

# School District of Springfield Township

## Springfield Township High School Course Overview

### **Course Name: Physical Education 9-10**

#### **Course Description**

Physical Education 9/10 enhances individual fitness components in a developmentally appropriate and personally challenging program. In addition, students develop knowledge of sport-specific skills and strategies, and social and cooperative skills through participation in various team and individual sports including volleyball, soccer, softball, football, dance, golf, cooperative games, tennis and badminton.

#### **Unit Titles**

- Unit 1: Football
- Unit 2: Tennis
- Unit 3: Ultimate Frisbee
- Unit 4: Softball
- Unit 5: Floor Hockey
- Unit 6: Badminton
- Unit 7: Pickle Ball
- Unit 8: Volleyball
- Unit 9: Basketball

#### **Essential Questions**

1. How can team sports help students develop as team players?
2. How can team/individual sports improve student's physical fitness level?
3. How can knowledge of the rules of each sport enhance student performance?
4. How can team/individual sports be a part of a lifelong fitness plan?

#### **Big Ideas/Enduring Understandings –all units**

- Physical activity can provide opportunities for personal enjoyment, self expression, challenge and social interaction.
- Rules etiquette in physical activity and sports can make the experience both enjoyable and successful.
- Positive decision making about fitness and nutrition contributes to a healthy lifestyle.
- Physical activity contributes to building and maintaining a fitness level to enable one to participate in activities of daily living for a lifetime

#### **Key Competencies/Skills/Procedures**

Unit 1:Football

- Demonstrate ability to throw the ball
- Demonstrate ability to catch the ball
- Demonstrate ability to kick the ball

- Demonstrate ability to defend against a player with the ball
- Demonstrate a basic understanding of the rules through game play

#### Unit 2: Tennis

- Demonstrate ability to hit the ball with a forehand swing
- Demonstrate ability to hit the ball with a backhand swing
- Demonstrate ability to lob the ball
- Demonstrate ability to serve the ball
- Demonstrate a basic understanding of the rules through game play

#### Unit 3: Ultimate Frisbee

- Demonstrate ability to throw the frisbee with a backhand and forehand approach
- Demonstrate ability to catch the frisbee with one or two hand(s)
- Demonstrate a basic understanding of the rules through game play

#### Unit 4: Softball

- Demonstrate ability to throw the ball
- Demonstrate ability to catch the ball
- Demonstrate ability to hit the ball
- Demonstrate ability to field a ground/fly ball
- Demonstrate knowledge of where a play should be made

#### Unit 5: Floor Hockey

- Demonstrate ability to dribble the ball
- Demonstrate ability to shoot the ball
- Demonstrate ability to receive a passed ball
- Demonstrate a basic understanding of the rules through game play

#### Unit 6: Badminton

- Demonstrate ability to hit a forehand shot
- Demonstrate ability to hit a backhand shot
- Demonstrate ability to hit an overhand smash
- Demonstrate ability to serve the shuttlecock
- Demonstrate a basic understanding of the rules through tournament play

#### Unit 7: Pickleball

- Demonstrate ability to hit a forehand drive
- Demonstrate ability to hit a backhand drive
- Demonstrate ability to hit a lob shot
- Demonstrate ability to serve the ball
- Demonstrate ability to volley the ball
- Demonstrate knowledge of the rules through game play

#### Unit 8: Volleyball

- Demonstrate ability to serve the ball
- Demonstrate ability to pass the ball
- Demonstrate ability to receive the ball
- Demonstrate ability to spike the ball

- Demonstrate ability to block the ball at the net
- Demonstrate a basic understanding of the rules through game play

#### Unit 9: Basketball

- Demonstrate ability to dribble the ball
- Demonstrate ability to pass the ball
- Demonstrate ability to rebound the ball
- Demonstrate ability to shoot the ball
- Demonstrate ability to defend a player with the ball
- Demonstrate knowledge of the rules through game play

#### **Core Vocabulary**

*down, kick-off, touchdown, safety, snap, touchback, fumble, block, tackle, lateral, ace, alley, deuce, baseline, double fault, fault, lob, love, rally, set, balk, bunt, count, force out, grand slam, inning, walk, foul ball, strike, infield, outfield, face-off, shuttle, service, clear, volley, drop shot, backhand, forehand, backcourt, down-the-line, drive, let, non-volley zone, poach, set, spike, carry, forearm pass, rotation, volley, block, underhand floating serve, dribble, chest pass, cut, free throw, lay-up, pivot, rebound, traveling, guard, forward, center*

#### **Core Resources**

*none*

#### **Pennsylvania State Standards Guiding Course**

- 10.3.9 D** Analyze the role of individual responsibility for safety during organized group activities.
- 10.4.9 A** Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.
- 10.4.9 B** Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.
- 10.4.9 C** Analyze the factors that affect the responses of body systems during moderate to vigorous physical activities.
- 10.4.9 D** Analyze factors that affect physical activity preferences of adolescents.
- 10.4.9 E** Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.
- 10.4.9 F** Analyze the effects of positive and negative interactions of adolescent group members in physical activities.
- 10.5.9 B** Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.
- 10.5.9 C** Identify and apply strategies for skill improvement.
- 10.5.9 F** Describe and apply game strategies of complex games and physical activities.

Prepared October 2010—SC

Approved--chr

