School District of La Crosse

9-12 Physical Education Curriculum

Developed for Implementation in 2005-2006

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Guiding Principles for Curriculum Development
School District of LaCrosse

Board of Education’s ENDS Policies
Adopted 2001

E-1 District Mission
Students will discover their talents and abilities and will be prepared to pursue their dreams and aspirations while contributing effectively to their diverse communities.

E-2 Academic Achievement Goals
Students will demonstrate continuous improvement toward a high level of individual success in all required and elective academic/curricular areas using multiple measures of performance.

E-3 Involved Citizenship
Students will strive for mutual understanding as contributing citizens in a diverse world.

E-4 Responsible Life Choices
Students will acquire the knowledge and skills necessary to make effective and responsible life choices.

Wisconsin Academic Model Standards
All district curricula will be aligned to the Wisconsin Model Academic Standards available on the web at http://www.dpi.state.wi.us/dpi/standards/matintro.html

District Non-Discrimination Policy
It is the policy of the School District of La Crosse that no person may be denied admission to any public school in this district or be denied participation in, be denied the benefits of, or be discriminated against in any curricular, extracurricular, pupil service, recreation, or other program or activity because of the person’s sex, race, religion, national origin, ancestry, creed, pregnancy, marital or parental status, sexual orientation, or physical, mental, emotional, or learning disability or handicap as required by s. 118.13 Wis. Stats., and/or section 504 of the Rehabilitation Act of 1973.
MISSION STATEMENT

Physical Education in the La Crosse School District in an integral part of the total educational program. The mission of the Physical Education curriculum is to provide a program of instruction for the development of the whole individual through physical activities by emphasizing the relationship among the physical, intellect, emotional and social well-being of the individual. The curriculum will provide experiences that will develop positive attitudes toward wellness and contribute to lifetime participation in physical activities.

BROAD GOALS

The Physical Education program will enable students to develop:

- Their optimal level of physical fitness and wellness
- Both the cognitive and affective skills related to physical activities.
- An appropriate level of emotional maturity.
- The skills of positive social interaction.
- Positive alternatives for the use of leisure time.
- A desire to participate in lifetime recreational activities.
SCHOOL DISTRICT OF LACROSSE
HIGH SCHOOL PHYSICAL EDUCATION COURSES

- FITNESS/WELLNESS
- OUTDOOR PURSUIT 9 (SUMMER ONLY)
- INTRODUCTION TO DANCE (SUMMER ONLY)
- SELECTIVE PE
- ADVENTURE EDUCATION
- OUTDOOR PURSUITS 10, 11, 12 (SUMMER ONLY)
- JUNIOR LEADERS
- SENIOR ASSISTANT
- ATHLETIC TRAINING/FIRST AID
- SENIOR ACTIVITIES (PE 12)
- OFFICIATING
- LIFEGUARD TRAINING
- WEIGHT TRAINING I
- WEIGHT TRAINING II
School District of La Crosse
High School Physical Education
Recommended Sequence

9th grade:
- Fitness and Wellness
- Outdoor Pursuits (summer only)
- Introduction to Dance (summer only)

10th grade
- Fitness and Wellness
- Selective PE
- Weight Training I
- Athletic Training
- Lifeguard Training
- Officiating
- Outdoor Pursuits (summer only)
- Introduction to Dance (summer only)

11th grade
- Selective PE
- Weight Training I
- Weight Training II
- Athletic Training
- Lifeguard Training
- Junior Leaders
- Officiating
- Adventure Education
- Outdoor Pursuits (summer only)

12th grade
- Selective PE
- Weight Training I
- Weight Training II
- Athletic Training
- Lifeguard Training
- Officiating
- Adventure Education
- Senior Activities (PE 12)
- Senior Assistant

Please note
**Physical education credits must be completed in three different school years. Students taking more than one physical education class during a school year can only use .5 of those credits towards PE graduation requirements.

**If you take a summer school class the credit will count towards the next school year.
High School Physical Education
Fitness/Wellness

Units Available

**For each chapter, students will watch the chapter video, complete the chapter notes and/or book assignments, and take a chapter quiz.**

Chapter 1: Looking Good and Feeling Good
- Current statistics on obesity and physical activity levels of teens
- Components that affect your attitude towards physical fitness
- Definition of physical fitness
- 9 primary health risk factors
- Benefits of exercise

Chapter 2: Components of Fitness
- 5 Health-related components of fitness
- 6 Skill-related components of fitness
- Importance of fitness testing and self-assessment
- Fitnessgram testing and skill-related tests
- 11 Components of fitness relay

Chapter 3: Goal Setting
- Purpose of goal setting
- Important goal setting steps
- Class predictor power walking activity
- Personal best activity

Chapter 4: Guidelines for Exercise
- Effect of warm-up and cool down activity
- Design own warm-up and cool down
- Activity 4-1: Guidelines to Exercise worksheet
- Great shoe design

Chapter 5: Principles of Training
- Complete Target Heart Rate worksheet and Overload/FIT worksheet
- Borg Ratings of Perceived Exertion activity

Chapter 6: Flexibility
- Yoga/Pilates Videos
- Yoga/Pilates peer teaching cards
- Designing a personal flexibility program
Chapter 7: Cardiovascular Fitness
- Heart rate/Aerobic exercise worksheet
- Design a personal cardiovascular fitness program
- Pacer test and one mile run (Fitnessgram)
- Various cardiovascular activities/games (cardio kickboxing, power walking, sports)

Chapter 8: Muscular Fitness
- Muscular concepts worksheet
- Weight Training Endurance
- Finding your 1-repetition maximum
- Design a personal weight training program
- Various muscular fitness activities (circuits, medicine balls, dyna-band, etc)

Chapter 9: Nutrition
- Nutrition peer teaching presentations
- Scavenger hunt
- 3-day food diary analysis
- Calculating calories
- Research current fad diets

Chapter 10: Body Composition
- Famous bodies worksheet and Fit or Fat worksheet
- Body Fat analysis

Chapter 11: Stress
- Stress management skills: Personal assessment
- Case Study scenarios
- Design a stress management program

Chapter 12: Consumer Issues
- Create a quack commercial
- Health and fitness assessment
High School Physical Education
Outdoor Pursuits 9th Grade (Summer)

Units:

First Aid Red Cross
- Wilderness First Aid Course

Biking
- Wisconsin Federation Biking Test
  - Rules of the Road
  - Road 1 – Bicycle Federation Practical Exam
    #1 Riding Technique
    #2 Straight Riding
  #3 Hazard Avoidance
  #4 Intersections and Turns
- Road 1 – Bicycle Federation Written Test
- Maintenance and repair
- First Aid Kit
- Nutrition: Trail mix
- Naturalist check sheet

