

Curriculum Guide for 10<sup>th</sup> Grade PE

Unit 1: Health Fitness

2 weeks

PE10.1, PE10.2, PE10.4

**Biblical Worldview Essential Questions**

**How might regular exercise affect your spiritual life?**

<b>Objectives</b>	<b>Methods</b>	<b>Resources</b>	<b>Assessment</b>
<p>The students will</p> <ul style="list-style-type: none"><li>• Participate in vigorous activity for a sustained period of time while maintaining a target heart rate</li><li>• Recover from vigorous physical activity in an appropriate length of time</li><li>• Monitor heart rate before, during and after activity</li><li>• Correctly demonstrate activities designed to improve and maintain muscular strength and endurance, flexibility, and cardiorespiratory functioning</li><li>• Identify principles of training and conditioning for physical activity</li><li>• Identify proper warm-up conditioning, and cool-down techniques and the reasons for using them</li><li>• Improve and maintain appropriate body composition</li><li>• Analyze and compare health and fitness benefits derived from various physical activities</li></ul>	<ul style="list-style-type: none"><li>• Audio visuals</li><li>• Discussion</li><li>• Demonstration</li><li>• Hands-on activities</li><li>• Guest speakers</li></ul>	<ul style="list-style-type: none"><li>• Geofitness DVD</li><li>• TV/DVD</li><li>• Handweights</li><li>• Jump ropes</li><li>• Cones balls stopwatch</li><li>• CDs of various music</li><li>• Flags and belts</li><li>• Pizza boxes</li><li>• Floor tape floor mat</li><li>• Speedstack cups balloons</li><li>• Hula hoops</li><li>• Whistle</li><li>• Blindfolds</li><li>• Poly spots</li><li>• Exercise ball</li><li>• Exercise activity signs</li></ul>	<ul style="list-style-type: none"><li>• Class participation</li><li>• Preparedness (in uniform)</li><li>• Pulse check</li><li>• Skills checked by teacher</li></ul>

**Unit 2: Fitness Challenge**

**4 weeks**

**PE10.2**

**Biblical Worldview Essential Questions**

**How has God designed our body to benefit from physical activity?**

<b>Objectives</b>	<b>Methods</b>	<b>Resources</b>	<b>Assessment</b>
The students will <ul style="list-style-type: none"><li>• Explain the importance of the Fitness Challenge</li><li>• Identify the events involved</li><li>• Perform the events successfully</li></ul>	<ul style="list-style-type: none"><li>• Discussion</li><li>• Demonstration</li><li>• Talk the students through practice trials</li></ul>	<ul style="list-style-type: none"><li>• “Presidential Fitness Booklet’</li><li>• Cones</li><li>• Stopwatch</li><li>• Individual fitness</li><li>• Logs</li><li>• Blocks</li><li>• V-sit marker</li><li>• Tape measure</li></ul>	<ul style="list-style-type: none"><li>• Skills test</li><li>• Time test</li></ul>

### Unit 3: Individual & Team Sports

7 weeks

PE10.3, PE10.4, PE10.5

#### Biblical Worldview Essential Questions

**What is an appropriate perspective/attitude for a Christian participating in sports?**

<b>Objectives</b>	<b>Methods</b>	<b>Resources</b>	<b>Assessment</b>
<p>The students will</p> <ul style="list-style-type: none"><li>• Design and play small group games that involve cooperating with others to keep an object away from opponents (basic offensive and defensive strategy)</li><li>• Accept and respect the decisions made by game officials, whether they are the same as the students or the teacher</li><li>• Combine skills competently to participate in modified versions of team sports</li><li>• Identify and follow rules while playing sports and games</li><li>• Participate cooperatively and ethically when in competitive physical activity</li><li>• Compare and contrast offensive and defensive</li><li>• Patterns in sports</li><li>• Willingly participate in team sports</li></ul>	<ul style="list-style-type: none"><li>• Discussion</li><li>• Demonstration</li><li>• Hands-on activities</li><li>• Visual aids</li></ul>	<ul style="list-style-type: none"><li>• 'PE Central' website</li><li>• Teacher made review sheets</li><li>• Balls</li><li>• Gloves bases</li><li>• Bats volleyball nets</li><li>• Whistles</li><li>• Cones goals</li><li>• Pinnies</li><li>• Hockey sticks</li><li>• Discs</li><li>• Hula Hoops</li></ul>	<ul style="list-style-type: none"><li>• Student participation</li><li>• Student preparedness</li><li>• Sportsmanship</li><li>• Rules test</li></ul>

## Unit 4: Hand-Eye Movement Skills

5 weeks

PE10.1, PE10.3, PE10.4, PE10.5

<b>Objectives</b>	<b>Methods</b>	<b>Resources</b>	<b>Assessment</b>
<p>The students will</p> <ul style="list-style-type: none"><li>• Demonstrate a proficiency in motor skills for recreational activities</li><li>• Participate in various group, dual and individual games</li><li>• Perform according to the rules of particular games</li><li>• Detect, analyze, and correct errors in personal movement patterns</li><li>• Respect physical and performance limitations of self and others</li><li>• Use biomechanical concepts and principles to analyze and improve performance of self and others</li></ul>	<ul style="list-style-type: none"><li>• Discussion</li><li>• Demonstration</li><li>• Hands-on activities</li><li>• Visual aids</li><li>• Tournament play</li></ul>	<ul style="list-style-type: none"><li>• Teacher made review sheet</li><li>• Balls paddles</li><li>• Ping-Pong tables</li><li>• Volleyball nets</li><li>• Badminton rackets</li><li>• Shuttlecocks</li><li>• Speedstack cups</li><li>• Speedstack video</li><li>• Television</li><li>• DVD player</li><li>• Tennis balls</li></ul>	<ul style="list-style-type: none"><li>• Student participation</li><li>• Student preparedness</li><li>• Sportsmanship</li><li>• Rules test</li></ul>