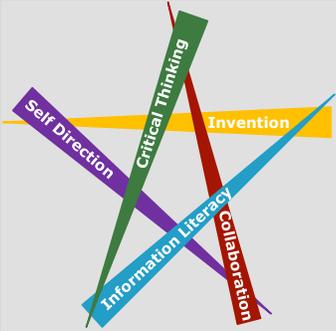


**Curriculum Development Course at a Glance
Unit Planning for 9-12 Sport / Skill PE**

Content Area	PE	Grade Level	9-12
Course Name/Course Code	Sports/Skill		
Standard	Grade Level Expectations (GLE)	GLE Code	
1. Movement Competence and Understanding	1. Participate at a competent level in a variety of lifelong physical activities.	PE09-GR.HS-S.1-GLE.1	
	2. Understand the cognitive impact of movement.	PE09-GR.HS-S.1-GLE.2	
	3. Apply rules, principles, problem-solving skills, and concepts to traditional and nontraditional movement settings.	PE09-GR.HS-S.1-GLE.3	
2. Physical and Personal Wellness	1. Establish goals based on fitness assessment data, and develop, implement, achieve, and monitor and individual health and fitness plan.	PE09-GR.HS-S.2-GLE.1	
	2. Identify community resources to maintain lifelong physical activity.	PE09-GR.HS-S.2-GLE.2	
	3. Participate regularly in health-enhancing and personally rewarding physical activity outside of physical education.	PE09-GR.HS-S.2-GLE.3	
3. Emotional and Social Wellness	1. Demonstrate respect for individual differences in physical activity settings.	PE09-GR.HS-S.3-GLE.1	
	2. Demonstrate collaboration, cooperation, and leadership skills.	PE09-GR.HS-S.3-GLE.2	
	3. Demonstrate responsible behavior in group settings.	PE09-GR.HS-S.3-GLE.3	
4. Prevention and Risk Management	1. Understand the risks and safety factors that may affect participation in physical activity.	PE09-GR.HS-S.4-GLE.1	
	2. Demonstrate knowledge of safety and emergency response procedures.	PE09-GR.HS-S.4-GLE.2	

Colorado 21st Century Skills



- Critical Thinking and Reasoning:** *Thinking Deeply, Thinking Differently*
- Information Literacy:** *Untangling the Web*
- Collaboration:** *Working Together, Learning Together*
- Self-Direction:** *Own Your Learning*
- Invention:** *Creating Solutions*

Unit Titles	Length of Unit/Contact Hours	Unit Number/Sequence
Movement, Activities and Games	6 Weeks	1
Cooperating Games	6 Weeks	2
Advanced Strategies and Application	6 Weeks	3

**Curriculum Development Course at a Glance
Unit Planning for 9-12 Sport / Skill PE**

Unit Title	Movement, Activities and Games		Length of Unit	6 Weeks
Focusing Lens(es)	Movement	Standards and Grade Level Expectations Addressed in this Unit	PE09-GR.HS-S.1-GLE.1 PE09-GR.HS-S.1-GLE.2 PE09-GR.HS-S.1-GLE.3 PE09-GR.HS-S.2-GLE.3 PE09-GR.HS-S.3-GLE.1 PE09-GR.HS-S.3-GLE.2 PE09-GR.HS-S.3-GLE.3 PE09-GR.HS-S.4-GLE.1 PE09-GR.HS-S.4-GLE.2	
Inquiry Questions (Engaging-Debatable):	<ul style="list-style-type: none"> • Why are both skill related fitness and health related fitness taught? Why is each one important? (PE09-GR.HS-S.1-GLE. 1-EO.a,b,d; IQ.1; RA.2; N.1,2) • What are the pros and cons of participating in a variety of physical activities vs specializing in one sport or activity? (PE09-GR.HS-S.2-GLE.3-EO.a,d,g; IQ.3; RA.3; N.1,3) • Why are proper spotting techniques or partner supports important for lifts and exercises? (PE09-GR.HS-S.4-GLE.1-EO.c; IQ.1; RA.1,2,3; N.1,2) 			
Unit Strands	Movement competence and understanding Physical and Personal Wellness Emotional and Social Wellness Prevention and Risk Management			
Concepts	Sequencing/ patterns; Social Responsibility; Sportsmanship; Integrity; Transfer of Knowledge; Safety; Rules; Norms; Values			