Hiking & Backpacking
- Camping/Tenting
- Leave No Trace
- Cooking
- DNR Fishing
- Fishing
- Orienteering

Adventure Education
- Ropes and Challenge Course - UWL
- Climbing Wall: Cooperative activities
- Rock climbing

Outdoor Games
- LaCrosse
- Bocce
- Cooperative activities

Research Paper

Journaling: Reflections
High School Physical Education
Introduction to Dance

Unit Sub topics:

- History of Dance
- Introduction to different styles of dance
- Terminology
- Benefits of Dance (fitness, personal expression, socialization)
- Dance Etiquette
- Skill development
- Safety issues
- Application to fitness programs
- Choreographing dances
- Appropriate music choices
High School Physical Education
Selective Physical Education

Units available

Fitness
- Yoga
- Pilates
- Fitness walking
- Intro to weight training
- Low impact fitness
  - Medicine balls
  - Swiss balls
  - Dyna bands
- Cardio kickboxing
- Fitness Program Design

Team Sports
- Basketball
- Softball
- Volleyball
- Soccer
- Floor hockey
- Flag football
- Field games
  1. Ultimate Frisbee
  2. Speedball
  3. Lacrosse
- Team handball
- Cooperative games

Individual Sports
- Racquet sports
  1. Tennis
  2. Badminton
  3. Pickle ball
  4. Racquet ball
- Golf
- Archery
- Bowling
- Track and Field

Outdoor/Adventure Education
- Biking
- Hiking
- Orienteering
• Snow shoeing
• Cross country skiing
• Canoeing/kayaking
• Sea kayaking
• Inline skating
• Camping/backpacking
• Survival skills
• Fishing
• Rock climbing

Dance
• Intro to dance
  1. Line
  2. Square
  3. Hip hop
  4. Ballroom

Aquatics
• Level Swimming
  1. Beginner
  2. Intermediate
  3. Advanced
• Water sports
• Aquatic exercise
• Community water safety
High School Physical Education
Adventure Education

Units Available

Biking
- Wisconsin Federation Biking Test
- Rules of the Road
- First Aid Kit
- Nutrition: Trail mix
- Naturalist check sheet

Hiking & Backpacking
- Camping/Tenting
- Cooking
- DNR Fishing
- Leave No Trace
- Orienteering/Archery
- Bocce

Adventure Activities Presentation
- White Water Rafting
- Grand Canyon
- DNR Wildlife
- Kayaking
- Spelunking

Winter Activities
- Cross-country skiing
- Snowshoeing
- Downhill Skiing
- Fitness Activity: Rollerblading
High School Physical Education
Junior Leaders

Units available

Team Sports
- Basketball
- Softball
- Volleyball
- Soccer
- Floor Hockey
- Flag football
- Field games
  - 1. Ultimate Frisbee
  - 2. Lacrosse

Individual Sports
* Racquet sports
  1. Tennis
  2. Badminton
  3. Pickle ball
  4. Racquet ball
  5. Handball
* Golf
* Archery
* Bowling

Outdoor/Adventure Education
- Biking
- Snow shoeing
- Cross country skiing
- Inline skating
- Rock climbing

Dance
- Intro to dance
  - 1. Line
  - 2. Square
  - 3. Swing
  - 4. Ballroom
Fitness

- Yoga
- Pilates
- Low impact fitness
  - 1. Medicine balls
  - 2. Swiss balls
  - 3. Dyna bands/xertubes
- Cardio kickboxing
High School Physical Education
Athletic Training/First Aid

**Unit:** Community First Aid and Safety

**Unit Sub topics:**

- Adult/infant/child CPR
- First Aid
- AED Training
- Skill development
- Application of training
- Proper assessment and treatment
- Safety procedures
High School Physical Education
Senior Activities

Units Available

Team Sports
- Basketball
- Softball
- Volleyball
- Soccer
- Floor Hockey
- Flag Football
- Field Games
  1. Ultimate Frisbee
  2. Lacrosse

Individual Sports
- Racquet Sports
  Tennis
  Badminton
  Pickle Ball
  Racquet Ball
  Handball
- Golf
- Archery
- Bowling

Outdoor/Adventure Education
- Biking
- Snow shoeing
- Cross country skiing
- Inline skating
- Rock Climbing

Dance
- Introduction to Dance
  1. Line
  2. Square
  3. Swing
  4. Ballroom
Philosophy for Teaching this Curriculum

Fitness
- Yoga
- Pilates
- Low Impact Fitness
  1. Medicine Balls
  2. Swiss Balls
  3. Dyna bands.xertubes
- Cardiokickboxing

9-12 PE Curriculum
High School Physical Education
Officiating

Unit Sub topics:

- Basketball, volleyball, football, hockey, softball, track, soccer
- Proper mechanics
- Certifications
- Rules and regulations
- Professionalism
- Responsibilities
- Apparel
High School Physical Education
Lifeguard Training

Unit Sub topics:

- Swim pre-test (500m swim, 2 minute tread-legs only)
- Surface dive--retrieve a 10lb brick
- Life guarding swimming skills
- Life guarding rescue skills
- Back boarding
- CPR for Professional rescuer
- AED
High School Physical Education
Weight Training I

Unit Sub Topics:

- Weight Training Principles
- Lifting Techniques
- Benefits of weight training
- Supplemental equipment (belts, gloves, chalk)
- Spotting Techniques
- Introduction to Agility and Plyometrics
- Weight Training Programs
- 1 Rep Max Training
- Safety issues/Potential injuries
High School Physical Education
Weight Training II

Unit Sub Topics:

- Introduction/Expansion of weight training principles
- Various lifting techniques
- Benefits of weight training
- Safety issues
- Spotting issues
- Use of auxiliary equipment (plyometrics boxes, flexball, agility ladder, etc.)
- Integration with cardiovascular program
- Issues with weight training/exercise in society
- Personalized exercise program
## School District of LaCrosse
### Physical Education High School Curriculum

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High School Physical Education
Fitness

Unit: Yoga/Pilates
Timeline: 2-10 days
45-85 minute classes

Unit Sub topics:
- Introduction/History of Yoga
- Terminology
- Benefits of Yoga
- Pilates
- Skill development (poses)
- Safety issues

Wisconsin State Standards:
A, B, C, D, E, F, G

Learner Outcomes:
- Learn about and practice basic positions
- Gain an understanding of terms, benefits, and history
- Apply safety principles
- Foster positive attitudes for the activity
- Develop a respect for self, others, and equipment

Instructional Strategies:
- Proper demonstrations/handouts/explanations
- Practice opportunities
- Peer teaching/small group work
- Stations
- Application of benefits to fitness program

