

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