Generalizations My students will Understand that...	Guiding Questions	
	Factual	Conceptual
Knowledge and understanding of movement concepts, improves individual skill performance and promotes brain development. (PE09-GR.HS-S.2-GLE.1-EO.a,b,d;IQ.1;RA.2; N.1.2)	What are activities that promote neural pathway development?	Why is exercise important for a healthy brain?
A commitment to sportsmanship, integrity and safety ensures maximum benefit and enjoyment of activities for all participants. (PE09-GR.HS-S.3-GLE.2-EO.a,b,c,d,e,g,i,j; IQ.4; RA.2,7; N.1,2,3,4,5)	What are some games or activities that allow for equal participation of all members of the team?	How might one help a teammate with poor physical skills to be a team contributor?

**Curriculum Development Course at a Glance
Unit Planning for 9-12 Sport / Skill PE**

Application of rules, norms, and values demonstrates sportsmanship and integrity. (PE09-GR.HS-S.3-GLE.2-EO.a,b,c,d,e,g,i,j; IQ.4; RA.2,7; N.1,2,3,4,5)	What are some common rules found in multiple sports/activities?	If there were no rules, how would that change the experience for the participants?
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Key Skills:
My students will be able to (Do)...

- Apply components of fitness to activities. (PE09-GR.HS-S.1-GLE.1-EO.a,b,d;)
- Combine and apply movement patterns/sequencing. (PE09-GR.HS-S.1-GLE.1-EO.a)
- Participate in movements that improve brain development. (PE09-GR.HS-S.1-GLE.2)
- Demonstrate proper spotting. (PE09-GR.HS-S.4-GLE.1-EO.c)
- Participate with others. (PE09-GR.HS-S.3-GLE.3-EO.a,b,c,d)
- Demonstrate appropriate/ responsible/ empathetic behavior. (PE09-GR.HS-S.3 -GLE.2-EO.a,b,c,f,g)
- Use appropriate safety procedures/ equipment (PE09-GR.HS-S.4-GLE.1-EO.a)
- Identify parts of the brain and brain development concepts. (PE09-GR.HS-S.1-GLE.2-EO.b)

Critical Language...

A student in PE Sports-Skills can demonstrate the ability to apply and comprehend critical language through the following statements:	Life-long physical wellness can be attained with the knowledge and application of health and skill related fitness components.
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Academic Vocabulary:	Performance, demonstrate, cognitive information, movement, participation, appreciation, decisions, cooperation, strategies, safety
Technical Vocabulary:	Motor skill acquisition, skill related fitness components, health related components of fitness, life-long sports and games, proper spotting techniques, prevention of injuries

**Curriculum Development Course at a Glance
Unit Planning for 9-12 Sport / Skill PE**

Unit Title	Cooperating Games		Length of Unit	6 Weeks
Focusing Lens(es)	Relationship	Standards and Grade Level Expectations Addressed in this Unit	PE09-GR.HS-S.3-GLE.1 PE09-GR.HS-S.3-GLE.2 PE09-GR.HS-S.3-GLE.3	
Inquiry Questions (Engaging-Debatable):	<ul style="list-style-type: none"> Is it more important to have the most skilled players on a team or to have a team that demonstrates teamwork? Which has more influence on the outcome of the game? (PE09-GR.HS-S.3-GLE.2-EO.a,b,c,f,g; IQ.1; RA.2,7; N.1,2,3,4,5) If you could develop the perfect team, what behavior and traits would your players express? (PE09-GR.HS-S.3-GLE.2-EO.a,b,c,d,e,g,i,j; IQ.4; RA.2,7; N.1,2,3,4,5) How might one help a teammate with poor physical skills to be a team contributor? (PE09-GR.HS-S.3-GLE.3-EO.a,b,c,d; IQ.1; RA.1,2; N.1,2,3,4,5) 			
Unit Strands	Emotional & Social Wellness Physical and Personal Wellness Prevention and Risk Management			
Concepts	Resolution; Social Responsibility; Cooperation; Leadership; Collaboration; Communication; Participation			