Integration:
- Health

Suggested Activities/Resources:
- Instructional media (ex: videos, task cards, music, websites)
- Instructional guest speakers
- Related field trips

Suggested Assessments:
Written test, practical tests, oral tests, participation, pose rubric, self/peer evaluation
High School Physical Education
Fitness

Unit: Fitness walking
Timeline: 2-10 days
45-85 minute classes

Unit Sub topics:
- Introduction to fitness walking
- Apparel
- Benefits of fitness walking
- Environmental issues
- Fitness equipment (pedometers/heart rate monitors)
- Application to fitness programs
- Safety issues/potential injuries

Wisconsin State Standards: A, B, C, D, E, F, G

Learner Outcomes:
- Gain an appreciation for environment
- Gain an understanding of fitness benefits
- Develop proper warm up and cool down
- Gain an awareness of safety issues (traffic/weather/hydration)
- Foster positive attitudes for the activity
- Develop a respect for self, others, and equipment
- Experience fitness walking in various settings

Instructional Strategies:
- Proper demonstrations/handouts/explanations
- Practice opportunities
- Peer teaching/small group work
- Application of benefits to fitness program

Integration:
- Health
- Science

Suggested Activities/Resources:
- Instructional media (ex: videos, task cards, music, websites)
- Instructional guest speakers
- Related field trips

Suggested Assessments:
Written test, practical tests, oral tests, participation, rubric, self/peer evaluation, pedometer/heart rate monitor log sheets
High School Physical Education
Fitness

Unit: Weight training
Timeline: 2-10 days
45-85 minute classes

Unit Sub topics:
- Introduction to weight training principles
- Lifting techniques
- Benefits of weight training
- Supplemental equipment (belts, gloves, chalk)
- Application to fitness programs
- Safety issues/potential injuries

Wisconsin State Standards:
A, B, C, D, E, F, G

Learner Outcomes:
- Learn about types of weight training programs
- Demonstrate proper weight training lifting techniques
- Gain an understanding of fitness benefits
- Develop proper warm up and cool down
- Gain an awareness of safety issues (spotting techniques/equipment)
- Foster positive attitudes for the activity
- Develop a respect for self, others, and equipment

Instructional Strategies:
- Proper demonstrations/handouts/explanations
- Practice opportunities
- Peer teaching/small group work
- Application of benefits to fitness program

Integration:

Suggested Activities/Resources:
- Instructional media (ex: videos, task cards, music, websites)
- Instructional guest speakers
- Related field trips
- Competitions (record boards)
- Beyond the school day related activities (power lifting competitions)

Suggested Assessments:
Written test, practical tests, oral tests, participation, rubric, self/peer evaluation, weight training log sheets
High School Physical Education
Fitness

**Unit:** Low impact fitness

**Timeline:** 2-10 days
45-85 minute classes

**Unit Sub topics:**
- Introduction to equipment
  - medicine balls, swiss/body balls, dyna bands
- Exercise techniques
- Benefits of endurance training
- Application to fitness programs
- Safety issues/potential injuries

**Wisconsin State Standards:**
A, B, C, D, E, F, G

**Learner Outcomes**
- Learn about other muscular endurance options
- Practice exercise techniques
- Gain an understanding of fitness benefits
- Develop proper warm up and cool down
- Understand the safety issues of equipment
- Gain an awareness of consumer issues related to equipment
- Foster positive attitudes for the activity
- Develop a respect for self, others, and equipment

**Instructional Strategies:**
- Proper demonstrations/handouts/explanations
- Practice opportunities
- Peer teaching/small group work
- Application of benefits to fitness program

**Integration:**

**Suggested Activities/Resources:**
- Instructional media (ex: videos, task cards, music, websites)
- Instructional guest speakers
- Related field trips

**Suggested Assessments:**
Written test, practical tests, oral tests, participation, self/peer evaluation
## High School Physical Education
### Fitness

**Unit:** Cardio kickboxing  
**Timeline:** 2-10 days  
45-85 minute classes

**Unit Sub topics:**
- Introduction of kickboxing  
- Skill development (punches, kicks, etc)  
- Benefits of cardio kickboxing  
- Application to fitness programs  
- Safety issues/potential injuries  
- Apparel

**Wisconsin State Standards:**  
A, B, C, D, E, F, G

**Learner Outcomes**
- Demonstrate moves and skill combinations of cardio kickboxing  
- Practice various styles of cardio kickboxing  
- Gain an understanding of fitness benefits  
- Develop proper warm up and cool down  
- Gain an awareness of safety issues  
- Gain an awareness of consumer issues related to equipment/apparel  
- Foster positive attitudes for the activity  
- Develop a respect for self, others, and equipment

**Instructional Strategies:**
- Proper demonstrations/handouts/explanations  
- Practice opportunities  
- Peer teaching/small group work  
- Application of benefits to fitness program  
- Use of pedometers and heart rate monitors

**Integration:**  
- Health

**Suggested Activities/Resources:**
- Instructional media (ex: videos, task cards, music, websites)  
- Instructional guest speakers  
- Related field trips

**Suggested Assessments:**
Written test, practical tests, oral tests, participation, self/peer evaluation, pedometer and heart rate monitor log sheets
High School Physical Education
Fitness

Unit: Fitness Program Design

Timeline: 2-10 days
45-85 minute classes

Unit Sub topics:

- Goal setting
- Warm up and cool down
- Benefits of personal fitness program
- Fitness guidelines/principles
- Safety issues/potential injuries
- Consumer issues and apparel

Wisconsin State Standards:

A, B, C, D, E, F, G

Learner Outcomes

- Understand importance of goal setting
- Develop proper warm up and cool down
- Learn and apply fitness guidelines/principles (FIT, overload, progression)
- Gain an awareness of safety issues
- Gain an awareness of consumer issues related to equipment/apparel
- Foster positive attitudes for the activity
- Develop a respect for self, others, and equipment

Instructional Strategies:

- Proper demonstrations/handouts/explanations
- Practice opportunities
- Peer teaching/small group work
- Use of pedometers and heart rate monitors

Integration:

- Health

Suggested Activities/Resources:

- Instructional media (ex: videos, task cards, music, websites)
- Instructional guest speakers
- Related field trips

Suggested Assessments:

Course requirement, written test, practical tests, oral tests, participation, self/peer evaluation, pedometer and heart rate monitor log sheets, program record sheets
High School Physical Education
Team Sports

**Unit:** Basketball

**Timeline:** 2-10 day units
45-85 minute classes

**Unit Sub topics:**
- Skill development
- Rules and terminology
- Strategies
- Game play
- Safety and equipment
- Fitness benefits
- Team concepts
- Officiating

