Department: Physical Education
Course Title: High School Phys Ed
Creator: T Black
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Unit Title	Unit Length (Weeks)	Dates of Unit (Month - Month)	Essential Questions	Topics to be Covered Texts Used	Skills to be Assessed	Standard Alignment	Formative Assessments	Summative Assessments
Soccer	2	September	How can I move effectively and efficiently? How do I interact with others during physical activity? How does soccer improve fitness levels?	Soccer	Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities Demonstrate understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings Demonstrate the proper way to dribble and pass a soccer ball at various speeds. Explain the difference between offensive and defensive players in a soccer game. Demonstrate respect and cooperation by working in small groups and following directions. Identify and explain fitness elements achieved through soccer games and activities.	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on topics, texts, and issues, building on others' ideas and expressing their own clearly and persuasively (SL.9-10.1)	Heart Rate Monitor	Participation in games/activities Participation in closure reviews
Speed Ball	2-3	September	What different ways can the body move give a specific purpose? How can I move more effectively and efficiently? How do I interact with others during physical activity	Speed Ball	Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities Students will demonstrate understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings Demonstrate the proper way to dribble, pass, kick, and throw in a fast paced activity. Create and evaluate strategies for including all team members. Demonstrate respect and cooperation by following all safety rules. Compare and contrast Speedball, Soccer, and Team Handball.	Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience (WHST.9-10.4)	Speedball quiz	Participation in games/activities Participation in closure reviews Exit Slips
Ultimate Frisbee	2-3	October	Why did Ultimate Frisbee initially not use refs?	Ultimate Frisbee	Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities Demonstrate understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities Exhibit responsible personal and social behavior that respects self and others in physical activity settings Demonstrate how to properly throw and catch a frisbee Demonstrate problem solving peacefully Demonstrate respect and cooperation by working in small groups and following directions.	Initiate and participate effectively in a range of collaborative discussions (SL.9.-10.1)	Exit slips: describe the challenge rule Exit slips: how can games run without refs?	Daily participation rubric

Croquet	2	October	Why is croquet a popular game? How would one set up a croquet game/course?	Croquet	Exhibit responsible personal and social behavior that respects self and others in physical activity settings	Determine the central ideas or conclusions of a text; trace the text's explanation or depiction of a complex process, phenomenon, or concept; provide an accurate summary of the text (RST.9-10.2)	Completion of croquet games	Participation in games/activities Exit slip
Cooperative game	1-2	November	How can I use leadership in different physical activity settings? Why are communication and teamwork so important? How can I face and overcome personal challenges?	Cooperative Games	Apply leadership and problem solving skills in a variety of activities. Evaluate teamwork skills in a variety of activities. Analyze challenges, and identify/create management techniques.	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners (SL.9-10.1)	Exit Slip Participation in discussions/debriefing sessions Participation in activities	Participation in discussions/debriefing sessions Participation in activities
Fitness	2	November	What are the different elements of fitness? How do I test my current fitness levels, and how do I improve? How are the components of fitness reflective of one's health status?	Fitness	Apply safe practices, rules, procedures, and etiquette in physical activity setting Assess and adjust activities to maintain or improve personal level of health-related fitness Use the results of fitness assessments to guide changes in his/her personal programs of physical activities Design/implement a personal wellness program based upon information obtained from fitness assessments	Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) (SL.8.1) Acquire and use accurately general academic and domain-specific words and phrases; gather vocabulary knowledge (L.8.6	Heart Rate Monitors Fitness Logs	Participation in games/activities Participation in closure reviews
Volleyball	2-3	December	How can I move more effectively and efficiently (how can I do the 'set', 'bump', or 'serve' to get the ball to go where I want it to? Why is talking to teammates so important in volleyball?	Volleyball	Students will demonstrate proper bump, set, and serve. Students will describe and create tips for how to do a bump, set, and serve. Students will analyze their performance (including teamwork) and create ways to improve	Initiate and participate in a range of collaborative discussions (one-on-one, in groups, and teacher-led) (SL.9.10.1) Acquire and use accurately general academic and domain-specific words and phrases (L.9-10.6)	Volleyball rubric	Participation in discussions/reviews/demonstrations Daily participation rubric Exit slip
Badminton	2-3	January	How can badminton be an aerobic workout? Why are strategies and teamwork important to fast paced badminton games? Explain how badminton can be played by all ages. How do different cultures view the game of badminton compared to the United States?	Badminton	Demonstrate proper: clear shot, serve and one advance move (smash, drop shot, hairpin shot) Analyze and evaluate techniques and strategies used by peers Demonstrate respect and cooperation by working in small groups and following directions. Identify and explain the connection between fitness and badminton.	Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) (SL.8.1) Acquire and use accurately general academic and domain-specific words and phrases; gather vocabulary knowledge (L.8.6	Badminton quiz Individual checklist/rubric	Exit slips Participation in discussions Participation in class activities
Pickleball	2-3	January/Feb	How can I move effectively and efficiently? Why is communication important to the game of Pickleball?	Pickleball	Demonstrate proper Pickleball strokes and serves. Describe various strategies to be successful in Pickleball games. Demonstrate respect, cooperation, and listening skills by following expectations/guidelines/rules while working in small groups.	Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) (SL.8.1) Acquire and use accurately general academic and domain-specific words and phrases; gather vocabulary knowledge (L.8.6	Game play (rubric)	Exit Slips Participation in discussions, reviews, demonstrations
Matball	2	Febuary		Matball				
Team Handball	2	March	Why is teamwork essential in Team Handball? How does participating in Team Handball activities and games improve fitness?	Team Handball	Demonstrate the proper way to throw and catch while performing a locomotor skill (running). Explain a one on one defense strategy. Demonstrate respect and cooperation by working in small groups and following directions. Identify and explain three rules of a Team Handball game.	Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience (WHST.9-10.4)	written quiz	daily participation rubric/grade
Basketball	2-3	March/April	What are the basic skills one needs to participate in basketball activities? How can games be modified for different people with different interests?	Basketball	Demonstrate basic dribbling, passing, and shooting techniques Work cooperatively in small groups Explain basic defensive strategies Define basketball vocabulary	Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) (SL.8.1) Acquire and use accurately general academic and domain-specific words and phrases; gather vocabulary knowledge (L.8.6)	Foul Shooting Log Lay-up Log	Participation in games/activities Participation in closure reviews

Bowling	1-2	April	How does bowling strengthen social connections?	Bowling	Demonstrate basic bowling techniques Work cooperatively in small groups Analyze and calculate scores	Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) (SL.8.1) Acquire and use accurately general academic and domain-specific words and phrases; gather vocabulary knowledge (L.8.6)	Bowling score sheets	Participation in games/activities Participation in closure reviews Exit slips
Islandball	2	April	How can I use leadership in different physical activity settings? Why are communication and teamwork so important? How can I face and overcome personal challenges?	Islandball	Apply leadership and problem solving skills in a variety of activities. Evaluate teamwork skills in a variety of activities. Analyze challenges, and identify/create management techniques.	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners (SL.9-10.1)		Exit Slip Participation in discussions/debriefing sessions Participation in activities
Wiffleball **INCOMPLETE**	2-3	May		Wiffleball Incomplete	Demonstrate throwing/catching/batting skills Explain forced outs Summarize how a player gets out			
Walking	1-2	May	What aspects of fitness does hiking/walking improve?	Walking	Demonstrate use of pedometers/heart rate monitors	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) (SL.9-10.1) Use technology to display information flexibly and dynamically (W.9-10.6)	Pedometers	Participation in games/activities Participation in closure reviews Exit slips