Generalizations My students will Understand that...	Guiding Questions	
	Factual	Conceptual
Cooperation and resolution facilitates the achievement of common group goals. (PE09-GR.HS-S.3-GLE.2-EO.a,b,c,f,g; IQ.1; RA.2,7; N.1,2,3,4,5)	Give examples of ways to manage conflict.	How does a lack of communication affect the outcome of group goals?
Participation in lifetime sports/group activities requires leadership skills and socially responsible forms of behavior. (PE09-GR.HS-S.3-GLE.2-EO.a,b,c,d,e,g,i,j; IQ.4; RA.2,7; N.1,2,3,4,5)	What are examples of leadership roles found in group activities?	What does social responsibility look like in a group activity?
Communication and collaboration optimizes an individual's efforts to become an effective group leader. (PE09-GR.HS-S.3-GLE.3-EO.a,b,c,d; IQ.1; RA.1,2; N.1,2,3,4,5)	Give examples of ways to collaborate.	Why is effective communication skills needed to be team leader?

**Curriculum Development Course at a Glance
Unit Planning for 9-12 Sport / Skill PE**

Key Skills:

My students will be able to (Do)...

- Cooperate with a team. (PE09-GR.HS-S.3-GLE.2-EO.a,b,c,f,g)
- Collaborate in group work. (PE09-GR.HS-S.3-GLE.3-EO.a,b,c,d)
- Utilize conflict management
- Plan self-improvement. (PE09-GR.HS-S.3 -GLE.2-EO.a,b,c,f,g)
- Participate with others. (PE09-GR.HS-S.3-GLE.3-EO.a,b,c,d)
- Demonstrate appropriate/ responsible/ empathetic behavior. (PE09-GR.HS-S.3-GLE.2-EO.a,b,c,f,g)
- Use appropriate safety procedures/ equipment (PE09-GR.HS-S.4-GLE.1-EO.a)
- Demonstrate tolerance & non-discrimination. (PE09-GR.HS-S.3-GLE.3-EO.a,b,c,d)
- How to self-reflect. (PE09-GR.HS-S.3-GLE.2-EO.j)

Critical Language...

A student in PE Sports-Skills can demonstrate the ability to apply and comprehend critical language through the following statements:

Cooperative learners know how to use collaboration, leadership skills, and conflict management to effectively meet goals

Academic Vocabulary:

Cooperative Learning, Conflict Management, Collaboration, Leadership skills

Technical Vocabulary:

None

**Curriculum Development Course at a Glance
Unit Planning for 9-12 Sport / Skill PE**

Unit Title	Advanced Strategies and Application		Length of Unit	6 Weeks
Focusing Lens(es)	Complex Movement	Standards and Grade Level Expectations Addressed in this Unit	PE09-GR.HS-S.1-GLE.1 PE09-GR.HS-S.2-GLE.3 PE09-GR.HS-S.3-GLE.1 PE09-GR.HS-S.3-GLE.2 PE09-GR.HS-S.3-GLE.3 PE09-GR.HS-S.4-GLE.1 PE09-GR.HS-S.4-GLE.2	
Inquiry Questions (Engaging-Debatable):	<ul style="list-style-type: none"> • Why is it important for an individual to practice and learn sports skills? (PE09-GR.HS-S.1-GLE.1-EO.c; IQ.4; RA.2; N.1,2) • How do you choose to lead or follow in group settings? (PE09-GR.HS-S.3-GLE.2-EO.c,f; IQ.2; RA.1; N.1,2,4) • Why is risk a positive aspect of physical activity? (PE09-GR.HS-S.4-GLE.1-EO.a,b; IQ.4; RA.3,4; N.2) • Why are both skill-related fitness and health-related fitness taught? Why is each one important? (PE09-GR.HS-S.1-GLE.1-EO.a,b,d; IQ.1; RA.2; N.1,2) 			
Unit Strands	Movement Competence & Understanding in Physical Education Emotional and Social Wellness in Physical Education Prevention and Risk Management in Physical Education			
Concepts	Sequencing, Leadership, Integration, Rules, Integrity, Social Responsibility, Awareness			

Generalizations My students will Understand that...	Guiding Questions	
	Factual	Conceptual
Integration of knowledge, skills, and rules advance and develop improved performance. (PE09-GR.HS-S.1-GLE.1-EO.c; IQ.4; RA.2; N.1,2)	What are the biomechanical principles that are important for safe performance?	How does the integration of knowledge, skills and rules improve game performance?
Leadership and integrity exemplify the social responsible behaviors required for effective group dynamics. (PE09-GR.HS-S.3-GLE.2-EO.c,f; IQ.2; RA.1; N.1,2,4)	What are some different leadership roles present in group activity?	How can a lack of leadership and integrity impact group dynamics?
Ongoing awareness of how personal fitness affects community health demonstrates social responsibility. (PE09-GR.HS-S.1-GLE.1-EO.a,b,d; IQ.1; RA.2; N.1,2)	How does your personal health affect community wellness?	How can someone motivate another person to participate in physical activity?

**Curriculum Development Course at a Glance
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Key Skills:

My students will be able to (Do)...

- Perform proper spotting. (PE09-GR.HS-S.4-GLE.1-EO.c)
- Compare and Contrast leadership skills in various activities(PE09-GR.HS-S.3-GLE.2-EO.f)
- Demonstrate Leadership skills(PE09-GR.HS-S.3-GLE.2-EO.j)
- Apply Biomechanics and Exercise Physiology principles for safe performance (PE09-GR.HS-S.4-GLE.1-EO.b)
- Use Training and Conditioning Practices. (PE09-GR.HS-S.1-GLE.1-EO.d)
- Demonstrate Offensive, Defensive, and Transition strategies. (PE09-GR.HS-S.1-GLE.1-EO.c)
- Demonstrate Coaching and Official Skills. (PE09-GR.HS-S.1-GLE.1-EO.c)
- Combine and apply movement patterns (PE09-GR.HS-S.1-GLE.1-EO.a)
- Participate with others. (PE09-GR.HS-S.3-GLE.1-EO.b)
- Demonstrate appropriate/ responsible/ empathetic behavior. (PE09-GR.HS-S.3-GLE.3-EO.b)
- Use appropriate safety procedures/ equipment. (PE09-GR.HS-S.4-GLE.1-EO.a)

Critical Language...

A student in PE Sports-Skill can demonstrate the ability to apply and comprehend critical language through the following statements:

Demonstration and application of the skill-related components of fitness, proper exercise physiology, biomechanics and training practices, as well as the utilization of sport strategies and safety procedures result in successful performance in a variety of lifelong activities

Academic Vocabulary:

Demonstrate, performance, emergency procedures, strategies, develop, identify, utilize, strengths, individual, group setting, responsible behavior, engage, safety

Technical Vocabulary:

Proper spotting, biomechanics, exercise physiology, injury prevention, safety equipment, skill-related components of fitness, simple to complex movement patterns, training & conditioning practices, skill acquisition, offense, defense, coaching & officiating strategies, physical fitness plan, leisure/workplace physical activities,