeling
Lesson Ideas: Ability to choose partners that are at comparable levels.
Lesson Ideas: Understand own ability level and match accordingly from a list of levels
Resources: Team building books and seminars, videos, handouts, posters
Assessment: Teacher observation, peer and self-assessment, keeping track of examples of good and bad interactions, student demonstration of positive interactions during play.

**Recreational Activities**

**Standard 1. Students will demonstrate skills and apply concepts to a variety of physical activities.**
Benchmark 1. Students combine skills to participate effectively in team and individual activities, including modified versions of some activities.

**Essential Learning Results:** Students will be introduced to the underlying basic skills used to participate effectively in recreational activities.

**Lesson Ideas:**
- Introduce different grips for racquet sports
- Use videos to demonstrate proper techniques
- Use modified versions of games to reinforce skill use during game play

**Resources:** Video tapes, speakers, demonstrations, books, scoring books, equipment, video recorder, TV and VCR

**Assessment:** Peer observation, teacher assessment, video evaluation and critique

Benchmark 2. Students will use basic offensive and defensive strategies while playing the sport, including modified versions of the sport.

**Essential Learning Results:** Students will understand the rules of game play for various recreational sports.

**Lesson Ideas:**
- Use modified rules to play games
- Participate in tournament play
- Know the rules needed to facilitate game play

**Resources:** Rule books, videotape of proper play, rule training in-service for teachers

**Assessment:** Teacher observation, student observation, group question and answer

**Standard 4. Students will demonstrate safe, responsible behavior in physical education settings.**

Benchmark 1. Students will demonstrate conduct appropriate for engaging in physical activity, including conflict resolution when needed.

**Essential Learning Results:** Students will successfully use conflict resolution strategies.

**Lesson Ideas:**
- Discuss conflict resolution strategies and problem-solving strategies.
- Discussion of safety rules for all activities
- Knowledge of “Stop Putdowns” or “Bully-proofing” curriculum
- Use “Peace Place” curriculum to resolve conflicts.

**Resources:** Books, worksheets, program for anti-bullying

**Assessment:** Teacher observation, self assessment

Benchmark 2. Students will develop an understanding for the need for respecting physical and performance limitations of self and others.
**Essential Learning Results:** Students will gain awareness of self and others’ abilities and will show encouragement to other classmates and demonstrate tolerance of others’ limitations.

**Lesson Ideas:**
- Model awareness
- Recognize the “Sportsperson of the week”
- Diversify teams and set specific parameters on how teams are developed

**Assessment:** Teacher observation, peer observation
Course #: P07  Course Name: Physical Education

Course Length: Variable  Designated Grade Level: 7th Grade

Course Description:

Physical Education in the 7th grade emphasizes physical fitness and development of basic movement skills through team, individual, and dual sports and rhythmic activities. Emphasis is placed on the introduction of basic fundamentals of sports; developing the knowledge of rules, building personal responsibility, good sportsmanship, and leadership.

Essential Learning Results:

Team Sports  Grade 7

Standard 1. Students will demonstrate skills and apply concepts to a variety of physical activities.

Benchmark 1: Students will use skills to participate effectively in team activities, including modified versions of such sports.

Essential Learning Results: Students will demonstrate appropriate use of sport specific skills.

Lesson Ideas:
- Lead up games, station work
- Modified game situations
- Peer observation and correction of fundamental skills
- Books, Multicultural games book
- Peer evaluation and teacher observation

Benchmark 2: Students will apply basic offense and defense terminology in games and/or drills.

Essential Learning Results: Students will demonstrate basic offensive and defensive plays and will be able to identify positions in a given situation.

Lesson Ideas:
- Students will create and implement plays without opponents.
- Students will implement own plays in a game situation.
- Playbooks
Benchmark 3: Students will identify and follow rules while playing a sport, including modified versions of a sport.

Essential Learning Results: Students will be able to recognize the value and necessity of rules for the sport.

Lesson Ideas: Written tests
Lesson Ideas: Modifying games
Lesson Ideas: Officiating games
Resources: Rule book for each sport.
Assessment: Written tests, observation rubric

Standard 2. Students will demonstrate the components of health-related physical fitness.

Benchmark 2. Students will develop health-related fitness in the areas of endurance, muscular strength, muscular endurance, and flexibility.

Essential Learning Results: Students will participate in activities that develop endurance, muscular strength, muscular endurance, and flexibility.

Lesson Ideas: Design specific fitness activities to enhance enjoyment of team sports.

Standard 3. Students will demonstrate knowledge of physical fitness concepts and the benefits of an active healthy lifestyle.

Benchmark 1. Students understand physical fitness concepts and the benefits of a healthy, active lifestyle.

Essential Learning Results: Students will be able to recognize and explain components of health-related fitness in relation to the sport they are participating in. Students will be able to explain how fitness enhances performance in team sports.

Lesson Ideas: Design specific fitness activities to enhance enjoyment of team sports.
Lesson Idea: Students do fitness essay evaluating their own fitness levels during participation in team sports.
Lesson Idea: Students record how fitness levels have improved during team sport unit.
Lesson Idea: Students list components involved in each team sport.
Benchmark 3: Students will understand the necessity for warming up prior to and cooling down at the completion of all fitness activities.

Essential Learning Results: Students will understand the safety and conditioning principles involved in preparing to participate in team sports.

Lesson Ideas: Design specific warm up/cool down activities per team sport
Lesson Ideas: Student led warm-ups
Lesson Ideas: Students submit warm-up/cool-down ideas to teacher.

Standard 4. Students will demonstrate safe, responsible behavior in physical education settings.

Benchmark #1: Students will demonstrate conduct appropriate for engaging in physical activity, including conflict resolution when needed.

Essential Learning Results: Students act responsibly in physical education socially, physically, and emotionally

Lesson Idea: Reinforce conflict resolution strategies and problem-solving strategies
Lesson Idea: Officiating
Resources: Handouts, books on anti-putdowns and bullying,

Benchmark 2: Students will develop an understanding of the need for respecting physical and performance limitations of self and others.

Essential Learning Results: Students are aware of others abilities and encourage all classmates.

Lesson Ideas: Demonstration of skill by teacher, then students practice skill and evaluate each other using a rubric scale.
Lesson Ideas: Design a new game or variation in a particular sport with a partner.
Lesson Ideas: Diversifying teams and setting specific parameters on how teams are developed.
Resources: Skill Rubric
Assessment: Discuss evaluation of skill with peer.

Individual Activities

Grade 7
Standard 1. Students will demonstrate skills and apply concepts to a variety of physical activities.

Benchmark 1: Students will use skills to participate effectively in individual activities, including modified versions of such activities.

Essential Learning Results: Students will demonstrate understanding and proper techniques used to participate effectively in individual sport activities.

Lesson Ideas: Create a individual routine that requires advanced skills and movements.
Lesson Ideas: Introduce target heart rates and taking rates accurately.
Lesson Ideas: Develop personal exercise program.
Resources: Heart rate monitors, heart rate posters, fitness overheads, computer software
Assessment: Exercise program, Individual routine, teacher evaluation.

Benchmark 4: Students will demonstrate rhythmic and dance patterns.

Essential Learning Results: Students will demonstrate rhythmic movements as related to specific activities.

Lesson Ideas: Develop a short aerobic routine
Lesson Ideas: Develop and perform a basic jump rope routine
Resources: Demonstrations, videos, books
Assessment: Skill component rubric

Standard 2. Students will demonstrate the components of health-related physical fitness.

Benchmark 1. Students will participate in sustained aerobic and anaerobic activities, maintaining a target heart rate sufficient to achieve cardiovascular benefits.

Essential Learning Results: Students will understand how to increase and decrease their heart rate to maintain a target heart rate.

Lesson Ideas: Circuit training
Lesson Ideas: Jump rope

Benchmark 2. Students will develop health-related fitness in the areas of endurance, muscular strength, muscular endurance, and flexibility.

Essential Learning Results: Students will participate in activities that develop endurance, muscular strength, muscular endurance, and flexibility.

Lesson Ideas: Design specific fitness activities to enhance enjoyment of team sports.
Standard 3. Students will demonstrate knowledge of physical fitness concepts and the benefits of an active healthy lifestyle.

Benchmark 1. Students understand physical fitness concepts and the benefits of a healthy, active lifestyle.

Essential Learning Results: Students will be able to recognize and explain components of health-related fitness in relation to the sport they are playing. Students will be able to explain how fitness enhances performance in team sports.

Lesson Ideas: Design specific fitness activities to enhance enjoyment of activities.  
Lesson Ideas: Students do fitness essay evaluating their own fitness levels during participation in team sports.  
Lesson Ideas: Students record how fitness levels have improved during team sport unit.  
Lesson Ideas: Students list components involved in each team sport.

Benchmark 2. Students will understand the principles of training and conditioning such as safety factors and knowledge required in a variety of muscular endurance and strength activities.

Essential Learning Results: Students will identify and participate in activities that utilize the principles of training and conditioning.

Lesson Ideas: Teacher director fitness plan  
Lesson Ideas: Line drills

Benchmark 3: Students will understand the necessity for warming up prior to and cooling down at the completion of all fitness activities.

Essential Learning Results: Students will understand the safety and conditioning principles involved in preparing to participate in individual activities.

Lesson Ideas: Design specific warm up/cool down activities per team sport  
Lesson Ideas: Student led warm-ups  
Lesson Ideas: Students submit warm-up/cool-down ideas to teacher.

Standard 4. Students will demonstrate safe, responsible behavior in physical education settings.

Benchmark #1: Students will demonstrate conduct appropriate for engaging in physical activity, including conflict resolution when needed.

Essential Learning Results: Students act responsibly in physical education socially,
physically, and emotionally.

**Lesson Idea:** Reinforce conflict resolution strategies and problem-solving strategies
**Lesson Idea:** Officiating
**Resources:** Handouts, books on anti-putdowns and bullying,
**Assessment:** Knowledge of rules, assess officials, teacher observation, student self-assessment of cooperation.

**Benchmark 2:** Students will develop an understanding of the need for respecting physical and performance limitations of self and others.

**Essential Learning Results:** Students are aware of others abilities and encourage all classmates.

**Lesson Ideas:** Students feel safe to take risks and to try new activities.
**Lesson Ideas:** Students brainstorm methods of positive criticism.
**Lesson Ideas:** Diversifying teams and setting specific parameters on how teams are developed.
**Assessment:** Teach another student a new skill and/or a drill

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**Recreational Activities**

**Grade:** 7

**Standard 1. Students will demonstrate skills and apply concepts to a variety of physical activities.**

**Benchmark 1. Students combine skills to participate effectively in team and individual activities, including modified versions of some activities.**

**Essential Learning Results:** Students will demonstrate understanding of basic skills needed to participate effectively in recreational activities.

**Lesson Ideas:** Demonstrate proper technique for grip and swing for a forehand or backhand in tennis
**Lesson Ideas:** Demonstrate proper technique for a three step approach while bowling
**Lesson Ideas:** Peer observation and critique of golf swing
**Resources:** Equipment for each sport
**Assessment:** Teacher observation, scoring, peer observation

**Benchmark 2. Students will use basic offensive and defensive strategies while playing the sport, including modified versions of the sport.**

**Essential Learning Results:** Students will recognize and adhere to rules while playing recreational activities.

**Lesson Ideas:** Mini tournament
Lesson Ideas: Introduce penalties accessed for not following rules
Lesson Ideas: Student develop penalties for rules
Resources: Rule books, rubrics, videotapes with players demonstrating rules
Assessment: Teacher observations, student observations, teacher/student question and answer session

Standard 4. Students will demonstrate safe, responsible behavior in physical education settings.

Benchmark 1. Students will demonstrate conduct appropriate for engaging in physical activity, including conflict resolution when needed.

Essential Learning Results: Students act responsibly in physical education socially, physically, and emotionally.

Lesson Ideas: Stop class to discuss conflicts in a large group utilizing curriculum from sixth grade.
Lesson Ideas: Students are able to list safety rules for all activities.

Benchmark 2. Students will develop an understanding for the need for respecting physical and performance limitations of self and others.

Essential Learning Results: Students develop awareness of self and others’ abilities and encouragement shown to others and tolerance of others’ limitations.

Lesson Ideas: Groups of students will create a game including rules and objectives. Game will be taught to class and played. Students evaluate their groups’ effectiveness.
Lesson Ideas: Peer coaching
Resources: Rubrics, game design sheets
Assessment: Teacher observations, rubric
Course #: P08  
Course Name: Physical Education  
Course Length: Variable  
Designated Grade Level: 8th Grade

Course Description:

Physical Education in the 8th grade emphasizes refinement of skills learned in the 7th grade, developing a greater understanding of game strategies. Continued emphasis is placed on personal responsibility, good sportsmanship, and attaining a higher level of personal fitness.

Essential Learning Results:

Team Sports  
Grade: 8

Standard 1. Students will demonstrate skills and apply concepts to a variety of physical activities.

Benchmark 1. Students combine skills to participate effectively in team activities, including modified versions of such activities.

Essential Learning Results: Students will execute skills at the appropriate time or in the appropriate sequence in games.