**Wisconsin State Standards:**
A, B, C, D, E, F, G

**Learner Outcomes:**
- Develop fundamental skills
- Learn and apply basic rules and terminology
- Demonstrate the ability to use strategies in game play
- Experience lead up games and tournament play
- Understand possible fitness benefits from the game
- Demonstrate knowledge of safety issues
- Foster positive attitudes for the activity
- Develop a respect for self, others, and equipment
- Experience officiating opportunities

**Instructional Strategies:**
- Proper demonstrations, explanations, handouts
- Cognitive test evaluation
- Skills development rubric
- Practice opportunities
- Game/tournament play/student officiating
- Small group work
- Use of heart rate monitors and pedometers

**Integration:**
Suggested Activities/Resources:
- Instructional media (ex: videos, books, websites)
- Instructors/guest speakers
- Beyond the school day related activities (ex: attend extra-curricular events)

Suggested Assessments:
Written test, practical test, skill rubrics, oral tests, sportsmanship, participation, self and peer evaluation
High School Physical Education
Team Sports

**Unit:** Softball

**Timeline:** 2-10 day units
45-85 minute classes

**Unit Sub topics:**
- Skill development
- Rules and terminology
- Strategies
- Game play
- Safety and equipment
- Fitness benefits
- Team concepts
- Officiating

**Wisconsin State Standards:**
A, B, C, D, F, G

**Learner Outcomes:**
- Develop fundamental skills
- Learn and apply basic rules and terminology
- Demonstrate the ability to use strategies in game play
- Experience lead up games and tournament play
- Understand possible fitness benefits from the game
- Demonstrate knowledge of safety issues
- Foster positive attitudes for the activity
- Develop a respect for self, others, and equipment
- Experience officiating opportunities

**Instructional Strategies:**
- Proper demonstrations, explanations, handouts
- Cognitive test evaluation
- Skills development rubric
- Practice opportunities
- Game/tournament play/student officiating
- Small group work
- Use of heart rate monitors and pedometers

**Integration:**
Suggested Activities/Resources:
- Instructional media (ex: videos, books, websites)
- Instructors/guest speakers
- Beyond the school day related activities (ex: attend extra-curricular events)

Suggested Assessments:
Written test, practical test, skill rubrics, oral tests, sportsmanship, participation, self and peer evaluation
High School Physical Education
Team Sports

Unit: Volleyball

Timeline: 2-10 day units
45-85 minute classes

Unit Sub topics:
- Skill development
- Rules and terminology
- Strategies
- Game play
- Safety and equipment
- Fitness benefits
- Team concepts
- Officiating

Wisconsin State Standards:
A, B, C, D, F, G

Learner Outcomes:
- Develop fundamental skills
- Learn and apply basic rules and terminology
- Demonstrate the ability to use strategies in game play
- Experience lead up games and tournament play
- Understand possible fitness benefits from the game
- Demonstrate knowledge of safety issues
- Foster positive attitudes for the activity
- Develop a respect for self, others, and equipment
- Experience officiating opportunities

Instructional Strategies:
- Proper demonstrations, explanations, handouts
- Cognitive test evaluation
- Skills development rubric
- Practice opportunities
- Game/tournament play/student officiating
- Small group work
- Use of heart rate monitors and pedometers

Integration:
Suggested Activities/Resources:
- Instructional media (ex: videos, books, websites)
- Instructors/guest speakers
- Beyond the school day related activities (ex: attend extra-curricular events)

Suggested Assessments:
Written test, practical test, skill rubrics, oral tests, sportsmanship, participation, self and peer evaluation
High School Physical Education
Team Sports

Unit: Soccer

Timeline: 2-10 day units
45-85 minute classes

Unit Sub topics:
- Skill development
- Rules and terminology
- Strategies
- Game play
- Safety and equipment
- Fitness benefits
- Team concepts
- Officiating

Wisconsin State Standards:
A, B, C, E, D, F, G

Learner Outcomes:
- Develop fundamental skills
- Learn and apply basic rules and terminology
- Demonstrate the ability to use strategies in game play
- Experience lead up games and tournament play
- Understand possible fitness benefits from the game
- Demonstrate knowledge of safety issues
- Foster positive attitudes for the activity
- Develop a respect for self, others, and equipment
- Experience officiating opportunities

Instructional Strategies:
- Proper demonstrations, explanations, handouts
- Cognitive test evaluation
- Skills development rubric
- Practice opportunities
- Game/tournament play/student officiating
- Small group work
- Use of heart rate monitors and pedometers

Integration:

Suggested Activities/Resources:
- Instructional media (ex: videos, books, websites)
- Instructors/guest speakers
- Beyond the school day related activities (ex: attend extra-curricular events)

Suggested Assessments:
Written test, practical test, skill rubrics, oral tests, sportsmanship, participation, self and peer evaluation
High School Physical Education
Team Sports

Unit: Floor Hockey

Timeline: 2-10 day units
         45-85 minute classes

Unit Sub topics:
- Skill development
- Rules and terminology
- Strategies
- Game play
- Safety and equipment
- Fitness benefits
- Team concepts
- Officiating

Wisconsin State Standards:
A, B, C, E, D, F, G

Learner Outcomes:
- Develop fundamental skills
- Learn and apply basic rules and terminology
- Demonstrate the ability to use strategies in game play
- Experience lead up games and tournament play
- Understand possible fitness benefits from the game
- Demonstrate knowledge of safety issues
- Foster positive attitudes for the activity
- Develop a respect for self, others, and equipment
- Experience officiating opportunities

Instructional Strategies:
- Proper demonstrations, explanations, handouts
- Cognitive test evaluation
- Skills development rubric
- Practice opportunities
- Game/ tournament play/student officiating
- Small group work
- Use of heart rate monitors and pedometers

Integration:
Suggested Activities/Resources:
- Instructional media (ex: videos, books, websites)
- Instructors/guest speakers
- Beyond the school day related activities (ex: attend extra-curricular events)

Suggested Assessments:
Written test, practical test, skill rubrics, oral tests, sportsmanship, participation, self and peer evaluation
High School Physical Education
Team Sports

Unit: Flag Football

Timeline: 2-10 day units
45-85 minute classes

Unit Sub topics:
- Skill development
- Rules and terminology
- Strategies
- Game play
- Safety and equipment
- Fitness benefits
- Team concepts
- Officiating

Wisconsin State Standards:
A, B, C, D, F, G

Learner Outcomes:
- Develop fundamental skills
- Learn and apply basic rules and terminology
- Demonstrate the ability to use strategies in game play
- Experience lead up games and tournament play
- Understand possible fitness benefits from the game
- Demonstrate knowledge of safety issues
- Foster positive attitudes for the activity
- Develop a respect for self, others, and equipment
- Experience officiating opportunities

