

# Ganado Unified School District

## Physical Education SY 2021-2022

### PACING Guide SY 2021-2022

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

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

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		<ul style="list-style-type: none"> <li>How does participation in muscular strength endurance activity address my personal fitness needs and contribute to my overall wellness?</li> </ul>		
<p><b>Second Nine Weeks</b></p>	<p><b>Standard #5</b></p> <p>Exhibits responsible personal and social behavior that respects self and others in Physical activity settings.</p>	<p>How do we interact with others during physical activity?</p>	<p>I will understand that personal behavior influences interactions in Physical activity setting.</p>	<p>Conditioning Spotting First Aid Buddy System</p>
	<p><b>Standard #6</b></p> <p>Values Physical Activity for health enjoyment challenge self expression and social interaction.</p>	<ul style="list-style-type: none"> <li>How does participation in power walking address my personal fitness needs and contribute to my overall wellness?</li> <li>Why is it important to be physically fit and how can I stay fit?</li> </ul>	<p>I will understand that physical Activity is physically Socially and emotionally meaningful.</p>	<p>Free weights Selectorized Lift Life Long exercise Fitness Level</p>

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	<p><b>Standard #5</b></p> <p>Exhibits responsible personal and social behavior that respects self and others in Physical Activity Setting</p>	<ul style="list-style-type: none"> <li>• How do we interact with others during physical activity?</li> <li>• What are the skills and concepts necessary to have positive social interaction while participating in game play?</li> </ul>	<p>Understands that personal behavior influence interactions in a Physical Activity Setting.</p>	<p>Speed Spotting Buddy System Teamwork</p>
		<ul style="list-style-type: none"> <li>• How do we interact with others during physical activity?</li> <li>• How will physical activity help me now and in the future?</li> </ul>	<p>Understand that spotting and doing things correctly can enhance learning and overall fitness.</p>	<p>First Aid Balance Free Weights</p>
	<p><b>Standard # 6</b></p> <p><b>Values Physical activity for health enjoyment challenge self expression and social interaction.</b></p>	<ul style="list-style-type: none"> <li>• What different ways can the body move given a specific purpose?</li> <li>• How can I move effectively and efficiently?</li> <li>• What can I do to be physically active and why is this important?</li> <li>• Why is it important to be physically fit and how can I stay fit?</li> <li>• How do I interact with others during physical activity?</li> <li>• How will physical activity help me now and in the future</li> </ul>	<p>I will understand that Physical activity is physically socially and emotionally meaningful.</p>	<p>Interval training Frequency Cool Down Warm up Reaction Time</p>

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	<p><b>STANDARD # 2</b></p> <p><b>Demonstrates understanding of movement concepts principles strategies and tactics as they apply to the learning and performance of Physical activities.</b></p>	<ul style="list-style-type: none"> <li>• What different ways can the body move given a specific purpose?</li> <li>• How can I move effectively and efficiently?</li> <li>• What are the skills and concepts necessary to maintain appropriate levels of flexibility and muscular strength and endurance?</li> </ul>	<p>Understand that the lower level skills are achieved, then higher level skills can be achieved and maintained.</p>	<p>Deltoid Pectoralis Major Plyometrics Hamstrings quadriceps lower back upper back - lats neck – trapezius gluts upper body pectorals biceps tricep</p>
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