Lesson Ideas: Upper level game strategies during student led practice session. (e.g. forearm pass, set, hit)

Lesson Ideas: Tournament play

Lesson Ideas: Team “coach” evaluates team performances during given play and develops practice plan to improve teams’ weaknesses

Benchmark 2. Students will use basic offensive and defensive strategies while playing the sport, including modified versions of the sport.

Essential Learning Results: Transition from offense to defense in game play

Lesson Ideas: Tournament or game play
Lesson Ideas: Analyze offensive and defensive strategies used in games and/or videos
Resources: Sport Education book, Human Kinetics books
Assessment: Officiating
Benchmark 3: Students will identify and follow rules while playing sports and games.

**Essential Learning Results:** Students will self-officiate during games

**Lesson Ideas:** Students are given roles as officials to organize and officiate tournament play

**Lesson Ideas:** Research and present basic rule play found in sport specific rule book

**Resources:** Rule books

**Assessment:** Officiating

**Standard 2. Students will demonstrate the components of health-related physical fitness.**

**Benchmark 2. Students will develop health-related fitness in the areas of endurance, muscular strength, muscular endurance, and flexibility.**

**Essential Learning Results:** Students will participate in specific activities to improve cardiovascular endurance, muscular strength and endurance, and flexibility

**Lesson Ideas:** Sports specific stretching, circuit training, strength training

**Lesson Ideas:** Plyometrics, agility drills, footwork

**Standard 3. Students will demonstrate knowledge of physical fitness concepts and the benefits of an active, healthy lifestyle.**

**Benchmark 2. Students will understand the principles of training and conditioning such as safety factors and knowledge of required in a variety of muscular endurance and strength activities.**

**Essential Learning Results:** Students understand how training and conditioning improve performance.

**Lesson Ideas:** Design specific fitness activities to enhance enjoyment of team sports.

**Lesson Ideas:** Teachers show examples of the physical fitness levels of professional athletes and how this high level of fitness enhances their performance.

**Lesson Ideas:** Students design sport specific training programs to enhance performance

**Benchmark 3. Students will understand the necessity for warming up prior and cooling down at the completion of all fitness activities.**

**Essential Learning Results:** Students will understand body preparation for all activities.

**Lesson Ideas:** Student-led stretches

**Lesson Ideas:** Lead up games; tag; fitness games

**Lesson Ideas:** Class closure cool down.
Standard 4. Students will demonstrate safe, responsible behavior in physical education settings.

Benchmark 1. Students will demonstrate conduct appropriate for engaging in physical activity, including conflict resolution when needed.

Essential Learning Results: Students will engage in positive interactions with others and take personal responsibility for their actions in the classroom and on the field.

Lesson Ideas: Peer coaching
Lesson Ideas: Peer officiating

Benchmark 2. Students will develop an understanding of the need for respecting physical and performance limitations of self and others.

Essential Learning Results: Students are aware of others abilities and encourage all classmates.

Lesson Ideas: Students design their own game, class plays the game and classmates evaluate the effectiveness of the activity.
Lesson Ideas: Sportsperson of the week
Lesson Ideas: Students learn to pick diverse teams and set specific parameters on how teams are developed.
Assessment: Students teach each other a new skill, drill, or game.

Individual Activities Grade: 8

Standard 1. Students will demonstrate skills and apply concepts to a variety of physical activities.

Benchmark 1. Students combine skills to participate effectively in team and individual activities, including modified versions of some activities.

Essential Learning Results: Students will apply knowledge and skills to participate effectively in individual activities.

Lesson Ideas: Evaluate peer routines
Lesson Ideas: Monitor and maintain target heart rate
Lesson Ideas: Develop and revise an individual exercise program and chart the results
Benchmark 4. Students will demonstrate basic rhythmic or dance patterns.

Essential Learning Results: Students will apply rhythmic movements to enhance performance in individual activities.

Lesson Ideas: Combine rhythmic and/or dance patterns by interchanging skill related components such as balance, agility, speed, and coordination
Lesson Ideas: Evaluate peer routines
Resources: Videos, guest speakers, music
Assessment: Peer evaluation, teacher observation and assessment with rubric

Standard 2. Students will demonstrate the components of health-related physical fitness.

Benchmark 1. Students will participate in sustained aerobic and anaerobic activities, maintaining a target heart rate sufficient to achieve cardiovascular benefits.

Essential Learning Results: Students will maintain a target heart rate in sustained aerobic in anaerobic activities.

Lesson Ideas: Circuit training
Lesson Ideas: Interval training, plyometrics, distance training, Fartlik training
Lesson Ideas: Obstacle course
Resources: Track coaches, cross-country guest speakers, heart rate monitors, books
Assessment: Teacher observation, journal tracking, self assessment, pre- and post-testing

Benchmark 2. Students will develop health-related fitness in the areas of endurance, muscular strength, muscular endurance, and flexibility.

Essential Learning Results: Students will apply knowledge and understanding of how training of health-related fitness areas improves performance.

Lesson Ideas: Daily warm-ups
Lesson Ideas: Students develop fitness flashcards including performance information
Lesson Ideas: Exercise bingo, playing cards for fitness, obstacle course
Resources: Books
Assessment: Self evaluation based on increase in lung capacity, strength, sportfolio Completion

Standard 3. Students will demonstrate knowledge of physical fitness concepts and the benefits of active healthy lifestyle.
Benchmark 1. Students understand physical fitness concepts and the benefits of a healthy, active lifestyle.

**Essential Learning Results:** Develop a level of physical conditioning in muscular strength, cardiovascular endurance, and flexibility to enhance performance in a variety of individual activities.

**Lesson Ideas:** Plyometrics
**Lesson Ideas:** Conditioning circuit
**Lesson Ideas:** Fitness games
**Resources:** Books, handouts, heart monitors
**Assessment:** Self assessment of improvement in performance, measurement of improved strength, Presidential physical fitness testing or similar testing.

Benchmark 2. Students will understand principles of training and conditioning such as safety factors and knowledge required in a variety of muscular endurance and strength activities.

**Essential Learning Results:** Students will train to improve muscular and cardiovascular endurance, strength, and flexibility while observing safety factors.

**Lesson Ideas:** Development of individual fitness plan and documentation of it’s use for a designated period of time
**Lesson Ideas:** Create a rubric for proper techniques
**Lesson Ideas:** Develop an outdoor fitness course for peers
**Resources:** Handouts, videos, heart monitors
**Assessment:** Documentation of fitness plan results, self assessment.

Benchmark 3. Students will understand the necessity for warming up prior to and cooling down at the completion of all fitness activities.

**Essential Learning Results:** Students will apply and explain the principles of warm-up and cool-down during individual activities.

**Lesson Ideas:** Experiment with running and stretching after as a check for flexibility
**Lesson Ideas:** Check flexibility and resting pulse before each activity
**Lesson Ideas:** Fitness games and tag
**Resources:** Books
**Assessment:** Self observation, collection of fitness data

**Standard 4. Students will demonstrate safe, responsible behavior in physical education settings.**
Benchmark 1. Students will demonstrate conduct appropriate for engaging in physical activity, including conflict resolution when needed.

**Essential Learning Results:** Students will engage in positive interaction with others and take responsibility for all actions in the classroom and in the gym.

**Lesson Ideas:** Character education reinforcements during game play
**Lesson Ideas:** Challenges = group work : cooperation
**Lesson Ideas:** Demonstrate an aerobic routine to peers
**Resources:** Character education resources
**Assessment:** Teacher observations, peer evaluations as the end result of cooperatives

Benchmark 2. Students will develop an understanding for the need for respecting physical and performance limitations of self and others.

**Essential Learning Results:** Students will develop awareness of self and others’ abilities and encouragement of classmates.

**Lesson Ideas:** Student brainstorm ways to accept constructive criticism from peers.
**Lesson Ideas:** Listen and follow directions
**Resources:** Posters, books, handouts, guest speakers
**Assessment:** Teacher observation, question and answer session

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**Recreational Activities**

**Grade:** 8

**Standard 1. Students will demonstrate skills and apply concepts to a variety of physical activities.**

Benchmark 1. Students combine skills to participate effectively in team and individual activities, including modified versions of some activities.

**Essential Learning Results:** Students will utilize and apply basic skills used to participate effectively in recreational activities.

**Lesson Ideas:** Review basic skills in racquet sports
**Lesson Ideas:** Partner toss to force a forehand or backhand hit
**Lesson Ideas:** Develop routine involving skills as lead up to practice games
**Resources:** Videos, guest demonstrations
**Assessment:** Wall volley consistency, peer evaluation rubric, teacher observation

Benchmark 3: Students will identify and follow rules while playing sports and games.

**Essential Learning Results:** Students will develop the ability to self officiate.
Lesson Ideas: Change various rules to see how it effects game play
Lesson Ideas: Review consequences for disregarding rules
Lesson Ideas: Tournament play
Resources: Rule books, rubrics
Assessment: Written test on rules, teacher observation

Standard 4. Students will demonstrate safe, responsible behavior in physical education settings.

Benchmark 1. Students will demonstrate conduct appropriate for engaging in physical activity, including conflict resolution when needed.

Essential Learning Results: Students will engage in positive interactions with others and take responsibility for all actions in the classroom, gym and on the field.

Lesson Ideas: Peer coaching
Lesson Ideas: Peer officiating
Lesson Ideas: Students design own rules and play games accordingly
Resources: Rubrics, rule books
Assessment: Teacher/student question and answer session, assessment of game play, self assessment

Benchmark 2. Students will develop an understanding for the need for respecting physical and performance limitations of self and others.

Essential Learning Results: Students are aware of self and others’ abilities and encourage all classmates showing tolerance of others’ limitations.

Lesson Ideas: Pair students of different athletic abilities together so students can experience the strengths and limitations of others during game play
Lesson Ideas: Peer teaching and coaching with rubric
Resources: Self evaluation after game play
Assessment: Peer evaluation, teacher observation
Boulder Valley School District
High School Physical Education Curriculum

Curriculum Council and Writing Team Members
2004

High School Physical Education Curriculum Council

<table>
<thead>
<tr>
<th>Name</th>
<th>School</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monique Guidry</td>
<td>Boulder High School</td>
</tr>
<tr>
<td>Alan Schulz</td>
<td>Boulder High School</td>
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<tr>
<td>Kevin Boley</td>
<td>Broomfield High School</td>
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<tr>
<td>Sarah Brucker</td>
<td>Broomfield High School</td>
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<tr>
<td>Garren Estes</td>
<td>Broomfield High School</td>
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<tr>
<td>Tom Shoemaker</td>
<td>Centaurus High School</td>
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<tr>
<td>Rob Beauchamp</td>
<td>Fairview High School</td>
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<td>Susan Riley</td>
<td>Monarch High School</td>
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Writing Team Members

<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Tom Burgesser</td>
<td>Broomfield High School</td>
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<tr>
<td>Susan Kennedy</td>
<td>Broomfield High School</td>
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<tr>
<td>Mary Boettcher</td>
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<td>Michele Goldman</td>
<td>Centaurus High School</td>
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<tr>
<td>Rob VanDePol</td>
<td>Fairview High School</td>
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<tr>
<td>Mary Ann Briggs</td>
<td>Fairview High School</td>
</tr>
<tr>
<td>Troy Tewalt</td>
<td>Nederland Jr./Sr. High</td>
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High School Physical Education Curriculum

In order for all students to meet all physical education Boulder Valley School District content standards and benchmarks, the following guidelines have been established.

Students must earn 15 units of Physical Education credit in grades 9 through 12. Five of these credits must be taken in the 9th grade in Comprehensive P. E. course. Standards 2 and 3 will be assessed in these courses. Following this course, students can select from two other classes (five credits each) from the three categories listed below. One class must be taken from the Individual Activities (Standards 2 and 4) or Recreational Activities (Standards 1 and 4).

<table>
<thead>
<tr>
<th>Individual Activities (Standards 2, 4)</th>
<th>Team Sports (Standards 1, 3)</th>
<th>Recreational Activities (Standards 1, 4)</th>
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<td>Aerobics</td>
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<td>Independent Study</td>
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<td>Jogging</td>
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<td>Self Defense</td>
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<td>Weight Training I</td>
<td>Team Sports</td>
<td>Racquet Sports</td>
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<td>Weight Training II</td>
<td>Volleyball I</td>
<td>Tennis I</td>
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<td>Volleyball II</td>
<td>Tennis II</td>
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</table>

For each of the four standards there are specifically numbered benchmark statements defining what students should know and be able to do upon completion of a particular level of instruction. Also, for each course there are lesson ideas for student performance and classroom activities appropriate for that level of instruction. The use of the lesson ideas does not mean that the school must utilize only these ideas as a part of their curriculum. Rather, this standard could be met in a variety of activities, utilizing a variety of equipment as determined by the instructor.
## Boulder Valley School District
### High School Physical Education Curriculum

**Retained and Deleted Courses**

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<tr>
<th>Code</th>
<th>Course Name</th>
<th>Recommended Course Status</th>
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<td>Retain</td>
</tr>
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<td>P23</td>
<td>FITNESS</td>
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</tr>
<tr>
<td>P24</td>
<td>WEIGHT TRAINING I</td>
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<tr>
<td>P25</td>
<td>WEIGHT TRAINING II</td>
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<td>P28</td>
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<td>P54</td>
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BOULDER VALLEY SCHOOL DISTRICT
ESSENTIAL LEARNING RESULTS
HIGH SCHOOL PHYSICAL EDUCATION

Course #: P20  Course Name: Comprehensive Physical Education

Course Length: one semester  Designated Grade Level: 9

Prerequisites: none

Course Description:
This course provides basic orientation to the high school Physical Education curriculum. Students in this course are given the opportunity to explore the variety of elective physical education courses available to them during the remainder of their high school program. Emphasis is placed on skill development and fitness. The five fitness components of cardiovascular endurance, flexibility, muscular endurance, muscular strength, and body composition will be addressed.