Instructional Strategies:
- Proper demonstrations, explanations, handouts
- Cognitive test evaluation
- Skills development rubric
- Practice opportunities
- Game/ tournament play/student officiating
- Small group work
- Use of heart rate monitors and pedometers

Integration:
Suggested Activities/Resources:
- Instructional media (ex: videos, books, websites)
- Instructors/guest speakers
- Beyond the school day related activities (ex: attend extra-curricular events)

Suggested Assessments:
Written test, practical test, skill rubrics, oral tests, sportsmanship, participation, self and peer evaluation
High School Physical Education
Team Sports

Unit: Field Games (Team Handball/Ultimate Frisbee/Speedball/LaCrosse)

Timeline: 2-10 day units
45-85 minute classes

Unit Sub topics:
- Skill development
- Rules and terminology
- Strategies
- Game play
- Safety and equipment
- Fitness benefits
- Team concepts
- Officiating

Wisconsin State Standards:
A, B, C, E, D, F, G

Learner Outcomes:
- Develop fundamental skills
- Learn and apply basic rules and terminology
- Demonstrate the ability to use strategies in game play
- Experience lead up games and tournament play
- Understand possible fitness benefits from the game
- Demonstrate knowledge of safety issues
- Foster positive attitudes for the activity
- Develop a respect for self, others, and equipment
- Experience officiating opportunities

Instructional Strategies:
- Proper demonstrations, explanations, handouts
- Cognitive test evaluation
- Skills development rubric
- Practice opportunities
- Game/ tournament play/student officiating
- Small group work
- Use of heart rate monitors and pedometers

Integration:
- Social Studies
Suggested Activities/Resources:
• Instructional media (ex: videos, books, websites)
• Instructors/guest speakers

Suggested Assessments:
Written test, practical test, skill rubrics, oral tests, sportsmanship, participation, self and peer evaluation
Unit: Cooperative Games Unit

Timeline: 2-10 day units
45-85 minute classes

Wisconsin State Standards:
A, B, C, D, F, G

Unit Sub topics:
• Skill development
• Rules and terminology
• Strategies
• Game play
• Safety and equipment
• Fitness benefits
• Team concepts

Learner Outcomes:
• Develop fundamental skills
• Learn and apply basic rules and terminology
• Demonstrate the ability to use strategies in game play
• Experience lead up games and tournament play
• Understand possible fitness benefits from the game
• Demonstrate knowledge of safety issues
• Foster positive attitudes for the activity
• Develop a respect for self, others, and equipment

Instructional Strategies:
• Proper demonstrations, explanations, handouts
• Cognitive test evaluation
• Practice opportunities
• Game/ tournament play
• Small group work
• Use of heart rate monitors and pedometers

Integration:

Suggested Activities/Resources:
• Instructional media (ex: videos, books, websites)

Suggested Assessments:
Written test, practical test, oral tests, sportsmanship, participation
High School Physical Education
Individual Sports

Unit:  Racquet sports (tennis, badminton, pickle ball, racquetball)  
Timeline:  2-10 day units, 45-85 minute classes

Unit Sub topics:  
- Skill development  
- Rules and terminology  
- Strategies  
- Etiquette  
- Game play  
- Safety and equipment  
- Fitness benefits

Wisconsin State Standards:  A, B, C, D, F, G

Learner Outcomes:  
- Develop fundamental skills  
- Learn and apply basic rules and terminology  
- Demonstrate the ability to use strategies in game play  
- Learn and demonstrate proper etiquette  
- Experience game and tournament play  
- Understand possible fitness benefits from the game  
- Learn about basic equipment and safety issues/topics  
- Foster positive attitudes for the activity  
- Develop a respect for self, others, and equipment

Instructional Strategies:  
- Proper demonstrations, explanations, handouts  
- Cognitive test evaluation  
- Skills development rubric  
- Practice opportunities  
- Game/tournament play  
- Small group work  
- Use of heart rate monitors and pedometers

Integration:  
- Health
Suggested Activities/Resources:
- Instructional media (ex: videos, books, websites)
- Instructors/guest speakers
- Related field trips

Suggested Assessments:
Written test, practical test, skill rubrics, oral tests, sportsmanship, participation, self and peer evaluation
High School Physical Education
Individual Sports

Unit: Golf

Timeline: 2-10 day units
45-85 minute classes

Unit Sub topics:
- Skill development
- Rules and terminology
- Strategies
- Etiquette
- Game play
- Safety and equipment
- Fitness benefits

Wisconsin State Standards:
A, B, C, D, F, G

Learner Outcomes:
- Develop fundamental skills
- Learn and apply basic rules and terminology
- Demonstrate the ability to use strategies in game play
- Learn and demonstrate proper etiquette
- Experience game and tournament play
- Understand possible fitness benefits from the game
- Learn about basic equipment and safety issues/topics
- Foster positive attitudes for the activity
- Develop a respect for self, others, and equipment

Instructional Strategies:
- Proper demonstrations, explanations, handouts
- Cognitive test evaluation
- Skills development rubric
- Practice opportunities
- Game/tournament play (match play, stroke play, related games)
- Small group work

Integration:

Suggested Activities/Resources:
- Instructional media (ex: videos, books, websites)
- Instructors/guest speakers
- Related field trips

Suggested Assessments:
Written test, practical test, skill rubrics, oral tests, sportsmanship, participation, self and peer evaluation
High School Physical Education
Individual Sports

**Unit:** Archery

**Timeline:** 2-10 day units
45-85 minute classes

**Unit Sub topics:**
- Skill development
- Rules and terminology
- Strategies (aiming)
- Etiquette
- Game play
- Safety and equipment
- Fitness benefits (muscular strength and endurance)

**Wisconsin State Standards:**
A, B, C, D, F, G

**Learner Outcomes:**
- Develop fundamental skills
- Learn and apply basic rules and terminology
- Demonstrate the ability to use strategies
- Learn and demonstrate proper etiquette
- Experience game and tournament play
- Understand possible fitness benefits from the game
- Learn about basic equipment and safety issues/topics
- Foster positive attitudes for the activity
- Develop a respect for self, others, and equipment

**Instructional Strategies:**
- Proper demonstrations, explanations, handouts
- Cognitive test evaluation
- Skills development rubric
- Practice opportunities
- Game/ tournament play
- Small group work

**Integration:**
- Mathematics
- Social Studies
Suggested Activities/Resources:
- Instructional media (ex: videos, books, websites)
- Instructors/guest speakers
- Related field trips

