

Huron School District

Core Curriculum Guide

Grade Level: 10-12th

Content Area: Physical Education

Unit Title: **Softball**

Month(s): **September & May**

Content Standards:

- *S1 The physically literate individual demonstrates proficiency in a variety of motor skills and movement patterns.*
 - *S1.H1 Lifetime Activities, S1.H3 Fitness Activities, & S1.H4 Fitness Activities (Individual/Team Performance Activities)*
- *S2 The physically literate individual applies knowledge of concepts, principles, strategies and tactics to enhance movement and performance*
 - *S2.H1 Movement Concepts, S2.H2 Principles, S2.H3 Knowledge, strategies, and tactics, S2.H4 Fitness Principles*
- *S4 The physically literate individual exhibits responsible personal and social behavior that respects self, others and environment*
 - *S4.H1 Personal Responsibility, S4.H2 Rules and Etiquette, S4.H3 Working with others, S4.H4 Working with others, & S4.H5 Safety*
- *S5 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, employment opportunities, and social interaction*
 - *S5.H1 Health, S5.H2 Challenge, S5.H3 Self Expression/Enjoyment, S5.H4 Social Interaction, & S5.H5 Employment*

Essential Questions:

- What are the rules and safety procedures necessary for softball?
- What are the fundamental physical and personal skills necessary to play and enjoy the sport of softball?
- What are the rules, strategy, and etiquette required for the sport of softball?

Skills Students Will Be Able To...	Essential Vocabulary	Assessment How will you know if students have learned?																								
<ul style="list-style-type: none">• Understand the history of softball• Understand and utilize the basic equipment necessary for softball• Demonstrate the ability to analyze the fundamental skills required for the sport of softball• Understand the concepts of physical fitness• Understand and demonstrate the rules, strategy, and safety of the sport of softball• Acquire skills necessary to participate in the sport of softball	<table><tr><td>Bat</td><td>Ball</td><td>Glove/Mitt</td></tr><tr><td>Mask</td><td>Shoes</td><td>Field</td></tr><tr><td>Strike</td><td>Fair Ball</td><td>Foul Ball</td></tr><tr><td>Out</td><td>Walk/Base on Balls</td><td></td></tr><tr><td>Batting Order</td><td></td><td>Double</td></tr><tr><td>Double Play</td><td></td><td>Infield Fly</td></tr><tr><td>No Hitter</td><td>On Deck</td><td>Sacrifice</td></tr><tr><td>Single</td><td>Time</td><td>Triple</td></tr></table>	Bat	Ball	Glove/Mitt	Mask	Shoes	Field	Strike	Fair Ball	Foul Ball	Out	Walk/Base on Balls		Batting Order		Double	Double Play		Infield Fly	No Hitter	On Deck	Sacrifice	Single	Time	Triple	<ul style="list-style-type: none">• Skills Demonstration• Final
Bat	Ball	Glove/Mitt																								
Mask	Shoes	Field																								
Strike	Fair Ball	Foul Ball																								
Out	Walk/Base on Balls																									
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Double Play		Infield Fly																								
No Hitter	On Deck	Sacrifice																								
Single	Time	Triple																								

Huron School District

Core Curriculum Guide

Grade Level: 10-12th

Content Area: Physical Education

Unit Title: **Golf**

Month(s): **September/October & May**

Content Standards:

- *S1 The physically literate individual demonstrates proficiency in a variety of motor skills and movement patterns.*
 - *S1.H1 Lifetime Activities & S1.H4 Fitness Activities (Individual/Team Performance Activities)*
- *S2 The physically literate individual applies knowledge of concepts, principles, strategies and tactics to enhance movement and performance*
 - *S2.H1 Movement Concepts, S2.H2 Principles, S2.H3 Knowledge, strategies, and tactics, S2.H4 Fitness Principles*
- *S4 The physically literate individual exhibits responsible personal and social behavior that respects self, others and environment*
 - *S4.H2 Rules and etiquette & S4.H5 Safety*
- *S5 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, employment opportunities, and social interaction*
 - *S5. H1 Health, S5.H2 Challenge, S5.H3 Self Expression/Enjoyment, S5.H4 Social Interaction, & S5.H5 Employment*

Essential Questions:

- What are the rules and safety procedures necessary for golf?
- What are the fundamental physical and personal skills necessary to play and enjoy the sport of golf?
- What are the rules, strategy, and etiquette required for the sport of golf?
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Skills Students Will Be Able To...	Essential Vocabulary	Assessment How will you know if students have learned?																																				
<ul style="list-style-type: none">• Understand the history of golf• Understand and utilize the basic equipment necessary for golf• Demonstrate the ability to analyze the fundamental skills required for the sport of golf• Understand the concepts of physical fitness• Understand and demonstrate the rules, strategy, safety, and etiquette of the sport of golf• Acquire skills necessary to participate in the sport of golf	<table><tr><td>Ace</td><td>Addressing the Ball</td><td></td></tr><tr><td>Birdie</td><td>Bogey</td><td></td></tr><tr><td>Bunker</td><td>Cup</td><td>Divot</td></tr><tr><td>Dodo</td><td>Dogleg</td><td>Double Bogey</td></tr><tr><td>Eagle</td><td>Fairway</td><td>Flag</td></tr><tr><td>Fore</td><td>Green</td><td>Handicap</td></tr><tr><td>Hazard</td><td>Hole</td><td>Honor</td></tr><tr><td>Hook</td><td>Iron</td><td>Lie</td></tr><tr><td>Match Play</td><td>Par</td><td>Rough</td></tr><tr><td>Slice</td><td>Stroke</td><td>Stroke Play</td></tr><tr><td>Tee</td><td>Tee Area</td><td>Tee Markers</td></tr><tr><td>Trap</td><td>Wood</td><td></td></tr></table>	Ace	Addressing the Ball		Birdie	Bogey		Bunker	Cup	Divot	Dodo	Dogleg	Double Bogey	Eagle	Fairway	Flag	Fore	Green	Handicap	Hazard	Hole	Honor	Hook	Iron	Lie	Match Play	Par	Rough	Slice	Stroke	Stroke Play	Tee	Tee Area	Tee Markers	Trap	Wood		<ul style="list-style-type: none">• Skills Demonstration• Final
Ace	Addressing the Ball																																					
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Trap	Wood																																					

Huron School District

Core Curriculum Guide

Grade Level: 10-12th

Content Area: Physical Education

Unit Title: **Tennis**

Month(s): **October & April**

Content Standards:

- *S1 The physically literate individual demonstrates proficiency in a variety of motor skills and movement patterns.*
 - *S1.H1 Lifetime Activities, S1.H3 Fitness Activities, & S1.H4 Fitness Activities (Individual/Team Performance Activities)*
- *S2 The physically literate individual applies knowledge of concepts, principles, strategies and tactics to enhance movement and performance*
 - *S2.H1 Movement Concepts, S2.H2 Principles, S2.H3 Knowledge, strategies, and tactics, S2.H4 Fitness Principles*
- *S4 The physically literate individual exhibits responsible personal and social behavior that respects self, others and environment*
 - *S4.H1 Personal Responsibility, S4.H2 Rules and Etiquette, S4.H3 Working with others, S4.H4 Working with others, & S4.H5 Safety*
- *S5 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, employment opportunities, and social interaction*
 - *S5.H1 Health, S5.H2 Challenge, S5.H3 Self Expression/Enjoyment, S5.H4 Social Interaction, & S5.H5 Employment*

Essential Questions:

- What are the rules and safety procedures necessary for tennis?
- What are the fundamental physical and personal skills necessary to play and enjoy the sport of tennis?
- What are the rules, strategy, and etiquette required for the sport of tennis?

Skills Students Will Be Able To...	Essential Vocabulary	Assessment How will you know if students have learned?																											
<ul style="list-style-type: none">• Understand the history of tennis• Understand and utilize the basic equipment necessary for tennis• Demonstrate the ability to analyze the fundamental skills required for the sport of tennis• Understand the concepts of physical fitness• Understand and demonstrate the rules, strategy, safety, and etiquette of tennis• Acquire skills necessary to participate in the sport of tennis	<table><tr><td>Racket</td><td>Forehand</td><td>Backhand</td></tr><tr><td>Serve</td><td>Singles</td><td>Doubles</td></tr><tr><td>Ace</td><td>Fault</td><td>Mixed Doubles</td></tr><tr><td>Server</td><td>Receiver</td><td>Deuce</td></tr><tr><td>Love</td><td>Let</td><td></td></tr><tr><td>Advantage Point</td><td>Advantage-in</td><td></td></tr><tr><td>Advantage-out</td><td></td><td></td></tr><tr><td>Deuce Court</td><td>Advantage Court</td><td></td></tr><tr><td>Baseline</td><td>Double Fault</td><td></td></tr></table>	Racket	Forehand	Backhand	Serve	Singles	Doubles	Ace	Fault	Mixed Doubles	Server	Receiver	Deuce	Love	Let		Advantage Point	Advantage-in		Advantage-out			Deuce Court	Advantage Court		Baseline	Double Fault		<ul style="list-style-type: none">• Skills Demonstration• Final
Racket	Forehand	Backhand																											
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Deuce Court	Advantage Court																												
Baseline	Double Fault																												

Huron School District

Core Curriculum Guide

Grade Level: 10-12th

Content Area: Physical Education

Unit Title: **Aerobics/Cardiovascular**

Month(s): **October/November & April**

Content Standards:

- *S1 The physically literate individual demonstrates proficiency in a variety of motor skills and movement patterns.*
 - *S1.H1 Lifetime Activities, S1.H3 Fitness Activities, & S1.H4 Fitness Activities (Individual/Team Performance Activities)*
- *S4 The physically literate individual exhibits responsible personal and social behavior that respects self, others and environment*
 - *S4.H1 Personal Responsibility, S4.H2 Rules and Etiquette, S4.H3 Working with others, S4.H4 Working with others, & S4.H5 Safety*
- *S5 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, employment opportunities, and social interaction*
 - *S5.H1 Health, S5.H2 Challenge, S5.H3 Self Expression/Enjoyment, S5.H4 Social Interaction, & S5.H5 Employment*

Essential Questions:

- What are the rules and safety procedures necessary for soccer?
- What are the fundamental physical and personal skills necessary to play and enjoy the sport of soccer?
- What are the rules, strategy, and etiquette required for the sport of soccer?

Skills Students Will Be Able To...	Essential Vocabulary	Assessment How will you know if students have learned?
<ul style="list-style-type: none">• Demonstrate the ability to analyze the fundamental skills required for aerobics• Understand the concepts of aerobics and cardiovascular workouts• Understand and demonstrate the technique and safety of aerobics		<ul style="list-style-type: none">• Skills Demonstration• Final

Huron School District

Core Curriculum Guide

Grade Level: 10-12th

Content Area: Physical Education

Unit Title: **Badminton**

Month(s): **October/November & March**

Content Standards:

- *S1 The physically literate individual demonstrates proficiency in a variety of motor skills and movement patterns.*
 - *S1.H1 Lifetime Activities, S1.H3 Fitness Activities, & S1.H4 Fitness Activities (Individual/Team Performance Activities)*
- *S2 The physically literate individual applies knowledge of concepts, principles, strategies and tactics to enhance movement and performance*
 - *S2.H1 Movement Concepts, S2.H2 Principles, S2.H3 Knowledge, strategies, and tactics, S2.H4 Fitness Principles*
- *S4 The physically literate individual exhibits responsible personal and social behavior that respects self, others and environment*
 - *S4.H1 Personal Responsibility, S4.H2 Rules and Etiquette, S4.H3 Working with others, S4.H4 Working with others, & S4.H5 Safety*
- *S5 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, employment opportunities, and social interaction*
 - *S5.H1 Health, S5.H2 Challenge, S5.H3 Self Expression/Enjoyment, S5.H4 Social Interaction, & S5.H5 Employment*

Essential Questions:

- What are the rules and safety procedures necessary for Badminton?
- What are the fundamental physical and personal skills necessary to play and enjoy the sport of Badminton?
- What are the rules, strategy, and etiquette required for the sport of badminton?

Skills Students Will Be Able To...	Essential Vocabulary	Assessment How will you know if students have learned?
<ul style="list-style-type: none">• Understand the history of soccer• Understand and utilize the basic equipment necessary for soccer• Demonstrate the ability to analyze the fundamental skills required for the sport of soccer• Understand the concepts of physical fitness• Understand and demonstrate the rules, strategy, safety, and etiquette of soccer• Acquire skills necessary to participate in the sport of soccer	<div>Racket</div> <div>Bird/ShuttleCock</div> <div>Backhand</div> <div>Back court</div> <div>Baseline</div> <div>Carry</div> <div>Clear</div> <div>Crosscourt</div> <div>Double hit</div> <div>Drop shot</div> <div>Fault</div> <div>Forehand</div> <div>Frontcourt</div> <div>Let</div> <div>Love</div> <div>Rally</div> <div>Side Out</div> <div>Smash</div>	<ul style="list-style-type: none">• Skills Demonstration• Final

Huron School District

Core Curriculum Guide

Grade Level: 10-12th

Content Area: Physical Education

Unit Title: **Bowling**

Month(s): **November & March**

Content Standards:

- *S1 The physically literate individual demonstrates proficiency in a variety of motor skills and movement patterns.*
 - *S1.H1 Lifetime Activities, S1.H3 Fitness Activities, & S1.H4 Fitness Activities (Individual/Team Performance Activities)*
- *S2 The physically literate individual applies knowledge of concepts, principles, strategies and tactics to enhance movement and performance*
 - *S2.H1 Movement Concepts, S2.H2 Principles, S2.H3 Knowledge, strategies, and tactics, S2.H4 Fitness Principles*
- *S4 The physically literate individual exhibits responsible personal and social behavior that respects self, others and environment*
 - *S4.H1 Personal Responsibility, S4.H2 Rules and Etiquette, S4.H3 Working with others, S4.H4 Working with others, & S4.H5 Safety*
- *S5 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, employment opportunities, and social interaction*
 - *S5.H1 Health, S5.H2 Challenge, S5.H3 Self Expression/Enjoyment, S5.H4 Social Interaction, & S5.H5 Employment*

Essential Questions:

- What are the rules and safety procedures necessary for soccer?
- What are the fundamental physical and personal skills necessary to play and enjoy the sport of bowling?
- What are the rules, strategy, and etiquette required for the sport of bowling?