Essential Learning Results:

Standard 2. Students will demonstrate the components of health-related physical fitness.

Benchmark 1. Students will sustain and maintain a moderate aerobic activity to achieve cardiovascular benefits.

Essential Learning Results: Students will demonstrate cardiovascular endurance and understand the muscular anatomy associated with the cardiovascular system.

Lesson Ideas: Target heart rate calculation
Lesson Ideas: Sustained aerobic activities and games
Lesson Ideas: Pre/Post testing of mile run
Resources: Stop watches, video, aerobic equipment
Assessment: Post test of fitness components

Benchmark 2. Students will demonstrate fitness development principles of overload, progression, specificity and individuality in developing cardiovascular endurance, muscular endurance, muscular strength, and flexibility.

Essential Learning Results: Students will demonstrate their understanding of fitness development principles.
Lesson Ideas: Muscular fitness small group activity
Lesson Ideas: Heart fitness activity
Lesson Ideas: Assessment of fitness components
Resources: Fitness notebook, fat calipers, sit and reach box

Benchmark 3: Students will demonstrate how to set goals for improvement in the areas of health-related fitness.

Essential Learning Results: Students will participate in fitness pre-testing and set goals based on their fitness level.

Lesson Ideas: Pre-testing of individual fitness components
Lesson Ideas: Setting fitness goals activity
Resources: Fitness notebook

Benchmark 4. Students will implement and refine a fitness plan based on personal goals.

Essential Learning Results: Students will participate in fitness post-testing to evaluate and refine the completion of their goals.

Lesson Ideas: Setting fitness goals activity
Lesson Ideas: Activity Log
Lesson Ideas: Review of research of fitness participation requirements
Resources: Fitness notebook, pedometers

Standard: 3. Students will demonstrate knowledge of physical fitness concepts and the benefits of an active, healthy lifestyle.

Benchmark # 1. Student will understand how to maintain appropriate levels of cardiovascular and respiratory efficiency, muscular strength and muscular endurance, flexibility, and body composition necessary for a healthy lifestyle.

Essential Learning Results: Students will understand basic fitness expectations.

Lesson Ideas: Mile-run- walking-jump rope
Lesson Ideas: Introduction to weight-room-basics
Lesson Ideas: Nutrition studies

Benchmark # 4. Students will be able to evaluate risks and safety factors that may affect physical activity throughout life.

Essential Learning Results: Students will demonstrate knowledge of rules, fitness, and conditioning parameters.
Lesson Ideas: Discussion of stretching-running-hydration
Lesson Ideas: Discussion of safety expectations

Benchmark #5. Students will be able to analyze biomechanical principles involved in sports to improve performance and reduce injury.

Essential Learning Results: Students will demonstrate a basic knowledge of anatomy and physiology.

Lesson Ideas: Video analysis, self-instructional
Lesson Ideas: Athletic training
Resources: Trainer
BOULDER VALLEY SCHOOL DISTRICT
ESSENTIAL LEARNING RESULTS
HIGH SCHOOL PHYSICAL EDUCATION

Course #: P23  Course Name: Fitness
Course Length: one semester  Designated Grade Level: 9-12
Prerequisites: P20

Course Description:

This course is designed to make students aware of various lifetime physical activities. Students will improve their fitness level through a variety of activities including weight training, aerobics, swimming, cardiovascular conditioning, and circuit training. Information will be given concerning diet, sports, and muscle groups. The five fitness components of cardiovascular endurance, flexibility, muscular strength, muscular endurance, and body composition will be addressed. This course may vary depending upon the interest of the students.

Essential Learning Results

Standard 2. Students will demonstrate the components of health-related physical fitness.

Benchmark 1. Students will be able to sustain and maintain a moderate aerobic activity to achieve cardiovascular benefits.

Essential Learning Results: Students will demonstrate cardiovascular endurance and understand the muscular anatomy associated with the cardiovascular system.

Lesson Ideas: Target heart rate calculation and charting
Lesson Ideas: Pre/Post evaluations
Lesson Ideas: Aerobic activities
Resources: Charts, heart rate monitors, Insta-pulse devices, steps, slide training aerobic equipment

Benchmark 2. Students will demonstrate the fitness development principles of overload, progression, specificity, and individuality in developing cardiovascular endurance, muscular endurance, muscular strength, and flexibility.

Essential Learning Results: Students will demonstrate basic knowledge of...
anatomy, physiology, and kinesiology.

Lesson Ideas: Continuous evaluations
Lesson Ideas: Explanation of anatomy and physiology charts
Lesson Ideas: Variety of workouts
Resources: Fitness measurement equipment

Benchmark 3. Students will be able to demonstrate how to set goals for improvement in the areas of health-related fitness and implementing and refining a fitness plan based on personal goals.

Essential Learning Results: Students will be able to evaluate their own fitness level, access improvement, set goals, and adjust activity levels to meet personal fitness needs.

Lesson Ideas: Fitness testing
Lesson Ideas: Baseline data, midterm fitness goals, recording weekly personal “bests”
Lesson Ideas: Discussion of recreational activities and evaluation of fitness level needed for each activity
Resources: Fitness measurement equipment

Benchmark 4. Students will be able to implement and refine a fitness plan based on personal goals.

Essential Learning Results: Students will be able to show evidence of completing a fitness plan over a set period of time.

Lesson Ideas: Illustrate various fitness plans
Lesson Ideas: Guest speakers-personal fitness trainers from several health clubs
Lesson Ideas: Design a personal fitness program that is based on the basic principles of training that encompasses all components of fitness.

Standard 4. Students will demonstrate safe, responsible behavior in physical education settings.

Benchmark 1. Students will demonstrate respect for physical and performance limitations of self and others while participating in physical activities.

Essential Learning Results: Students will develop awareness of one’s fitness level and personal improvement.

Lesson Ideas: Concepts related to fitness
Lesson Ideas: Various distance runs leading to increasing the length to identify improvement
Lesson Ideas: Grade based on completion, not comparison
Resources: Fitness concepts books

Benchmark 2. Students will demonstrate cooperative participation, sportsmanship and etiquette specific to an activity.

Essential Learning Results: Students will understand and demonstrate positive behaviors while participating in fitness activities in the community.

Lesson Ideas: Run using basic rules
Lesson Ideas: Atmosphere of encouragement at races and events
Lesson Ideas: Cooperation with walkers, cyclists, roller-bladers
Resources: Local running stores, recreation center maps and information
BOULDER VALLEY SCHOOL DISTRICT
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HIGH SCHOOL PHYSICAL EDUCATION

Course #: P24  
Course Name: Weight Training I

Course Length: one semester  
Designated Grade Level: 9-12

Prerequisites: P20

Course Description:

This course is designed for students interested in applying basic techniques in weight training. Weight training programs are set up with an emphasis on total fitness. Several types of programs are introduced along with a variety of fitness-oriented presentations which may include anatomy, physiology, psychology of sport, and nutrition. Weight room etiquette will also be emphasized in this course.

Essential Learning Results

**Standard 2. Students will demonstrate the components of health-related physical fitness.**

Benchmark 1. Students will sustain and maintain a moderate aerobic intensity level to achieve cardiovascular benefits.

Essential Learning Results: Students will demonstrate cardiovascular endurance by maintaining their target heart rate for a minimum of twenty minutes.

Lesson Ideas:
- Maintaining an elevated heart rate
- Correct breathing techniques during cardiovascular training

Benchmark 2. Students will demonstrate fitness development principles of overload, progression, specificity and individuality in developing cardiovascular endurance, muscular endurance, muscular strength, and flexibility.

Essential Learning Results: Students will demonstrate knowledge of the fitness principles during fitness training and on a written test.

Lesson Ideas:
- Discussion of fitness principles
- Anatomy of muscle growth
Benchmark 3: Students will demonstrate how to set goals for improvement in the areas of health-related fitness.

Essential Learning Results: Students will develop individual fitness goals based on their current level of conditioning.

Lesson Ideas:
- Discussion of fitness goals
- Pre-testing and individual goal development
- Recording methods
- Workout rotation

Benchmark 4. Students will implement and refine a fitness plan based on personal goals.

Essential Learning Results: Students will be able to demonstrate a revision of their fitness plan based on midterm testing.

Lesson Ideas:
- Discussion of the muscle groups involved in each lift.
- Biomechanical needs particular to sport and activities interests
- Compare sports and activities for strength needs

Standard 4. Students will demonstrate safe, responsible behavior in physical education settings.

Benchmark 1. Students will demonstrate respect for physical and performance limitations of self and others while participating in physical activities.

Essential Learning Results: Students will demonstrate their knowledge of safe weight lifting and demonstrate correct spotting techniques.

Lesson Ideas:
- Appropriate breathing techniques
- Biomechanical limitations

Benchmark 2. Students will demonstrate cooperative participation, sportsmanship and etiquette specific to an activity.

Essential Learning Results: Students will show encouragement to others during weight lifting.

Lesson Ideas:
- Correct spotting techniques
- Peer critique
- Helping to rack the weights
Course #: P25
Course Name: Weight Training II
Course Length: one semester
Designated Grade Level: 9-12
Prerequisites: P24

Course Description:

This course is designed to go beyond the general levels and objectives of Weight Training 1. Specific work out programs (including cardiovascular workouts) will be developed to meet the needs of students toward sports participation and also toward competition in power-lift contests. All programs will include the principles of specificity and progression. Weight room etiquette and workout ethics will also be included in this course.

Essential Learning Results

Standard 2. Students will demonstrate the components of health-related physical fitness.

Benchmark 1. Students will sustain and maintain a moderate aerobic intensity level to achieve cardiovascular benefits.

Essential Learning Results: Student will demonstrate their ability to maintain their target heart rate for fifteen minutes during cardiovascular exercise.

Lesson Ideas: Maintaining an elevated heart rate
Lesson Ideas: Correct breathing techniques

Benchmark 2. Students will demonstrate fitness development principles of overload, progression, specificity and individuality in developing cardiovascular endurance, muscular endurance, muscular strength, and flexibility.

Essential Learning Results: Students will demonstrate their knowledge of fitness principles on a written test.

Lesson Ideas: Research of different lifting styles and justification for each type.
Lesson Ideas: Anatomy of muscle growth
Lesson Ideas: Knowledge of making fitness gains lesson

**Benchmark 3**: Students will demonstrate how to set goals for improvement in the areas of health-related fitness.

**Essential Learning Results**: Students will understand their baseline fitness and set goals for improvement in all areas of fitness.

Lesson Ideas: Pre/Post testing
Lesson Ideas: Recording methods
Lesson Ideas: Rotation of different kinds of workouts

**Benchmark 4. Students implement and refine a fitness plan based on personal goals.**

**Essential Learning Results**: Students will track their own fitness daily and make adjustments in their plan as a result of their achievement.

Lesson Ideas: Functionality of lifting
Lesson Ideas: Biomechanical needs with sport and activities
Lesson Ideas: Compare sports and activities for strength needs

**Standard 4. Students will demonstrate safe, responsible behavior in physical education settings.**

**Benchmark 1. Students will demonstrate respect for physical and performance limitations of self and others while participating in physical activities.**

**Essential Learning Results**: Using basic biomechanical principles, students will complete an assessment of another student’s strength needs.

Lesson Ideas: Specificity principles related to individual needs

**Benchmark 2. Students will demonstrate cooperative participation, sportsmanship and etiquette specific to an activity.**

**Essential Learning Results**: Students will show encouragement to others during weight lifting.

Lesson Ideas: Peer analysis of individual training programs
Lesson Ideas: Correct spotting techniques
Course #: P28    Course Name: Jogging

Course Length: one semester    Designated Grade Level: 9-12

Prerequisites: P20

Course Description: This course is for students who would like to improve their fitness, but at their own pace. The speed and distance run is individualized to each student as they go through a gentle and steady process of improving their fitness level. Other fitness activities might include yoga, tae-bo, strength training, aerobics, cycling and roller-blading. Students will have the opportunity to participate in one or more road races.

Essential Learning Results

Standard 2. Students will demonstrate the components of health-related physical fitness.

Benchmark 1. Students will sustain and maintain a moderate aerobic intensity level to achieve cardiovascular benefits.

Essential Learning Results: Students will demonstrate a progression in their fitness level.

Lesson Ideas: Long run
Lesson Ideas: Interval workouts
Lesson Ideas: Aerobic-based games

Benchmark 3: Students will demonstrate how to set goals for improvement in the areas of health-related fitness.

Essential Learning Results: Students will be able to analyze the affects of jogging on the body.