Suggested Assessments:
Written test, practical test, skill rubrics, oral tests, sportsmanship, participation, self and peer evaluation
High School Physical Education
Individual Sports

Unit: Bowling
Timeline: 2-10 day units
45-85 minute classes

Unit Sub topics:
- Skill development
- Rules and terminology
- Strategies
- Etiquette
- Game play
- Safety and equipment
- Fitness benefits

Wisconsin State Standards:
A, B, C, D, F, G

Learner Outcomes:
- Develop fundamental skills
- Learn and apply basic rules and terminology
- Demonstrate the ability to use strategies in game play
- Learn and demonstrate proper etiquette
- Experience game and tournament play
- Understand possible fitness benefits from the game
- Learn about basic equipment and safety issues/topics
- Foster positive attitudes for the activity
- Develop a respect for self, others, and equipment

Instructional Strategies:
- Proper demonstrations, explanations, handouts
- Cognitive test evaluation
- Skills development rubric
- Practice opportunities
- Game/ tournament play
- Small group work

Integration:
- Mathematics

Suggested Activities/Resources:
- Instructional media (ex: videos, books, websites)
- Instructors/guest speakers
- Related field trips

Suggested Assessments:
Written test, practical test, skill rubrics, oral tests, sportsmanship, participation, self and peer evaluation
High School Physical Education
Adventure Education

Unit: Biking

Timeline: 2-10 day unit
45-85 minutes classes

Unit Sub topics:
- Skill development
- Terminology
- Safety and maintenance issues
- Fitness benefits
- Biking in various settings

Wisconsin State Standards:
A, B, C, D, E, F

Learner Outcomes:
- Demonstrate fundamental riding skills
- Learn and apply concepts/terminology/strategies
- Foster positive attitudes for the activity
- Develop a respect for self, equipment, and nature
- Experience biking in various settings (bike trails, street riding)
- Understand possible fitness benefits from the activity
- Use of community resources (trails, designated routes)

Instructional Strategies:
- Demonstrations, explanations, handouts: riding techniques, safety, maintenance
- Cognitive test evaluation
- Practice opportunities
- Games and activities (bike rodeo)
- Use of heart rate monitors
- Small group work

Integration:

Suggested Activities/Resources:
- Biking around school grounds and community
- Students find local resources (trails)
- Guest speakers (bike shop, local club)
- Design fitness program for biking

Suggested Assessments:
Written test, practical test, oral test, participation
High School Physical Education
Adventure Education

**Unit:** Hiking

**Timeline:** 2-10 day unit
45-85 minutes classes

**Unit Sub topics:**
- Skill development
- Terminology
- Etiquette
- Fitness benefits
- Hiking in various settings

**Wisconsin State Standards:**
A, D, F

**Learner Outcomes:**
- Learn and apply concepts/terminology/strategies
- Foster positive attitudes for the activity
- Develop a respect for self, equipment, and nature
- Experience hiking in various settings
- Understand possible fitness benefits from the activity
- Use of community resources (parks, forests, etc)

**Instructional Strategies:**
- Proper explanations, handouts: backpacking, survival skills, clothing/footwear, First Aid
- Leave-No-Trace concept
- Cognitive test evaluation
- Hiking course(s)
- Map and compass skills
- Use of heart rate monitors and pedometers

**Integration:**
- Science
- Technology (find local trails, plan a trip, GPS navigation)

**Suggested Activities/Resources:**
- Hiking around school grounds and community
- Students find local trails and plan own trip
- Supplemental activities: backpacking

**Suggested Assessments:**
Written test, practical test, oral test, participation
High School Physical Education
Adventure Education

Unit: Orienteering

Timeline: 2-10 day unit
45-85 minutes classes

Unit Sub topics:
- Skill development
- Terminology
- Fitness benefits
- Orienteering in various settings

Wisconsin State Standards:
A, D, F

Learner Outcomes:
- Develop fundamental map and compass skills
- Learn and apply concepts/terminology/strategies
- Foster positive attitudes for the activity
- Develop a respect for self, equipment, and nature
- Experience orienteering in various settings (urban, rural, waterways)
- Understand possible fitness benefits from the activity
- Use of community resources (parks, forests, etc)

Instructional Strategies:
- Proper demonstrations, explanations, handouts
- Cognitive test evaluation
- Practice opportunities
- Games, orienteering course(s)
- Small group work
- Supplemental to other activities (canoeing, hiking, biking, etc)
- Use of heart rate monitors and pedometers

Integration:
- Science

Suggested Activities/Resources:
- Urban orienteering around school grounds, inside school, and community
- Creating a course at a local park or on school grounds
- Students create their own course and maps
- GPS navigation

Suggested Assessments:
Written test, practical test, oral test, participation
High School Physical Education
Adventure Education

Unit: Snowshoeing

Timeline: 2-10 day unit
45-85 minutes classes

Unit Sub topics:
- Skill development
- Terminology
- Safety issues
- Fitness benefits
- Snowshoeing in various settings

Wisconsin State Standards:
A, D, F

Learner Outcomes:
- Demonstrate fundamental skills (walking, hills)
- Learn and apply concepts/terminology/strategies
- Foster positive attitudes for the activity
- Develop a respect for self, equipment, and nature
- Experience snowshoeing in various settings
- Understand possible fitness benefits from the activity
- Use of community resources (parks, forests, etc)

Instructional Strategies:
- Proper explanations, handouts: safety, survival skills, clothing, First Aid
- Cognitive test evaluation
- Practice opportunities
- Games/Activities

Integration:
- Science

Suggested Activities/Resources:
- Snowshoeing around school grounds and community
- Students find local resources (trails)
- Supplemental activities: orienteering, scavenger hunts, hiking, games

Suggested Assessments:
Written test, practical test, oral test, participation
High School Physical Education
Adventure Education

Unit: Cross-Country Skiing

Timeline: 2-10 day unit
45-85 minutes classes

Unit Sub topics:
- Skill development
- Terminology
- Safety issues
- Fitness benefits
- Cross-country skiing in various settings

Wisconsin State Standards:
A, B, C, D, E, F

Learner Outcomes:
- Demonstrate fundamental skills
- Learn and apply concepts/terminology/strategies
- Foster positive attitudes for the activity
- Develop a respect for self, equipment, and nature
- Experience cross-country skiing in various settings
- Understand possible fitness benefits from the activity
- Use of community resources (parks, forests, etc)

Instructional Strategies:
- Proper explanations, handouts: safety, survival skills, clothing, First Aid
- Cognitive test evaluation
- Practice opportunities
- Games and activities (relays)
- Use of heart rate monitors

Integration:

Suggested Activities/Resources:
- Cross-country skiing around school grounds and community
- Students find local resources (trails)

Suggested Assessments:
Written test, practical test, oral test, participation
High School Physical Education
Adventure Education

Unit: Canoeing and Kayaking

Timeline: 2-10 day unit
45-85 minutes classes

Unit Sub topics:
- Skill development
- Terminology
- Safety issues and survival skills
- Fitness benefits
- Canoeing/kayaking in various settings

Wisconsin State Standards:
A, B, C, D, E, F

Learner Outcomes:
- Demonstrate fundamental canoeing/kayaking skills
- Experience in/out of water rescues and other safety techniques
- Learn and apply concepts and terminology
- Foster positive attitudes for the activity
- Develop a respect for self, equipment and nature
- Understand possible fitness benefits from the activity

Instructional Strategies:
- Demonstrations, explanations, handouts: paddling and rescue techniques
- Cognitive test evaluation
- Practice opportunities
- Games (races, relays, obstacle course)
- Partner work

Integration:

Suggested Activities/Resources:
- Use of school swimming pool
- Student finds local canoe routes
- DNR (Dept. of Natural Resources)
- Field trips (local rivers and lakes)
- Orienteering and maps

Suggested Assessments:
Written test, practical test, oral test, participation
High School Physical Education
Adventure Education

Unit: Inline Skating
Timeline: 2-10 day unit
45-85 minutes classes

Unit Sub topics: Wisconsin State Standards:
- Skill development
- A, B, C, D, E, F
- Terminology
- Safety and maintenance issues
- Fitness benefits
- Inline skating in various settings

Learner Outcomes:
- Demonstrate fundamental skating skills
- Learn and apply concepts/terminology/strategies
- Foster positive attitudes for the activity
- Develop a respect for self and equipment
- Understand possible fitness benefits from the activity

Instructional Strategies:
- Demonstrations, explanations, handouts: skating techniques, safety, maintenance
- Cognitive test evaluation
- Practice opportunities
- Games and activities
- Use of heart rate monitors
- Small group work

Integration:

Suggested Activities/Resources:
- Inline skating around school grounds
- Games (basketball, hockey, ultimate frisbee, relays)
- Obstacle course
- Field trips (indoor skating facility)
- Design fitness program for biking

Suggested Assessments:
Written test, practical test, oral test, participation
High School Physical Education
Adventure Education

Unit: Camping/Backpacking/Survival skills
Timeline: 2-10 day unit
45-85 minutes classes

Unit Sub topics:
- Skill development
- Equipment, clothing and supplies
- Safety issues
- Etiquette and the law
- Fitness/Leisure activity

Wisconsin State Standards:
A, D, F

Learner Outcomes:
- Demonstrate fundamental camping and backpacking skills
- Practice safety/survival skills: weather, food/water source, shelter, First Aid emergency signals, fire building, map/compass
- Foster positive attitudes for the activity
- Develop a respect for self, equipment, nature and the law.
- Understand the possible fitness benefits from the activity
- Understand that camping and backpacking are lifelong activities

Instructional Strategies:
- Demonstrations, explanations, handouts
- Cognitive test evaluation
- Practice opportunities (build shelters, tents, packing, etc)
- Leave-No-Trace concept
- Small group work
- Problem solving activities

Integration:
- Science

Suggested Activities/Resources:
- DNR (Dept. of Natural Resources)
- Field trips
- Students find local resources (campgrounds, sports outfitters)
- Supplemental activities: hiking

Suggested Assessments:
Written test, practical test, oral test, participation
High School Physical Education
Adventure Education

Unit: Fishing
Timeline: 2-10 day unit
45-85 minutes classes

Unit Sub topics:
- Skill development
- Terminology
- Species of fish
- Laws (DNR)
- Safety issues
- Leisure activity
- Fishing in various settings

Wisconsin State Standards:
- A, D, F

Learner Outcomes:
- Demonstrate fundamental fishing skills
- Identify safety issues (weather, water conditions, safe distance)
- Learn and apply concepts and terminology
- Foster positive attitudes for the activity
- Develop a respect for self, equipment, nature and the law.
- Understand that fishing allows for enjoyment, challenge, and social interaction

Instructional Strategies:
- Demonstrations, explanations, handouts
- Cognitive test evaluation (species and laws)
- Practice opportunities (casting, knot tying, flipping)
- Games (targets)

Integration:
- Science

Suggested Activities/Resources:
- DNR (Dept. of Natural Resources)
- Field trips (local rivers and lakes)
- Students find local resources (designated fishing areas)

Suggested Assessments:
Written test, practical test, oral test, participation
High School Physical Education
Adventure Education

**Unit:** Climbing

**Timeline:** 18 days
45-85 minute period

**Unit Sub topics:**
- Adventure sequence
- Knot tying
- Harness, Equipment (belay device, helmets, carabiners, etc)
- Safety skills
- Belay skills
- Rope care and management

**Wisconsin State Standards:**
A, B, C, D, E, F, G

**Learner Outcomes:**
- The students will display a positive attitude in class
- The students will participate in belaying and back up belaying
- Help other students that are having problems with skills
- Understand the rules of the teacher and climbing wall
- Understands how their body can move over a climbing surface
- Understands the importance of trust and safety skills.

**Instructional Strategies:**
- Demonstrations, explanations, repetitions
- Practice opportunities
- Small group activity
- Check list

**Integration:**
- Weight training
- Team building

**Suggested Activities/Resources:**
- Instructional video
- Additional climbing experience
- Field trips
- Guest speakers

**Suggested Assessments:**
- Written exam, practical exam, journaling, check lists, participation, cooperation/teamwork
High School Physical Education: Dance

**Unit:** Introduction to Dance  
**Timeline:** 2-10 day unit  
45-85 minute classes

**Unit Sub topics:**
- History of Dance
- Introduction to different styles of dance
- Terminology
- Benefits of Dance (fitness, personal expression, socialization)
- Dance Etiquette
- Skill development
- Safety issues
- Application to fitness programs
- Choreographing dances
- Appropriate music choices

**Wisconsin State Standards:** A, B, C, D, E, F, G

**Learner Outcomes:**
- Learn about and practice basic dance positions and dance steps
- Gain an understanding of terms, benefits, and history
- Foster positive attitudes for the activity
- Develop a respect for self and others
- Apply safety principles to the dance floor.

