

Ganado Unified School District

High School Physical Education

PACING Guide SY 2014-2015

Timeline & Resources	AZ Standard	Essential Questions	Learning Goal	Vocabulary
3 weeks	Standard # 7 Students Develop behavioral Skills essential to maintain a physically active lifestyle.	<ul style="list-style-type: none"> • How can physical skills and movement fundamentals transfer to other areas of your life? • How can you use skills from one sport to help you in another sport? • How do you develop muscle memory? • What different ways can the body move given a specific purpose? 	I will understand the basic rules and safety rules for Physical education class. <input type="checkbox"/> <input type="checkbox"/> will develop fundamental physical skills and progress to complex movement activities as physically able. <input type="checkbox"/> <input type="checkbox"/> will incorporate rules and safety procedures into physical activities. <input type="checkbox"/> <input type="checkbox"/> will understand the concepts of physical fitness and develop and monitor progress on personal fitness goals.	Intensity Time Agility Cardiovascular endurance Interval training Cool down Warm up Frequency
	Standard #2 Students demonstrate an understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of Physical Activities.	<ul style="list-style-type: none"> • How can we move effectively and efficiently? • What are locomotor skills? • What are the 8 locomotor skills? • How can I demonstrate them? • What is transition? • How do transitions help me? • What is a pathway? • How can I move in different pathways? 	I will demonstrate an understanding of movement concepts and principles and strategies as they apply to the learning and performance of physical activities.	Muscular strength Loco motor skills Flexibility Psychomotor Non- Loco Motor Body awareness Motor skill Free weights Isotonic exercise Isometric exercise Fart lock Training Pathway Transition

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3 Weeks	<p>Standard #1 Students demonstrate proficiency and achievement of Higher order cognitive skills for motor skills</p>	<ul style="list-style-type: none"> How does participation in a choreographed aerobic activity address my personal fitness needs and contribute to my overall wellness? 	I will understand the concept of movement knowledge that enhances the quality of an effectiveness of movement.	Isotonic Exercise Isometric Exercise Isokinetic Psychomotor Aerobic Exercise Anaerobic Exercise
	<p>Standard #3 Participates regularly in Physical Activity both and beyond the structured PE class.</p>	<ul style="list-style-type: none"> What can we do to be physically active and why is this important? How can I move effectively and efficiently? How do I interact with others during physical activity? 	I will understand the concept of Physical Activity that occurs before school, at lunch, after school and on weekends.	Motor Skill Non- Locomotor Life Long Exercise
3 Weeks	<p>Standard #4 Achieves and maintains a health enhancing level of Physical fitness.</p>	<ul style="list-style-type: none"> Why is it important to be physically fit and how can we stay fit? How do I develop a personal fitness plan? How does participation in a flexibility activity address my personal fitness needs and contribute to my overall wellness? How does participation in a cardio respiratory endurance activity address my personal fitness needs and contribute to my overall wellness? How does participation in muscular strength endurance activity address my personal fitness needs and contribute to my overall wellness? 	I will understand the concept of fitness that forms ones over all health status.	Fitness level Pulse Rate Conditioning Cardio Sprinting Range Flow Intensity Body Fat

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3 Weeks	Standard #5 Exhibits responsible personal and social behavior that respects self and others in Physical activity settings.	How do we interact with others during physical activity?	I will understand that personal behavior influences interactions in Physical activity setting.	Conditioning Spotting First Aid Buddy System
3 weeks	Standard #6 Values Physical Activity for health enjoyment challenge self-expression and social interaction.	<ul style="list-style-type: none"> How does participation in power walking address my personal fitness needs and contribute to my overall wellness? Why is it important to be physically fit and how can I stay fit? 	I will understand that physical Activity is physically Socially and emotionally meaningful.	Free weights Selectorized Lift Life Long exercise Fitness Level
		<ul style="list-style-type: none"> How do we interact with others during physical activity? What are the skills and concepts necessary to have positive social interaction while participating in game play? 	Understands that personal behavior influence interactions in a Physical Activity Setting.	Speed Spotting Buddy System Teamwork
	<ul style="list-style-type: none"> How do we interact with others during physical activity? How will physical activity help me now and in the future 	Understand that spotting and doing things correctly can enhance learning and overall fitness.	First Aid Balance Free Weights	
3 Weeks	Standard # 6 Values Physical activity for health enjoyment challenge self-expression and social interaction.	<ul style="list-style-type: none"> What different ways can the body move given a specific purpose? How can I move effectively and Efficiently? What can I do to be physically active and why is this important? Why is it important to be physically fit and how can I stay 	I will understand that Physical activity is physically socially and emotionally meaningful.	Interval training Frequency Cool Down Warm up Reaction Time

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		<p>fit?</p> <ul style="list-style-type: none"> • How do I interact with others during physical activity? • How will physical activity help me now and in the future 		
	<p>Standard # 2 Demonstrates understanding of movement concepts principles strategies and tactics as they apply to the learning and performance of Physical activities.</p>	<ul style="list-style-type: none"> • What different ways can the body move given a specific purpose? • How can I move effectively and efficiently? • What are the skills and concepts necessary to maintain appropriate levels of flexibility and muscular strength and endurance? 	<p>Understand that the lower level skills are achieved, than higher-level skills can be achieved and maintained.</p>	<p>Deltoid Pectoralis Major Plyometric Hamstrings Quadriceps Lower back Upper back - lats Neck – trapezius Gluts Upper body Pectorals Biceps Triceps</p>