Lesson Ideas: Heart rate monitoring
Lesson Ideas: Analyzing body composition
Lesson Ideas: Increased distance and pace
Resources: Heart rate monitors

Benchmark 4. Students implement and refine a fitness plan based on personal goals.
Essential Learning Results: Students will demonstrate their knowledge of one’s own current and future health.

Lesson Ideas: Pre-tests
Lesson Ideas: Target heart rate
Lesson Ideas: Post-tests

Standard 4. Students will demonstrate safe, responsible behavior in physical education settings.

Benchmark 1. Students will demonstrate respect for physical and performance limitations of self and others while participating in physical activities.

Essential Learning Results: Students will develop awareness of one’s fitness level and personal improvement.

Lesson Ideas: Concepts related to fitness
Lesson Ideas: Various distance runs leading to increasing the length to identify improvement
Lesson Ideas: Grade based on completion, not comparison
Resources: Fitness concepts books

Benchmark 2. Students will demonstrate cooperative participation, sportsmanship and etiquette specific to an activity.

Essential Learning Results: Students will understand and demonstrate positive behaviors while running in the community.

Lesson Ideas: Run using basic rules
Lesson Ideas: Atmosphere of encouragement at road races
Lesson Ideas: Cooperation with walkers, cyclists, roller-bladers
Resources: Local running stores, maps
Course #: P29  
Course Name: Adaptive Physical Education

Course Length: one semester  
Designated Grade Level: 9-12

Prerequisites: Teacher selection

Course Description:

This course is designed for the student with special sports needs. The programs are adaptive in nature and very individualized so that the students can work on their specific needs. Students will increase their skill level in their areas of interest, along with participation in various types of conditioning activities. This course also provides students with the opportunity to participate in modified activities in an environmental education class. This semester course may be repeated as desired or recommended. Approval of instructor is required.

Essential Learning Results

Standard 2. Students will demonstrate the components of health-related physical fitness.

Benchmark 1. Students will sustain and maintain moderate aerobic intensity level to achieve cardiovascular benefits.

Essential Learning Results: Students will demonstrate the ability to complete aerobic activity for 15-20 minutes.

Lesson Ideas:  
*Sweating to the Oldies*  
Lesson Ideas:  
Circuits  
Lesson Ideas:  
Walking  
Resources:  
Films, videos, VCR, Big screen television for students with visual handicaps

Benchmark 2. Students will demonstrate fitness development principles of overload, progression, specificity and individuality in developing cardiovascular endurance, muscular endurance, muscular strength and flexibility.
Essential Learning Results: Students will demonstrate the ability to work effectively and safely in a weight room.

Lesson Ideas: Weight lifting
Lesson Ideas: Weight charts
Resources: Straps on dumbbells, lower free weights

Standard 4. Students will demonstrate safe, responsible behavior in physical education settings.

Benchmark 1. Students will demonstrate respect for physical and performance limitations of self and others while participating in physical activities.

Essential Learning Results: Students will show respect for others by demonstrating encouragement and coaching others in a positive way.

Lesson Ideas: Discussion of positive habits in game play.
Lesson Ideas: Students utilized as coaches

Benchmark 2. Students will demonstrate cooperative participation, sportsmanship and etiquette specific to an activity.

Essential Learning Results: Students will show peer assistance and encouragement.

Lesson Ideas: Demonstration of correct etiquette
Lesson Ideas: Brainstorming session of unsportsmanship acts and positive replacement strategies.
Lesson Ideas: Cooperative games
Course #: P30  
Course Name: Bowling  
Course Length: one semester  
Designated Grade Level: 9-12  
Prerequisites: P20

Course Description: Bowling requires basic techniques and form to safely enjoy the activity. Students learn how to score and prepare individual weekly averages. Students will have an opportunity to bowl doubles and league play within the class. Students do not bowl everyday. Instructions in other recreational games are included in this course such as: horseshoes, golf, walking, floor hockey, ultimate frisbee.

Essential Learning Results:

Standard 1. Students will demonstrate skills and apply concepts to perform a variety of physical activities.

Benchmark 1. Students will apply scientific principles to learning and improving skills.

Essential Learning Results: Students will be able to apply the fundamentals of the pendulum swing, approach, and release of the ball to improve bowling performance.

Lesson Ideas: Practice stance and the four and one half step approach with and without the ball.

Lesson Ideas: Release of ball with peer critiquing body position, hand position, and point of release.

Lesson Ideas: Videotaping of follow through focusing on shoulders square, body lean, natural arm movement.

Benchmark 2. Students will demonstrate knowledge of rules and regulations specific to the physical activity.

Essential Learning Results: Students will demonstrate knowledge of bowling rules and regulations.

Lesson Ideas: Proper equipment and usage
Lesson Ideas: Scoring
Lesson Ideas: Rules and etiquette; foul line
Resources: Handouts of rules

Benchmark 3: Students will identify and explain the cultural, ethnic, and historical roles of games and sports.

Essential Learning Results: Students will be able to explain the history and origin of bowling.

Lesson Ideas: Discussion of the history of bowling
Lesson Ideas: Research on different types of bowling games

Benchmark 6. Students will demonstrate competency in one individual activity.

Essential Learning Results: Students will demonstrate their competency in bowling during skill testing.

Lesson Ideas: Different types of releases; demonstration by skilled bowlers
Lesson Ideas: Demonstration and practice of how to pick up spares
Lesson Ideas: Discussion of the tenth frame strategy

Benchmark 7. Students will demonstrate competency in one dual sport or game displaying an understanding of how it is played.

Essential Learning Results: Students will demonstrate competency in bowling during team play and game situations.

Lesson Ideas: Team play and doubles play
Lesson Ideas: Team competition

Standard 4. Students will demonstrate safe, responsible behavior in physical education settings.

Benchmark 1. Students will demonstrate respect for physical and performance limitations of self and others while participating in physical activities.

Essential Learning Results: Students will demonstrate patience, understanding, and respect for others while bowling.

Lesson Ideas: Knowledge of bowling rules: safety, scoring
Lesson Ideas: Knowledge of bowling alley equipment
Lesson Ideas: Demonstrate proper bowling form
Resources: Bowling alley personnel
Benchmark 2. Students will demonstrate cooperative participation, sportsmanship and etiquette specific to an activity.

Essential Learning Results: Students will apply school behavior/rules to an off campus setting.

Lesson Ideas: Understanding the need to cooperate with non-school personnel
Lesson Ideas: Bowling alley etiquette
Resources: Bowling alley personnel
BOULDER VALLEY SCHOOL DISTRICT
ESSENTIAL LEARNING RESULTS
HIGH SCHOOL PHYSICAL EDUCATION

Course #: P45  Course Name: Aerobics
Course Length: one semester  Designated Grade Level: 9-12
Prerequisites: P20

**Course Description:** This class focuses on aerobic exercise and utilizes many techniques to achieve the aerobic state. Choreography and dance routines are emphasized in this course. Yoga, Tae Bo, step, circuit, and a variety of dance styles are also introduced. Aerobic routines will be supplemented with proper stretching techniques, relaxation exercises, and general body fitness.

**Essential Learning Results**

**Standard 2. Students will demonstrate the components of health-related physical fitness.**

**Benchmark 1. Students will sustain and maintain a moderate aerobic intensity level to achieve cardiovascular benefits.**

**Essential Learning Results:** Students will demonstrate cardiovascular endurance.

**Lesson Ideas:**
- Choreography
- Tae Bo
- Step

**Resources:**
- Videos, heart Rate monitors, charts for THR

**Benchmark 2. Students will demonstrate fitness development principles of overload, progression, specificity and individuality in developing cardiovascular endurance, muscular endurance, muscular strength, and flexibility.**

**Essential Learning Results:** Students will demonstrate their knowledge of anatomy and physiology in relation to fitness development principles.

**Lesson Ideas:**
- Circuit – 44 stations indoors
- Circuit - 4 stations around track
- Yoga

**Resources:**
- Heart rate monitors, research on principles, all fitness measurement equipment, mats, yoga deck, books
Benchmark 3: Students will demonstrate how to set goals for improvement in the areas of health-related fitness.

**Essential Learning Results:** Students will set and adjust goals using their knowledge of the fitness components.

**Lesson Ideas:** Design personal training program

**Lesson Ideas:** Fitness testing in all components

**Lesson Ideas:** Design program for marathon training

**Resources:** Computer with internet, guest speakers, books

Benchmark 4: Students will implement and refine a fitness plan based on personal goals.

**Essential Learning Results:** Using personal pre-test fitness assessments, students will complete their fitness plan and make necessary adjustments for improvement.

**Lesson Ideas:** Pre-test fitness assessment

**Lesson Ideas:** Student designed lesson. Teach for ½ hour

**Resources:** Fitness plans, guest speakers, equipment to implement program

Standard 4. Students will demonstrate safe, responsible behavior in physical education settings.

Benchmark 1. Students will demonstrate respect for physical and performance limitations of self and others while participating in physical activities.

**Essential Learning Results:** Students will demonstrate spatial awareness, understanding of limitations, proper equipment usage, and safety rules.

**Lesson Ideas:** Circuit 44 indoor stations

**Lesson Ideas:** Three mile walk to destination off campus

**Lesson Ideas:** Jump rope

Benchmark 2. Students will demonstrate cooperative participation, sportsmanship and etiquette specific to an activity.

**Essential Learning Results:** Students will demonstrate knowledge of safety and etiquette in class space.

**Lesson Ideas:** Jitterbug instructions

**Lesson Ideas:** Island Dancing

**Lesson Ideas:** “Add-on” partner designs, eight count choreography and combine to create a whole dance

**Resources:** Guest instructors, videos
Course #: P50

Course Name: Archery

Course Length: one semester

Designated Grade Level: 9-12

Prerequisites: P20

Course Description: Archery requires basic techniques and form to safely enjoy the activity. Students learn how to nock an arrow and shoot for accuracy, as well as, prepare and care for the equipment. Students will have an opportunity to shoot in class competitions. Students do not shoot everyday. Instructions in other recreational games are included in this course such as: horseshoes, golf, walking, floor hockey, ultimate frisbee, etc.

Essential Learning Results

Standard 1. Students will demonstrate skills and apply concepts to perform a variety of physical activities.

Benchmark 1. Students will apply scientific principles to learning and improving skills.

Essential Learning Results: Students will demonstrate the correct techniques for nocking and shooting in archery.

Lesson Ideas: Grip, stance, nock
Lesson Ideas: Pull, release, follow through
Lesson Ideas: Aim

Benchmark 3: Students will identify and explain the cultural, ethnic, and historical roles of games and sports.

Essential Learning Results: Knowledge and demonstration of their understanding of the culture involved in the sport and the history behind the evolution of archery.

Lesson Ideas: Research of archery as a way of survival
Lesson Ideas: Research of archery as an Olympic sport
Benchmark 6. Students will demonstrate competency in one individual activity.

**Essential Learning Results:** Students will demonstrate their proficiency by their results on a target test.

**Lesson Ideas:**
- Shooting for distance
- Target practice from varying distances

**Standard 4. Students will demonstrate safe, responsible behavior in physical education settings.**

Benchmark 1. Students will demonstrate respect for physical and performance limitations of self and others while participating in physical activities.

**Essential Learning Results:** Students will demonstrate patience, understanding, and respect while participating in archery

**Lesson Ideas:**
- Learn archery rules
- Learn about equipment
- Learn correct form with bow

**Resources:** Books, internet access

Benchmark 2. Students will demonstrate cooperative participation, sportsmanship and etiquette specific to an activity.

**Essential Learning Results:** Students will use cooperation and good listening skills during archery.

**Lesson Ideas:**
- Break down skills
- Instructor run on command
- Emphasize archery etiquette

**Resources:** Videos, internet
Course #: P51          Course Name: Golf

Course Length: one semester          Designated Grade Level: 9-12

Prerequisites: P20

Course Description: Golf requires basic techniques and form to safely enjoy the activity. Students learn the techniques of the full swing, chip and putt. Students also learn to score using different formats and figure their handicap. Students will have an opportunity to golf on a regulation course. Students do not golf everyday. Instructions in other recreational games are included in this course such as: horseshoes, walking, floor hockey, ultimate Frisbee, etc.

Essential Learning Results:

Standard 1. Students will demonstrate skills and apply concepts to perform a variety of physical activities.

Benchmark 1. Students will apply scientific principles to learning and improving skills.

Essential Learning Results: Students will learn the mechanics of the full swing, chip shot, and the putt.

Lesson Ideas: Stance, grip, address
Lesson Ideas: Back swing and body movement
Lesson Ideas: Ball position in stance; full swing

Benchmark 2. Students will demonstrate knowledge of rules and regulations specific to the physical activity.

Essential Learning Results: Students will demonstrate their understanding of the rules of golf.

Lesson Ideas: Handouts of course rules
Lesson Ideas: PGA rules; test
Lesson Ideas: Scenarios with partner; view video on rules

Benchmark 3: Students will identify and explain the cultural, ethnic, and historical roles of games and sports.
**Essential Learning Results:** Students will demonstrate their understanding of the history and culture of golf.

Lesson Ideas:
- Beginning of golf
- PGA, LPGA, College Golf, Senior Tour
- The development of different types of golf
- “Legend of Bagger Vance” video

**Benchmark 6. Students will demonstrate competency in one individual activity.**

**Essential Learning Results:** Students will demonstrate their proficiency in playing a round of golf on the golf course.