**Instructional Strategies:**
- Proper demonstrations, handouts/explanations
- Practice opportunities
- Peer teaching/small group work
- Creating own dance
- Dance contest
- Application of benefits to individual fitness programs

**Integration:**
- Health
- History (Sociology)

**Suggested Activities/Resources:**
- Community Dance Instructors
- Instructional Media (music, videos, tasks cards)
- Beyond the school day activities (school dances, weddings, family gatherings, dance team)

**Suggested Assessments:**
Skill rubrics, self, peer, and teacher assessment, written tests, participation, dance etiquette.
High School Physical Education
Aquatics

Unit: Level Swimming
(American Red Cross model)

Timeline: 3-10 days
45-85 minute classes

Unit Sub topics:
- Skill development
- Safety issues
- Fitness benefits

Wisconsin State Standards:
A, B, C, D, E, F, G

Learner Outcomes
- Development of appropriate skills to increase ability level
- Develop proper warm up and cool down
- Understand possible fitness benefits
- Demonstrate safety and respect for the water
- Foster positive attitudes for the activity and individual differences

Instructional Strategies:
- Proper demonstrations/handouts/explanations
- Practice opportunities
- Peer teaching/small group work
- Game play
- Water exploration

Integration:

Suggested Activities/Resources:
- Instructional media (ex: videos, task cards, music, websites)
- Instructional guest speakers
- Related field trips

Suggested Assessments:
Rubric check sheet, practical tests, participation, self/peer evaluation, American Red Cross swim assessment
High School Physical Education
Aquatics

Unit: Water Sports

Timeline: 9 days
45-85 minute periods

Unit Sub topics:
- Introduction to rules, terminology
- Introduction to strategies
- Swimming skill development
- Identification of fitness benefits
- Team organization and concepts
- Game competition

Wisconsin State Standards:
A, B, C, D, E, F, G

Learner Outcomes:
- Show ability to work cooperatively with other students
- Show knowledge of game strategies and concepts
- Gain an awareness fitness benefits
- Monitor and charting heart rate
- Awareness of safety issues
- Demonstrate knowledge of training principles and their relation to fitness
- Development of positive attitudes

Instructional Strategies:
- Small group work
- Demonstrations
- Practice repetitions
- Lead up games/activities
- Heart rate log

Integration:
- Health, Life guarding

Suggested Activities/Resources:
- Instructional media

Suggested Assessments:
- Learner participation, completion of heart rate log, written test, self evaluation/partner evaluation
High School Physical Education
Aquatics

Unit: Aquatic Exercise

Timeline: 9 days
45-85 minute period

Unit Sub topics:
- Hydro aerobics
- Resistance training (deep, shallow)
- Aqua joggers
- Running workouts (sprint, distance)

Wisconsin State Standards:
A, B, C, D, E, F, G

Learner Outcomes:
- Understand the concept of exercising in the water
- Understand the benefits of exercising in the water
- Know the various water exercises and how they relate to the fitness components
- Understand the purpose of a heart rate log
- Foster positive attitude toward activity
- Develop a respect for self and others

Instructional Strategies:
- Demonstrations, explanations
- Peer teaching
- Small group work
- Periodical Heart Rate check

Integration:
Health, Adapted Physical Education

Suggested Activities/Resources:
- Instructional video
- Music
- Charts
- Various equipment (resistance tubing, aqua jogger, Styrofoam barbells, weights)

Suggested Assessments:
- Written exam, practical exam, self evaluation, peer evaluation, group presentation, participation
Lifeguard Training

High School Physical Education
Lifeguard Training

Unit: Lifeguard training

Timeline: Semester
45-85 minute class periods

Unit Sub topics:
- Swim pre-test (500m swim, 2 minute tread-legs only, surface dive--retrieve a 10lb brick.
- Life guarding swimming skills
- Life guarding rescue skills
- Back boarding
- CPR for Professional rescuer
- AED

Wisconsin State Standards:
A, B, C, D, E, F, G

Learner Outcomes:
- Demonstrate proficiency in all life guarding skills
- Victim recognition
- Proper rescue techniques
- Develop self confidence
- Learn to work well with coworkers and patrons
- Awareness of safety issues
- Proper use of rescue equipment
- Confidence in CPR and First Aid procedures
- Ability to recognize and correct safety issues
- Importance of physical fitness

Instructional Strategies:
- Lecture and discussion
- Small group work
- Practical application
- Skill repetition

Integration:
- Health, Community Rescue Teams (first responders), American Red Cross

Suggested Activities/Resources:
- Red Cross Lifeguard training video
- Lifeguard training textbook (American Red Cross)

Suggested Assessments:
- 80% on all written tests (Lifeguard training, AED)
- 100% on final skill scenario
- 100% on swimming, CPR, First Aid skills
- Participation
High School Physical Education
Athletic Training/CPR/First Aid

Unit: Community First Aid and Safety

Timeline: 4 weeks
45-85 minute classes

Unit Sub topics:
- Adult/infant/child CPR
- First Aid
- AED Training
- Skill development
- Application of training
- Proper assessment and treatment
- Safety procedures

Wisconsin State Standards:

Learner Outcomes:
- Demonstrate and administer CPR
- Demonstrate all First Aid skills
- Demonstrate and administer AED
- Understand and demonstrate safety precautions
- Understand the effects of CPR
- Foster confidence in the application of skills
- Develop respect for self and others
- Continuing education

Instructional Strategies:
- Proper demonstrations/explanations
- Practice opportunities
- Skill repetition
- Use of manikins
- Application of AED device
- Small group work
- Research papers
- Cognitive test evaluation

Integration:
- Health, Science, Athletic training, Lifeguarding

Suggested Activities/Resources:
- Instructional video: American Red Cross
- Community First Aid and Safety text book
- Related Field Trips
- Instructional Guest Speakers
Suggested Assessments:
- Score 80% on CPR written exam
- Score 100% on CPR skill exam
- Score 80% on First Aid written exam
- Score 100% on First Aid skill exam
High School Physical Education
Officiating

Unit: Officiating
Timeline: Semester
45-85 minute periods

Unit Sub topics:
- Basketball, volleyball, football, hockey, softball, track, soccer
- Proper mechanics
- Certifications
- Rules and regulations
- Professionalism
- Responsibilities
- Apparel

Wisconsin State Standards:
A, B, C, D, E, F, G

Learner Outcomes:
- Rules and regulations of various sports
- Confidence and Composure
- Ability to work with others
- Understand the importance of physical fitness in regards to officiating
- Safety awareness

Instructional Strategies:
- Demonstrations, handouts, explanations
- Small group work
- Practice experience
- Peer evaluation
- Video self evaluation

Integration:
- Officials organizations (WIAA, NCAA, etc)

Suggested Activities/Resources:
- Guest speakers
- Officiate intramurals, interscholastic activities, physical education classes
- Instructional videos

Suggested Assessments:
- Written tests, practical tests, participation, self/peer evaluation, WIAA officiating test