Lesson Ideas:
- Practice a short course on school grounds with 9 irons
- Course play – one hole only
- Field trip—play as many holes as time allows

**Standard 4. Students will demonstrate safe, responsible behavior in physical education settings.**

**Benchmark 1. Students will demonstrate respect for physical and performance limitations of self and others while participating in physical activities.**

**Essential Learning Results:** Students will learn basic guidelines of play on the course and on practice areas.

Lesson Ideas:
- Rules of the driving range, chipping, and putting areas
- Appropriate actions at the tee base, on the fairway, sand traps, and putting green
- Use of carts, and placement of clubs while playing on the course

Resources:
- Local PGA, LPGA professional

**Benchmark 2. Students will demonstrate cooperative participation, sportsmanship and etiquette specific to an activity.**

**Essential Learning Results:** Students will demonstrate their understanding of the etiquette used in playing golf.

Lesson Ideas:
- Check-in and interaction with the golf shop
- Safe and courteous behavior while golfing with others
- Methods of play to have minimal impact on the course

Resources:
- USGA video "Rules of the Game"
Course #: P52  
Course Name: Tennis I

Course Length: Semester  
Designated Grade Level: 9-12

Prerequisites: P20

Course Description: The primary goal of this course is to assist students in developing fundamental skills in playing tennis. Students will learn beginning skill development in the forehand and backhand stroke, as well as, serving and volleying techniques. Additionally, students will gain understanding in rules, scoring, etiquette, and playing strategies. Students will have the opportunity to apply and improve skills through match play and challenge ladders.

Essential Learning Results:

Standard 1. Students will demonstrate skills and apply concepts to perform a variety of physical activities.

Benchmark 1. Students will apply scientific principles to learning and improving skills.

Essential Learning Results: Students will demonstrate correct fundamental tennis skills in a performance.

Lesson Ideas: Mechanics of ground strokes
Lesson Ideas: Mechanics of the serve
Lesson Ideas: Volley techniques

Benchmark 2. Students will demonstrate knowledge of rules and regulations specific to the physical activity.

Essential Learning Results: Students will be able to show their knowledge of rules through correct game play.

Lesson Ideas: Rules for the start of a match
Lesson Ideas: Scoring
Lesson Ideas: Court boundaries
Benchmark 3: Students will identify and explain the cultural, ethnic, and historical roles of games and sports.

**Essential Learning Results:** Students will be able to demonstrate their understanding of the origin of the game and current play options.

**Lesson Ideas:**
- History of the game
- USTA and how to join a league
- Observe a professional match

**Resources:** United States Tennis Association training and materials

Benchmark 4. Students will compare and contrast the strategies of defense and offense in various sports.

**Essential Learning Results:** Students will demonstrate basic movements and court coverage during skill development exercises.

**Lesson Ideas:**
- Similarities in initial body position and hip movement to the throw
- Use throwing technique to teach the serve
- Court coverage and return to ready position

Benchmark 5. Students will demonstrate competency in one team-related activity or sport, through the execution of defensive and offensive strategies.

**Essential Learning Results:** Students will be able to describe the strategy of singles play during a performance assessment.

**Lesson Ideas:**
- Setting up an opponent with a variety of shots.
- High percentage shots and appropriate shot for different situations.

Benchmark 6. Students will demonstrate competency in one individual activity.

**Essential Learning Results:** Students will be able to hit a technically correct forehand and backhand.

**Lesson Ideas:**
- Identify breakdown of the forehand and backhand
- Skill check-off on the components of the ground strokes.
- Continuous rally

Benchmark 7. Students will demonstrate competency in one dual sport or game displaying an understanding of how it is played.

**Essential Learning Results:** Students will be able to demonstrate knowledge of singles play in tennis during game play.

**Lesson Ideas:** Play a best of five game set
Lesson Ideas: Officiate a match
Lesson Ideas: Observe a match while scoring and identifying rules in use.

Standard 4. Students will demonstrate safe, responsible behavior in physical education settings.

Benchmark 1. Students will demonstrate respect for physical and performance limitations of self and others while participating in physical activities.

Essential Learning Results: Students will be able to recognize personal improvement in tennis.

Lesson Ideas: Skill check-off
Lesson Ideas: Videotape individual student play early in the class and also toward the end of the tennis unit
Lesson Ideas: Work to improve rally length with a partner

Benchmark 2. Students will demonstrate cooperative participation, sportsmanship and etiquette specific to an activity.

Essential Learning Results: Students will demonstrate the etiquette used in tennis during class play.

Lesson Ideas: Respect for opponents
Lesson Ideas: Officiating own match
Lesson Ideas: End of match congratulations/handshake with opponent
BOULDER VALLEY SCHOOL DISTRICT
ESSENTIAL LEARNING RESULTS
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Course #: P53
Course Name: Tennis II
Course Length: semester
Designated Grade Level: 9-12
Prerequisites: P52 Tennis

Course Description: The primary goal of this course is to assist students in developing advanced skills in tennis. Students will develop competence in the power serve, lobs, drop shots, and advanced strategies. A balance of individual skill time, singles, and doubles competition is emphasized. Students will also develop fitness needed for success in the sport. This class is offered for the highly motivated tennis player.

Essential Learning Results:

Standard 1. Students will demonstrate skills and apply concepts to perform a variety of physical activities.

Benchmark 1. Students will apply scientific principles to learning and improving skills.

Essential Learning Results: Students will demonstrate correct form in advanced tennis skills.

Lesson Ideas: Mechanics of net play
Lesson Ideas: Mechanics of power serve with emphasis on ball placement
Lesson Ideas: Drop and lob shots

Benchmark 2. Students will demonstrate knowledge of rules and regulations specific to the physical activity.

Essential Learning Results: Demonstrate knowledge of rules and regulations through singles and doubles game play.

Lesson Ideas: Doubles play
Lesson Ideas: Singles play

Benchmark 4. Students will compare and contrast the strategies of defense and offense in various sports.
Essential Learning Results: Students will be able to demonstrate their ability to work with a doubles partner in offense and defense strategies.

Lesson Ideas: Doubles play with both players at net.
Lesson Ideas: Doubles play with both players deep in court

Benchmark 7. Students will demonstrate competency in a dual sport or game displaying an understanding of how it is played.

Essential Learning Results: Students will demonstrate the ability to play tennis in a competitive setting

Lesson Ideas: Written assessment
Lesson Ideas: Performance assessments
Lesson Ideas: Round robin tournaments with doubles and singles competition

Standard 4. Students will demonstrate safe, responsible behavior in physical education settings.

Benchmark 1. Students will demonstrate respect for physical and performance limitations of self and others while participating in physical activities.

Essential Learning Results: Recognize personal improvement

Lesson Ideas: Skill check-off
Lesson Ideas: Videotape individual student play early in the class and also toward the end of the tennis unit
Lesson Ideas: Work to improve rally length with a partner
Course #: P54  Course Name: Racquet Sports

Course Length: one semester  Designated Grade Level: 9-12

Prerequisites: P20

Course Description: The primary goal of this course is to assist students in developing fundamental skills in playing individual and dual activities such as: tennis, badminton, table tennis, golf, bocce, and pickleball. Along with beginning skill development, rules, scoring, etiquette and playing strategies will also be emphasized. Students will have the opportunity to apply and improve skills through match play and challenge ladders.

Essential Learning Results:

Standard 1. Students will demonstrate skills and apply concepts to perform a variety of physical activities.

Benchmark 1. Students will apply scientific principles to learning and improving skills.

Essential Learning Results: Students will be able to relate the physical factors to their skill development. Principles will include factors effecting flight, footwork, and the importance of levers.


Benchmark 2. Students will demonstrate knowledge of rules and regulations specific to the physical activity.

Essential Learning Results: Students will show competence in the rules and regulations of particular games by on a written exam and through a performance assessment.
Lesson Ideas: Officiating
Lesson Ideas: Handouts on rules
Lesson Ideas: Tests/Evaluate
Resources: Teachers, handouts, rulebooks, internet access

Benchmark 3. Students will identify and explain the cultural, ethnic, and historical roles of games, sports, and dance.

Essential Learning Results: Students will show appreciation for diversity through understanding the roles of sport in other cultures.

Lesson Ideas: Playing sport with original rules and equipment
Lesson Ideas: Guest experts
Lesson Ideas: Sports Research
Resources: Internet, cultural groups guest speakers, videos

Benchmark 6: Students will demonstrate competency in one individual activity.

Essential Learning Results: Students will demonstrate the acquisition of specific skills in one individual activity.

Lesson Ideas: Lead up activities/drills
Lesson Ideas: Modified games
Lesson Ideas: Games
Resources: Instruction videos, professional performances, high school performances, video of student performances.

Benchmark 7: Students will demonstrate competency in one dual sport or game displaying an understanding of how it is played.

Essential Learning Results: Students will demonstrate the acquisition of specific skills in one dual activity.

Lesson Ideas: Lead up activities
Lesson Ideas: Modified games
Lesson Ideas: Play
Resources: Professional/High school tennis performances

Standard 4. Students will demonstrate safe, responsible behavior in physical education settings.

Benchmark 1. Students will demonstrate respect for physical and performance limitations of self and others while participating in physical activities.
**Essential Learning Results:** Students will be able to recognize personal improvement in racquet sports.

**Lesson Ideas:**
- Skill check-off
- Videotape individual student play early in the class and also toward the end of the racquet unit
- Work to improve rally length with a partner

**Benchmark 2. Students will demonstrate cooperative participation, sportsmanship and etiquette specific to an activity.**

**Essential Learning Results:** Students will demonstrate the etiquette used in racquet sports during class play.

**Lesson Ideas:**
- Respect for opponents
- Officiating own match
- End of match congratulations/handshake with opponent
Course #: P55  
Course Name: Self Defense

Course Length: semester  
Designated Grade Level: 9-12

Prerequisites: P20

**Course Description:** Students will develop skill in techniques of self defense and personal safety. Guest speakers will demonstrate several forms of self defense. Students will practice and be tested in basic techniques. This course has a strong fitness component. Students will practice throws, rolls, landings, holds, and releases with a partner. Each student will develop a protection plan.

**Essential Learning Results:**

**Standard 2. Students will demonstrate the components of health-related physical fitness.**

Benchmark 1. Students will sustain and maintain a moderate aerobic activity to achieve cardiovascular benefits.

**Essential Learning Results:** Students will show knowledge of target heart rate and be able to monitor their heart rate by increasing or decreasing their activity level.

**Lesson Ideas:** Jogging in place with Judo rolls; timed and counted
**Lesson Ideas:** Mile run
**Resources:** Track, Target heart rate chart, heart rate monitors

Benchmark 2. Students will demonstrate fitness development principles of overload, progression, specificity and individuality in developing cardiovascular endurance, muscular endurance, muscular strength, and flexibility.

**Essential Learning Results:** Students will be able to demonstrate fitness principles used in basic judo, correct throws, techniques, and landings.

**Lesson Ideas:** Weight training day
Benchmark 3: Students will demonstrate how to set goals for improvement in the areas of health-related fitness.

Essential Learning Results: Students will utilize basic judo and safety to set fitness goals for themselves in the area of cardiovascular fitness and muscular endurance.

Lesson Ideas: Lecture of personal safety practice and protection plan
Lesson Ideas: Attack testing
Lesson Ideas: Releases with partner assessing
Resources: Classroom whiteboard, timers, checklists

Benchmark 4. Students will implement and refine a fitness plan based on personal goals.

Essential Learning Results: Students will utilize basic judo and safety implement and adjust fitness goals for themselves in the area of cardiovascular fitness and muscular endurance.

Lesson Ideas: Presentation of plans by students
Lesson Ideas: Lecture on setting personal goals
Lesson Ideas: Plan assessments
Resources: Examples of fitness plans, classroom

Standard 4. Students will demonstrate safe, responsible behavior in physical education settings.

Benchmark 1. Students will demonstrate respect for physical and performance limitations of self and others while participating in physical activities.

Essential Learning Results: Students will practice safety during throws, landings, and escapes.

Lesson Ideas: Partner practice and escapes
Resources: Videos

Benchmark 2. Students will demonstrate cooperative participation, sportsmanship and etiquette specific to an activity.

Essential Learning Results: Students will successfully demonstrate safe holds and releases with other participants while assessing others’ body vulnerabilities.
**Lesson Ideas:** Partner practice with attack and escape

**Resources:** Research on computer
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ESSENTIAL LEARNING RESULTS
HIGH SCHOOL PHYSICAL EDUCATION

Course #: P61             Course Name: Outdoor Education
Course Length: semester   Designated Grade Level: 9-12
Prerequisites: P20

Course Description: This course teaches basic and more advanced outdoor skills. Students will obtain experience in some or all of the following activities: rock climbing, rappelling, snowboarding, avalanche safety, survival skills, mountaineering, hiking, backpacking, camping, outdoor cooking, snowcaving, archery, and downhill skiing.

Essential Learning Results

Standard 1. Students will demonstrate skills and apply concepts to perform a variety of physical activities.

Benchmark 1. Students will apply scientific principles to learning and improving skills.

Essential Learning Results: Students will demonstrate techniques related to various outdoor adventure activities and demonstrate their understanding of specific movement involved in each activity.

Lesson Ideas: Fly-fishing casting techniques
Lesson Ideas: Rock climbing strength and skills
Lesson Ideas: Kayaking
Resources: Fly-fishing equipment, speakers, climbing equipment

Benchmark 3: Students will identify and explain the cultural, ethnic, and historical roles of games and sports.

Essential Learning Results: Students will demonstrate their knowledge of adventure and pioneers of outdoor activities in written form.
Lesson Ideas: Antarctic exploration
Lesson Ideas: Early rock climbing in Colorado
Lesson Ideas: Golden age of European Alpinism
Resources: Videos, speakers, field trips

Benchmark 6. Students will demonstrate competency in one individual activity.

Essential Learning Results: Students will demonstrate knowledge of how to plan the activity, skills involved, equipment, and places to go.

Lesson Ideas: Planning a trip
Lesson Ideas: Equipment needs and use
Lesson Ideas: Meal preparation
Resources: Books, videos, speakers

Standard 4. Students will demonstrate safe, responsible behavior in physical education settings.

Benchmark 1. Students will demonstrate respect for physical and performance limitations of self and others while participating in physical activities.

Essential Learning Results: Students will demonstrate tolerance and patience in group interactions.

Lesson Ideas: Group challenges
Lesson Ideas: Ropes course
Lesson Ideas: Expedition behavior
Resources: Books

Benchmark 2. Students will demonstrate cooperative participation, sportsmanship and etiquette specific to an activity.

Essential Learning Results: Students will show leadership and cooperation in group interactions.

Lesson Ideas: Group leader activities
Lesson Ideas: Orienteering in teams
Resources: Maps and compasses, orienteering course
Course #: P62                Course Name: Cycling
Course Length: one semester  Designated Grade Level: 9-12
Prerequisites: P20

Course Description: Students in this course will participate in daily rides on and off road as long as weather permits. Indoor activities will include bicycle maintenance, effective cycling techniques for various conditions, strength and conditioning related to off season training and cycling rules and etiquette. Students will also explore equipment technology and its effect on performance.

Essential Learning Results:

Standard 1. Students will demonstrate skills and apply concepts to perform a variety of physical activities.

Benchmark 1. Students will apply scientific principles to learning and improving skills.

Essential Learning Results: Students will be able to apply the technical aspects of cycling skills.

Lesson Ideas: Mechanics of riding posture
Lesson Ideas: Mechanics of hill ascent and descent
Resources: Bike; various terrains

Benchmark 2: Students will demonstrate knowledge of the rules and regulations specific to the physical activity.

Essential Learning Results: Students will demonstrate their understanding of riding etiquette.

Lesson Ideas: Etiquette while riding on mountain trails
Lesson Ideas: Etiquette while riding on the road
Benchmark 3. Students will identify and explain cultural, ethnic, and historical roles of games and sports.

**Essential Learning Results:** Students will be able to identify the various styles of cycling and the cultural significance of each.

**Lesson Ideas:**
- History and techniques of road cycling
- History and techniques and mountain biking
- Observe professional riding event or video
- IMBA and USCF manuals

Benchmark 4. Students will compare and contrast the strategies of defense and offense in various sports.

**Essential Learning Results:** Students will understand the use of a cycling team in competition.

**Lesson Ideas:**
- Model team strategies in mountain and road cycling
- Model team competition in mountain and road cycling

Benchmark 6. Students will demonstrate competency in one individual activity.

**Essential Learning Results:** Students will demonstrate competency in technical riding skill.

**Lesson Ideas:**
- Technical skill sessions
- Weight and transfer and riding posture

**Standard 4. Students will demonstrate safe and responsible behavior in physical education settings.**

**Benchmark 1:** Students will demonstrate respect for physical and performance limitations of self and others.

**Essential Learning Results:** The students will be able to self analyze their cycling ability and respect the ability of others.

**Lesson Ideas:**
- Timed rides
- Technical ascents and descents

**Benchmark 2:** Students will demonstrate cooperative participation, sportsmanship, and etiquette specific to an activity.

**Essential Learning Results:** Students will adhere to the rules of the road and demonstrate proper cycling etiquette.
Lesson Ideas: Situational rides
Lesson Ideas: Rules of etiquette
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ESSENTIAL LEARNING RESULTS
HIGH SCHOOL PHYSICAL EDUCATION

Course #: P64  
Course Name: Challenge and Adventure

Course Length: one semester  
Designated Grade Level: 9-12

Prerequisites: P20

Course Description: The Challenge and Adventure curriculum prepares students to be able to function in a climbing setting. Students participate in numerous activities and games which promote effective communication, trust, and the ability to problem solve with their peers. In addition, there is a technical phase where students learn and practice the various skills and proper equipment usage involved in climbing. This is a dynamic class where students will be able to choose their level of challenge and achieve personal success.

Essential Learning Results:

Standard 1. Students will demonstrate skills and apply concepts to perform a variety of physical activities.

Benchmark 1. Students will apply scientific principles to learning and improving skills.

Essential Learning Results: Students will demonstrate techniques and skills required in climbing.

Lesson Ideas: Use and safety check of harness
Lesson Ideas: Ability to tie a variety of knots
Lesson Ideas: Correct belay techniques
Resources: Harnesses and climbing ropes, digital video capabilities

Benchmark 2. Students will demonstrate knowledge of rules and regulations specific to the physical activity.

Essential Learning Results: Students will demonstrate knowledge of the safety steps required in a group to provide a safe environment for all climbers.
Lesson Ideas: Pre-climbing check
Lesson Ideas: Correct verbal commands
Lesson Ideas: Teamwork (belay) during climb
Resources: Handouts and group activities.
Skills and written tests.

**Standard 4. Students will demonstrate safe, responsible behavior in physical education settings.**

**Benchmark 1. Students will demonstrate respect for physical and performance limitations of self and others while participating in physical activities.**

**Essential Learning Results:** Students will develop trust and cooperation within a group.

Lesson Ideas: Cooperative games and activities
Lesson Ideas: Challenge situations
Lesson Ideas: Group reflection and discussion
Resources: Teacher addition of activity books
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HIGH SCHOOL PHYSICAL EDUCATION

Course #: P66  Course Name: Athletic Training

Course Length: one semester  Designated Grade Level: 9-12

Prerequisites: P20

Course Description: Students will learn the step-by-step instructions for applying braces, wraps, and tapes to injury areas. This class will emphasize sports injury prevention and hands-on practice of taping injuries related to the fingers, wrist, elbow, shoulder, knee, and ankle. Basic first aid will also be taught in this class.

Essential Learning Results:

Standard 1. Students will demonstrate skills and apply concepts to perform a variety of physical activities.

Benchmark 1. Students will apply scientific principles to learning and improving skills.

Essential Learning Results: Students will demonstrate understanding of basic first aid and injury prevention.

Lesson Ideas: Taping
Lesson Ideas: Human movement
Lesson Ideas: First aid
Resources: Speakers/video/handouts

Standard: 3. Students will demonstrate knowledge of physical fitness concepts and the benefits of an active, healthy lifestyle.

Benchmark 4. Students will be able to evaluate risks and safety factors that may affect physical activity throughout life.

Essential Learning Results: Students will be able to understand basic injury diagnosis and prevention.
Lesson Ideas: Physical injury evaluation of partner
Lesson Ideas: Field trip to a sports medicine facility
Lesson Ideas: Pros/Cons of injury prevention devices
Resources: Guest speakers, On-site trainers

Benchmark 5. Students will be able to analyze biomechanical principles involved in sports to improve performance and reduce injury

Essential Learning Results: Students will understand basic kinesiology and how it applies to sports medicine.

Lesson Ideas: Understanding anatomy and physiology
Lesson Ideas: Anatomy coloring books
Lesson Ideas: Video analysis
Resources: Videos, speakers, handouts
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HIGH SCHOOL PHYSICAL EDUCATION

Course #: P69  
Course Name: Officiating

Course Length: one semester  
Designated Grade Level: 9-12

Prerequisites: P20

Course Description:

Essential Learning Results:

Standard 1. Students will demonstrate skills and apply concepts to perform a variety of physical activities.

Benchmark 1. Students will apply scientific principles to learning and improving skills.

Essential Learning Results: Students will demonstrate correct mechanics and positioning while officiating.

Lesson Ideas: Handouts of signals
Lesson Ideas: Actual officiating of athletic contests
Lesson Ideas: Individual assessment from videotape

Benchmark 2. Students will demonstrate knowledge of rules and regulations specific to the physical activity.

Essential Learning Results: Students will demonstrate knowledge of the rules for each sport on a written exam.

Lesson Ideas: Written test
Lesson Ideas: Group discussion of rulebook
Lesson Ideas: Officiating athletic contest

Benchmark 3: Students will identify and explain the cultural, ethnic, and historical roles of games and sports.

Essential Learning Results: Students will understand the history of rules and rule changes.
Lesson Ideas: Discussion of where game originated specific to time and country
Lesson Ideas: Link sport development to historical events
Lesson Ideas: Written test on history/culture

Benchmark 4. Students will compare and contrast the strategies of defense and offense in various sports.

Essential Learning Results: Students will be able to demonstrate understanding of offense and defense in various sports.

Lesson Ideas: Discussion on the position of the lead and trail official in basketball
Lesson Ideas: Discussion of the position of football officials
Lesson Ideas: Understanding and modeling of what constitutes off-sides in soccer

Benchmark 5. Students will demonstrate competency in one team-related activity or sport, through the execution of defensive and offensive strategies.

Essential Learning Results: Students will be able to officiate at least one team sport.

Lesson Ideas: Officiating basketball
Lesson Ideas: Officiating volleyball
Lesson Ideas: Officiating soccer

Benchmark 7. Students will demonstrate competency in one dual sport or game displaying an understanding of how it is played.

Essential Learning Results: Students will be able to correctly officiate at least one dual sport.

Lesson Ideas: Officiating a tennis match
Lesson Ideas: Officiating wrestling

Standard: 3. Students will demonstrate knowledge of physical fitness concepts and the benefits of an active, healthy lifestyle.

Benchmark #1. Students will understand how to maintain appropriate levels of cardiovascular and respiratory efficiency, muscular strength, muscular endurance, flexibility, and body composition necessary for a healthy lifestyle.

Essential Learning Results: Students will be able to identify the components of
fitness needed for officiating specific sports.

**Lesson Ideas:** Understand basic fitness expectations  
**Lesson Ideas:** Introduction to strength training techniques  
**Lesson Ideas:** Nutritional studies

**Benchmark #2. Students will be able to identify performance-related factors that contribute to participation in physical activities.**

**Essential Learning Results:** Students will understand the components of physical fitness needed to enhance their officiating.

**Lesson Ideas:** Cardiovascular needs for positioning  
**Lesson Ideas:** Need for multi-tasking (movement with focus)

**Benchmark #3. Students will be able to investigate the time, cost, available technology, and participation requirements involved in a choice of physical activities.**

**Essential Learning Results:** Students will be able identify the equipment needed to officiate various sports.

**Lesson Ideas:** Handouts on equipment needed for officials for a variety of sports  
**Lesson Ideas:** Research by students of equipment needed
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ESSENTIAL LEARNING RESULTS
HIGH SCHOOL PHYSICAL EDUCATION

Course #: P70  Course Name: Team Sports

Course Length: one semester  Designated Grade Level: 9-12

Prerequisites: P20

Course Description: The primary goal of this course is to assist students in developing fundamental skills in various team sports. Students will also learn the history of the sport, rules, etiquette, scoring, strategies, and develop fitness needed for success. Sport areas may include: cricket, lacrosse, ultimate frisbee, handball, flag football, volleyball, baseball, softball, speedball, soccer, floor hockey, track and field, and team handball.

Essential Learning Results:

Standard 1. Students will demonstrate skills and apply concepts to perform a variety of physical activities.

Benchmark 1. Students will apply scientific principles to learning and improving skills.

Essential Learning Results: Students will be able to relate the physical factors to their skill development. Principles will include factors affecting flight, footwork, and the importance of levers.

Lesson Ideas: Drills that are activity specific
Lesson Ideas: Fundamental movement related to specific activity
Resources: Recreational facilities, videos

Benchmark 5. Students will demonstrate competency in one team-related activity or sport, through the execution of defensive and offensive strategies.

Essential Learning Results: Students will demonstrate understanding of offensive and defensive strategies through coaching and participating in one team activity.

Lesson Ideas: Class instruction
Standard: 3. Students will demonstrate knowledge of physical fitness concepts and the benefits of an active, healthy lifestyle.

Benchmark #1. Students will understand how to maintain appropriate levels of cardiovascular and respiratory efficiency, muscular strength, muscular endurance, flexibility, and body composition necessary for a healthy lifestyle.

Essential Learning Results: Students will demonstrate understanding of the specific fitness expectations for particular team sports.

Lesson Ideas: Introduction to stretching techniques
Lesson Ideas: Appropriate conditioning for specific sport
Lesson Ideas: Agility drills

Benchmark #2. Students will be able to identify performance-related factors that contribute to participation in physical activities.

Essential Learning Results: Students will be able to demonstrate specific skills related to each sport and be able to explain how the skill enhances performance.

Lesson Ideas: Basic skills for each sport (i.e. dribbling for basketball, soccer)
Lesson Ideas: Defensive and offensive strategies
Resources: Coaches as guest speakers

Benchmark #3. Students will be able to investigate the time, cost, available technology, and participation requirements involved in a choice of physical activities.

Essential Learning Results: Students will demonstrate through their research the equipment needed for each sport activity.

Lesson Ideas: History for each sport
Lesson Ideas: Compare and contrast equipment used in the past and present
Lesson Ideas: Extend skills into lifelong team sports participation

Benchmark #4. Students will be able to evaluate risks and safety factors that may affect physical activity throughout life.

Essential Learning Results: Students will demonstrate knowledge of how conditioning and elevated performance levels for each specific sport help to reduce risks involved.
Lesson Ideas: Identify safety factors associated with each sport
Lesson Ideas: Nutrition as related to fitness levels

Benchmark # 5. Students will be able to analyze biomechanical principles involved in sports to improve performance and reduce injury.

Essential Learning Results: Students will demonstrate their understanding of anatomy and physiology related to each team sport on a written exam.

Lesson Ideas: Body movement concepts
Lesson Ideas: Body movement analysis for each sport
Resources: Athletic trainer
Course #: P72  
Course Name: Soccer  
Course Length: one semester  
Designated Grade Level: 9-12  
Prerequisites: P20

**Course Description:** Soccer emphasizes the fundamentals skills of the game. Students will learn rules as well as skills. Skills include kicking, trapping, tackling, dribbling, passing, shots on goal, throw-ins, and defensive maneuvers. Aerobic and anaerobic fitness will also be emphasized.

**Essential Learning Results:**

**Standard 1. Students will demonstrate skills and apply concepts to perform a variety of physical activities.**

**Benchmark 1. Students will apply scientific principles to learning and improving skills.**

**Essential Learning Results:** Students will demonstrate proficiency in individual and team skills used in soccer.

**Lesson Ideas:**  
Basic individual skills (passing, dribbling)  
Team skills (plays) that implement skills

**Benchmark 2. Students will demonstrate knowledge of rules and regulations specific to the physical activity.**

**Essential Learning Results:** Students will demonstrate their knowledge of game rules on a written test and by officiating a game of soccer.

**Lesson Ideas:**  
Basic rules background  
Video examples

**Benchmark 3: Student will identify and explain the cultural, ethnic, and historical roles of games and sports.**
**Essential Learning Results:** Students will be able to discuss the background, history, and cultural influences of soccer.

**Lesson Ideas:**
- Game history projects
- Comparison of game, players and equipment of past and present

**Benchmark 4. Students will compare and contrast the strategies of defense and offense in various sports.**

**Essential Learning Results:** Students will demonstrate understanding the basic offenses and defenses used in soccer through a comparison to hockey.

**Lesson Ideas:**
- Individual offensive/defensive drills
- Team drills
- Implementation of individual/team drills

**Benchmark 5. Students will demonstrate competency in one team-related activity or sport, through the execution of defensive and offensive strategies.**

**Essential Learning Results:** Students will demonstrate the basic strategies of soccer in game situations.

**Lesson Ideas:**
- Students will demonstrate individual offensive/defensive skills
- Written performance base strategies
- Develop back up drills

**Standard: 3. Students will demonstrate knowledge of physical fitness concepts and the benefits of an active, healthy lifestyle.**

**Benchmark #1. Students will understand how to maintain appropriate levels of cardiovascular and respiratory efficiency, muscular strength, muscular endurance, flexibility, and body composition necessary for a healthy lifestyle.**

**Essential Learning Results:** Students will be able to demonstrate their physical fitness through soccer participation.

**Lesson Ideas:**
- Appropriate warm up activities
- Knowledge and maintenance of physical requirements

**Benchmark # 2. Students will be able to identify performance-related factors that contribute to participation in physical activities**

**Essential Learning Results:** Students will be able to identify the fitness factors necessary to demonstrate the appropriate skills used in soccer.

**Lesson Ideas:**
- Identify sport specific skills
- Evaluation of sport specific skills
Benchmark #3. Students will be able to investigate the time, cost, available technology, and participation requirements involved in a choice of physical activities.

**Essential Learning Results:** Students will research the availability of soccer leagues in the areas showing knowledge of equipment, facilities, and other needs.

**Lesson Ideas:**
- Research area recreational departments.
- Advancement in and changes of facilities and equipment.

Benchmark #4. Students will be able to evaluate risks and safety factors that may affect physical activity throughout life.

**Essential Learning Results:** Students are able to recognize safety factors and safety equipment needed in soccer play.

**Lesson Ideas:**
- Identify potential injuries associated with the sport.
- Identify technique/skills to help avoid potential risks.
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ESSENTIAL LEARNING RESULTS
HIGH SCHOOL PHYSICAL EDUCATION

Course #: P73  Course Name: Softball
Course Length: one semester  Designated Grade Level: 9-12
Prerequisites: P20

Course Description: The primary goal of this course is to assist students in developing fundamental skills in softball. Students will also learn the history of the sport, rules, etiquette, scoring, strategies, and develop fitness needed for success in the sport.

Essential Learning Results:

Standard 1. Students will demonstrate skills and apply concepts to perform a variety of physical activities.

Benchmark 1. Students will apply scientific principles to learning and improving skills.

Essential Learning Results: Students will become proficient at batting by making consistent contact with a ball using hand-eye coordination.

Lesson Ideas: Soft toss with whiffle balls
Lesson Ideas: Hitting off a tee
Lesson Ideas: Partner toss
Assessment: Swing for ball distance/Understanding swing techniques

Benchmark 2. Students will demonstrate knowledge of rules and regulations specific to the physical activity.

Essential Learning Results: Students will demonstrate knowledge of softball rules by acting as an umpire during game play.

Lesson Ideas: Written test
Lesson Ideas: Group techniques/evaluation
Resources: Rule books/Study guides
Benchmark 3: Students will identify and explain the cultural, ethnic, and historical roles of games and sports.

**Essential Learning Results:** Students will develop basic knowledge of the history of the game

**Lesson Ideas:**
- Identify collegiate athletes
- Review origin of professional baseball, fast-pitch softball, slow pitch
- Written test on history of sport and history of the different regulations added to the sport

**Resources:** Internet access, speakers, video

Benchmark 5. Students will demonstrate competency in one team-related activity or sport, through the execution of defensive and offensive strategies.

**Essential Learning Results:** Students will demonstrate knowledge of base running techniques

**Lesson Ideas:**
- Running through the base
- Rounding a base
- Tagging up

**Resources:** Video, rules, study sheets

**Standard:** 3. Students will demonstrate knowledge of physical fitness concepts and the benefits of an active, healthy lifestyle

Benchmark #1. Students will understand how to maintain appropriate levels of cardiovascular and respiratory efficiency, muscular strength, muscular endurance, flexibility, and body composition necessary for a healthy lifestyle.

**Essential Learning Results:** Students will demonstrate understanding of the fitness requirements involved in this sport of softball.

**Lesson Ideas:**
- Proper warm up and stretching
- Enhance and maintain appropriate conditioning levels

Benchmark #2. Students will be able to identify performance-related factors that contribute to participation in physical activities.

**Essential Learning Results:** Students will be able to identify specific fitness skills needed to show success in softball.

**Lesson Ideas:**
- Individual basic skills
- In-depth game strategies
Lesson Ideas: Appropriate practice/game strategies

Benchmark #3. Students will be able to investigate the time, cost, available technology, and participation requirements involved in a choice of physical activities.

Essential Learning Results: Students will be able to show basic knowledge of equipment used and facilities needed in softball.

Lesson Ideas: Compare equipment used in past/present
Lesson Ideas: Study history and improvement of the game

Benchmark #4. Students will be able to evaluate risks and safety factors that may affect physical activity throughout life.

Essential Learning Results: Students will be able to identify the safety aspects associated with sport of softball.

Lesson Ideas: Identify risk/safety factors
Lesson Ideas: Identify specific sport related injuries

Benchmark #5. Students will be able to analyze biomechanical principles involved in sports to improve performance and reduce injury.

Essential Learning Results: Students will be able to analyze the physiology of specific softball skills.

Lesson Ideas: Identify specific body movements related to sport
Lesson Ideas: Understand skills used to increase performance
BOULDER VALLEY SCHOOL DISTRICT
ESSENTIAL LEARNING RESULTS
HIGH SCHOOL PHYSICAL EDUCATION

Course #: P74        Course Name: Flag Football
Course Length: one semester    Designated Grade Level: 9-12
Prerequisites: P20

Course Description: Flag football teaches the fundamentals of passing, blocking, catching, rushing, and punting. Students will learn rules and team play concepts through a balance of drills and playing time. The basics of officiating football will also be taught.

Essential Learning Results:

Standard 1. Students will demonstrate skills and apply concepts to perform a variety of physical activities.

Benchmark 1. Students will apply scientific principles to learning and improving skills.

Essential Learning Results: Students will be able to demonstrate the ability to throw and catch a football properly.

Lesson Ideas: Throwing technique and catching related to football
Lesson Ideas: Three step and five step drops and leading the receiver
Lesson Ideas: How to use your hands in different catching positions

Benchmark 2. Students will demonstrate knowledge of rules and regulations specific to the physical activity.

Essential Learning Results: Students will demonstrate their knowledge of game rules on a written test and by officiating a game of football.

Lesson Ideas: Rules of play in flag football and differences between tackle football
Lesson Ideas: How to begin a game
Lesson Ideas: Rules related to line of scrimmage, fouls, and boundaries
Lesson Ideas: Rules specific to offense and defense and play stoppage

Benchmark 3: Students will identify and explain the cultural, ethnic, and historical roles of
games and sports.

**Essential Learning Results:** Students will be able to identify and explain the cultural and historical role of football.

**Lesson Ideas:**
- Origin of game
- The role of football in the U.S.
- Differences in the game from origin to date.

**Benchmark 4. Students will compare and contrast the strategies of defense and offense in various sports.**

**Essential Learning Results:** Students will be able to identify the difference between offense and defense in football.

**Lesson Ideas:**
- Identify movements to elude the defense or cover the offense similar to other sports
- Identify zone vs. player-to-player defenses similar to those used in basketball, soccer, ultimate frisbee, etc.
- Relate football skills to other throw and catch games
- Demonstrate transitions to offense and defense such as: the punt, the kickoff, fourth down

**Benchmark 5. Students will demonstrate competency in one team-related activity or sport, through the execution of defensive and offensive strategies.**

**Essential Learning Results:** Students will be able to demonstrate the difference between offense and defense during a football game.

**Lesson Ideas:**
- Demonstrate successful plays within game play
- Develop offensive plays involving teammates movement to create open options
- Demonstrate execution of zone and player-to-player defensive coverage

**Standard 4. Students will demonstrate safe, responsible behavior in physical education settings.**

**Benchmark 1. Students will demonstrate respect for physical and performance limitations of self and others while participating in physical activities.**

**Essential Learning Results:** Students will demonstrate safe play within class activities.

**Lesson Ideas:**
- Recognize size, speed, and skill differences
Lesson Ideas: Use of equipment (flags) and rules specific to flag football
Lesson Ideas: Methods to highlight personal skills

Benchmark 2. Students will demonstrate cooperative participation, sportsmanship and etiquette specific to an activity.

Essential Learning Results: Students will demonstrate cooperation and respect for others during team play.

Lesson Ideas: Methods to create plays using all players
Lesson Ideas: Proper sportsmanship directed at teammates and opponents
Lesson Ideas: Respect for officials
Course #: P81                      Course Name: Basketball I
Course Length: one semester        Designated Grade Level: 9-12
Prerequisites: P20

Course Description: The primary goal of this course is to assist students in developing fundamental skills in basketball. Students will develop competence in dribbling, passing, stance and footwork of defense, shooting, and rebounding. Students will also learn the history of the sport, rules, etiquette, scoring, strategies, and develop fitness needed for success in the sport.

Essential Learning Results:

Standard 1. Students will demonstrate skills and apply concepts to perform a variety of physical activities.

Benchmark 1. Students will apply scientific principles to learning and improving skills.

Essential Learning Results: Students will demonstrate correct form in their development of basketball skills

Lesson Ideas: Stance and footwork, shooting
Lesson Ideas: Ball-handling, passing drills
Lesson Ideas: Dribbling, rebounding

Benchmark 2. Students will demonstrate knowledge of rules and regulations specific to the physical activity.

Essential Learning Results: Students will be able to demonstrate their understanding of the basic rules and of basketball.

Lesson Ideas: Officiating rules/techniques
Lesson Ideas: Video examples

Benchmark 3: Students will identify and explain the cultural, ethnic, and historical roles of games and sports.

Essential Learning Results: Students will be able to demonstrate their understanding of
the background of the game of basketball

Lesson Ideas: Game history projects
Lesson Ideas: Comparison of game, players and equipment of past and present

Benchmark 4. Students will compare and contrast the strategies of defense and offense in various sports.

Essential Learning Results: Students will develop an understanding of basic man-to-man defense and offense.

Lesson Ideas: Individual offensive/defensive drills
Lesson Ideas: Team drills
Lesson Ideas: Implementation of individual/team drills

Benchmark 5. Students will demonstrate competency in one team-related activity or sport, through the execution of defensive and offensive strategies.

Essential Learning Results: Students will be able to show their basic understanding of game strategies involved in the game of basketball.

Lesson Ideas: Individual offensive/defensive skills
Lesson Ideas: Develop back up drills

Benchmark 7. Students will demonstrate competency in one dual sport or game displaying an understanding of how it is played.

Essential Learning Results: Students will be able to breakdown of game of basketball into learned components.

Lesson Ideas: Game variations (2-on-2)
Lesson Ideas: Develop lead up games
Lesson Ideas: Self assessment of level of competence in each basketball skill

Standard: 3. Students will demonstrate knowledge of physical fitness concepts and the benefits of an active, healthy lifestyle

Benchmark #1. Students will understand how to maintain appropriate levels of cardiovascular and respiratory efficiency, muscular strength, muscular endurance, flexibility, and body composition necessary for a healthy lifestyle.

Essential Learning Results: Students will demonstrate understanding of the fitness requirements involved in this sport of basketball
Lesson Ideas: Proper warm up and stretching
Lesson Ideas: Enhance and maintain appropriate conditioning levels

Benchmark # 2. Students will be able to identify performance-related factors that contribute to participation in physical activities.

Essential Learning Results: Students will be able to identify specific fitness skills needed to show success in basketball

Lesson Ideas: Individual basic skills
Lesson Ideas: In-depth game strategies
Lesson Ideas: Appropriate practice/game strategies

Benchmark #3. Students will be able to investigate the time, cost, available technology, and participation requirements involved in a choice of physical activities.

Essential Learning Results: Students will be able to show basic knowledge of equipment used and facilities needed in basketball.

Lesson Ideas: Compare equipment used in past/present
Lesson Ideas: Study history and improvement of the game

Benchmark #4. Students will be able to evaluate risks and safety factors that may affect physical activity throughout life.

Essential Learning Results: Students will be able to identify the safety aspects associated with the sport of basketball

Lesson Ideas: Identify risk/safety factors
Lesson Ideas: Identify specific sport related injuries
Course #: P82                  Course Name: Basketball II
Course Length: one semester  Designated Grade Level: 9-12
Prerequisites: P81

Course Description: The basic objective of this course is to improve the fundamental skills of the game such as passing, receiving, pivoting, dribbling, shooting, cutting, and defense. A balance of individual skill time, team drills, and team competition is emphasized. Students will also develop fitness needed for success in the sport. This class is offered for the highly motivated basketball player.

Essential Learning Results:

Standard 1. Students will demonstrate skills and apply concepts to perform a variety of physical activities.

Benchmark 1. Students will apply scientific principles to learning and improving skills.

Essential Learning Results: Students will demonstrate correct form in the development of advanced basketball skills

Lesson Ideas: Shooting, including lay-ups, and 3-point shots
Lesson Ideas: Timed ball-handling, team passing drills, team rebounding drills, the bounce pass, the throw-in
Lesson Ideas: One-on-one offensive and defensive drills

Benchmark 2. Students will demonstrate knowledge of rules and regulations specific to the physical activity.

Essential Learning Results: Students will be able to demonstrate their understanding of the basic rules and of basketball and the reasoning behind the rules.

Lesson Ideas: Foul: there should be little physical contact
Timing and Scoring: play is as continuous as possible
Movement: ball is moved using hands only: dribbling, pivoting, passing, catching and shooting.
Lesson Ideas: Video examples of acceptable and unacceptable conditions
Benchmark 3: Students will identify and explain the cultural, ethnic, and historical roles of games and sports.

**Essential Learning Results:** Students will be able to demonstrate their understanding of the background of the game of basketball and its similarities to other sports.

**Lesson Ideas:** Wheelchair basketball; European basketball,

**Lesson Ideas:** Comparison of game, players and equipment of past and present

Benchmark 4. Students will compare and contrast the strategies of defense and offense in various sports.

**Essential Learning Results:** Students will develop an understanding of team defense and offense.

**Lesson Ideas:** Individual offensive/defensive drills

**Lesson Ideas:** Team drills

**Lesson Ideas:** Demonstrations of man-to-man and zone offenses and defenses

Benchmark 5. Students will demonstrate competency in one team-related activity or sport, through the execution of defensive and offensive strategies.

**Essential Learning Results:** Students will be able to show their basic understanding of game strategies involved in the game of basketball.

**Lesson Ideas:** Individual offensive/defensive skills

**Lesson Ideas:** Written performance of offensive and defensive strategies

**Lesson Ideas:** Develop back up drills on defense to help team

**Lesson Ideas:** Implementation of man-to-man and zone offenses and defenses

Benchmark 7. Students will demonstrate competency in one dual sport or game displaying an understanding of how it is played.

**Essential Learning Results:** Students will be able to breakdown the game of basketball into learned components.

**Lesson Ideas:** Game variations (2-on-2), (3-on-3), (3-on-2, and 2-on-one)

**Lesson Ideas:** Performance assessment of level of competence in each of the basketball skills.

**Standard:** 3. Students will demonstrate knowledge of physical fitness concepts and the benefits of an active, healthy lifestyle.

Benchmark #1. Students will understand how to maintain appropriate levels of cardiovascular and respiratory efficiency, muscular strength, muscular endurance, flexibility, and body composition necessary for a healthy lifestyle.
Essential Learning Results: Students will demonstrate understanding of the fitness requirements involved in the sport of basketball

Lesson Ideas:
- Proper warm up and stretching
- Running and dribbling drills for endurance, shuttle runs
- Pushups and jumping drills

Benchmark #2. Students will be able to identify performance-related factors that contribute to participation in physical activities.

Essential Learning Results: Students will be able to identify specific fitness skills needed to show success in basketball

Lesson Ideas:
- Endurance and the use of time-outs and substitutions
- Musculature used in jumping and throwing techniques
- Appropriate warm-up and cool-down

Benchmark #3. Students will be able to investigate the time, cost, available technology, and participation requirements involved in a choice of physical activities.

Essential Learning Results: Students will be able to show basic knowledge of equipment used and facilities needed in basketball

Lesson Ideas:
- Compare ball size for each level of competition
- Suitable clothing and shoes
- Use of shot clock
- Investigation of number of basketball facilities and courts available in area of school and close to home

Benchmark #4. Students will be able to evaluate risks and safety factors that may affect physical activity throughout life.

Essential Learning Results: Students will be able to identify the safety aspects associated with sport of basketball

Lesson Ideas:
- Identify risk/safety factors of physical contact in basketball
- Identify specific sport related injuries particularly the care of ankle injuries

Benchmark #5. Students will be able to analyze biomechanical principles involved in sports to improve performance and reduce injury.

Essential Learning Results: Students will be able to analyze the physiology of specific basketball skills.
Lesson Ideas: Identify specific body movements related to sport
Lesson Ideas: Understand skills used to increase performance
Course #: P86
Course Name: Volleyball I
Course Length: one semester
Designated Grade Level: 9-12
Prerequisites: P20

Course Description: The primary goal of this course is to assist students in developing fundamental skills in volleyball. Students will develop competence in the underhand serve, passing, stance and footwork of serve reception, setting, and hitting. Students will also learn the history of the sport, rules, etiquette, scoring, strategies, and develop fitness needed for success in the sport.

Essential Learning Results:

Standard 1. Students will demonstrate skills and apply concepts to perform a variety of physical activities.

Benchmark 1. Students will apply scientific principles to learning and improving skills.

Essential Learning Results: Students will develop efficient volleyball skills.

Lesson Ideas: Underhand serve, passing, setting, hitting fundamentals
Lesson Ideas: Stance and footwork

Benchmark 2. Students will demonstrate knowledge of rules and regulations specific to the physical activity.

Essential Learning Results: Students will demonstrate understanding of the basic volleyball rules.

Lesson Ideas: Hitting rules-three hits on a side
Lesson Ideas: Scoring rules-rally scoring; sideout rules
Lesson Ideas: Blocking rules
Resources: Rule books

Benchmark 3: Students will identify and explain the cultural, ethnic, and historical roles of games and sports.
**Essential Learning Results:** Students will demonstrate knowledge of the history of volleyball.

**Lesson Ideas:**
- History of game called “Minotonette”
- Introduction of rally scoring
- Olympic volleyball

**Benchmark 4. Students will compare and contrast the strategies of defense and offense in various sports.**

**Essential Learning Results:** Students will be able to demonstrate both offense and defense positioning.

**Lesson Ideas:**
- 4-2 offense
- Setter back defense

**Benchmark 7. Students will demonstrate competency in one dual sport or game displaying an understanding of how it is played.**

**Essential Learning Results:** Students will demonstrate their knowledge of the game of volleyball through game play.

**Lesson Ideas:**
- Three hits per side game
- 3-on-3 games in front of ten foot line
- Regulation games

**Standard: 3. Students will demonstrate knowledge of physical fitness concepts and the benefits of an active, healthy lifestyle.**

**Benchmark # 2. Students will be able to identify performance-related factors that contribute to participation in physical activities.**

**Essential Learning Results:** Students will demonstrate the fitness factors of flexibility and muscular strength through warm-up and game play.

**Lesson Ideas:**
- Review of physical fitness components
- Stretching
- Jumping drills

**Benchmark #3. Students will be able to investigate the time, cost, available technology, and participation requirements involved in a choice of physical activities.**
**Essential Learning Results:** Students will demonstrate knowledge of equipment choice and availability of recreational facilities.

**Lesson Ideas:**
- Opportunities & resources
- Report on Club One Beach Volleyball
- Investigate fitness clubs/ facilities /equipment

**Resources:** Volleyball club organizational information and volleyball equipment
Course #: P87    Course Name: Volleyball II
Course Length: one semester  Designated Grade Level: 9-12
Prerequisites: P86

Course Description: The primary goal of this course is to assist students in developing advanced skills in volleyball. Students will develop competence in the overhand serve, passing, quick hits, and blocks. A balance of individual skill time, team drills, and team competition is emphasized. Students will also develop fitness needed for success in the sport. This class is offered for the highly motivated volleyball player.

Essential Learning Results:

Standard 1. Students will demonstrate skills and apply concepts to perform a variety of physical activities.

Benchmark 1. Students will apply scientific principles to learning and improving skills.

Essential Learning Results: Students will develop advanced volleyball skills.

Lesson Ideas: Overhead and jump serve, passing accuracy
Lesson Ideas: Blocking
Lesson Ideas: Setting to various spots, quick hits

Benchmark 2. Students will demonstrate knowledge of rules and regulations specific to the physical activity.

Essential Learning Results: Students will demonstrate understanding of the basic volleyball rules by officiating.

Lesson Ideas: Officiating as primary official
Lesson Ideas: Officiating as down official
Lesson Ideas: Line judging

Benchmark 4. Students will compare and contrast the strategies of defense and offense in various sports.
**Essential Learning Results:** Students will be able to demonstrate advanced offense and defense positioning.

**Lesson Ideas:**
- 6-2 offense; 6-1 offense; 5-1 offense
- Setter-back defense; setter-up defense
- 4, 3, and 2 person serve receive positioning

**Benchmark 7.** Students will demonstrate competency in one dual sport or game displaying an understanding of how it is played.

**Essential Learning Results:** Students will demonstrate their knowledge of the game of volleyball through game play.

**Lesson Ideas:**
- Scrimmages
- King of the Court game
- Tournaments

**Standard:** 3. Students will demonstrate knowledge of physical fitness concepts and the benefits of an active, healthy lifestyle.

**Benchmark # 2.** Students will be able to identify performance-related factors that contribute to participation in physical activities.

**Essential Learning Results:** Students will demonstrate the fitness factors of flexibility and muscular strength through warm-up and game play.

**Lesson Ideas:**
- Review of physical fitness components
- Stretching & jumping activities (Plyometrics and agility)
- Plyometrics boxes, equipment, vertical jumper

**Benchmark # 5.** Students will be able to analyze biomechanical principles involved in sports to improve performance and reduce injury.

**Essential Learning Results:** Students will be able to analyze the movement of volleyball techniques (ex: hitting, jumping, serving)

**Lesson Ideas:**
- Serving techniques
- Hitting - step progression
- Video analysis instructional techniques and analysis of own technique

**Resources:** Video equipment
Course #: P90  
Course Name: Advanced Physical Education

Course Length: one semester  
Designated Grade Level: 9-12

Prerequisites: P20 and teacher signature

Course Description: To be determined by teacher

Essential Learning Results:

Standard 1. Students will demonstrate skills and apply concepts to perform a variety of physical activities.

Benchmark 1. Students will apply scientific principles to learning and improving skills.

Essential Learning Results: Students will demonstrate knowledge, skills analysis, kinesiology of several sports.

Lesson Ideas: Video taping and analysis  
Lesson Ideas: Coaches as guest speakers  
Lesson Ideas: Skill testing  
Resources: Guest speakers, trainers, video equipment

Benchmark 4. Students will compare and contrast the strategies of defense and offense in various sports.

Essential Learning Results: Students will demonstrate their understanding of advanced strategies in many sports.

Lesson Ideas: Analysis of performance (live and video)  
Lesson Ideas: Skill level adaptation  
Lesson Ideas: Various game situations  
Lesson Ideas: Written tests  
Resources: Video equipment, guest speakers and coaches