Skills Students Will Be Able To...	Essential Vocabulary		Assessment How will you know if students have learned?
<ul style="list-style-type: none">• Understand the history of bowling• Understand and utilize the basic equipment necessary for bowling• Demonstrate the ability to analyze the fundamental skills required for the sport of bowling• Understand the concepts of physical fitness• Understand and demonstrate the rules, strategy, safety, and etiquette of bowling• Acquire skills necessary to participate in the sport of bowling	Lane Ball (weights) Spare Miss/Blow Foul Baby Split Frame King Pin Loft Pocket	Pins Scoring Strike Gutter Ball Split Double Handicap Head Pin Open Frame Triple/Turkey	<ul style="list-style-type: none">• Skills Demonstration• Final

Huron School District

Core Curriculum Guide

Grade Level: 10-12th

Content Area: Physical Education

Unit Title: **Eclipse ball**

Month(s): **November & March**

Content Standards:

- *S1 The physically literate individual demonstrates proficiency in a variety of motor skills and movement patterns.*
 - *S1.H1 Lifetime Activities, S1.H3 Fitness Activities, & S1.H4 Fitness Activities (Individual/Team Performance Activities)*
- *S2 The physically literate individual applies knowledge of concepts, principles, strategies and tactics to enhance movement and performance*
 - *S2.H1 Movement Concepts, S2.H2 Principles, S2.H3 Knowledge, strategies, and tactics, S2.H4 Fitness Principles*
- *S4 The physically literate individual exhibits responsible personal and social behavior that respects self, others and environment*
 - *S4.H1 Personal Responsibility, S4.H2 Rules and Etiquette, S4.H3 Working with others, S4.H4 Working with others, & S4.H5 Safety*
- *S5 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, employment opportunities, and social interaction*
 - *S5.H1 Health, S5.H2 Challenge, S5.H3 Self Expression/Enjoyment, S5.H4 Social Interaction, & S5.H5 Employment*

Essential Questions:

- What are the rules and safety procedures necessary for eclipse ball?
- What are the fundamental physical and personal skills necessary to play and enjoy the sport of eclipse ball?
- What are the rules, strategy, and etiquette required for the sport of eclipse ball?

Skills Students Will Be Able To...	Essential Vocabulary	Assessment How will you know if students have learned?
<ul style="list-style-type: none">• Understand the history of eclipse ball• Understand and utilize the basic equipment necessary for eclipse ball• Demonstrate the ability to analyze the fundamental skills required for the sport of eclipse ball• Understand the concepts of physical fitness• Understand and demonstrate the rules, strategy, safety, and etiquette of eclipse ball• Acquire skills necessary to participate in the sport of eclipse ball	Volley Backcourt Underhand Rotation Clockwise Double hit Play it Recovery	<ul style="list-style-type: none">• Skills Demonstration• Final

Unit Title: **Weightlifting**

Month(s): **December & February/March**

Huron School District

Core Curriculum Guide

Grade Level: 10-12th

Content Area: Physical Education

Content Standards:

- *S3 The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness*
 - *S3.H1 Physical Activity Knowledge, S3.H3 Physical Activity Knowledge, S3.H4 Physical Knowledge, S3.H5 Physical Knowledge, S3.H7 Fitness Knowledge, S3.H8 Fitness Knowledge, S3.H9 Fitness Knowledge, S3.H10 Fitness Knowledge, & S3.H12 Assessment and Program Planning*
- *S4 The physically literate individual exhibits responsible personal and social behavior that respects self, others and environment*
 - *S4.H1 Personal Responsibility, S4.H3 Working with others, S4.H4 Working with others, & S4.H5 Safety*
- *S5 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, employment opportunities, and social interaction*
 - *S5.H1 Health, S5.H2 Challenge, S5.H3 Self Expression/Enjoyment, S5.H4 Social Interaction, & S5.H5 Employment*

Essential Questions:

- What are the techniques and safety procedures necessary for weightlifting?
- What are the fundamental physical and personal skills necessary to play and enjoy weightlifting?
- What resources are available in the community for weightlifting opportunities?

Skills Students Will Be Able To...	Essential Vocabulary			Assessment How will you know if students have learned?
<ul style="list-style-type: none"> • Understand the history of weightlifting • Understand and utilize the basic equipment necessary for weightlifting • Demonstrate the ability to analyze the fundamental skills required for weightlifting • Understand the concepts of physical fitness • Understand and demonstrate the technique and safety of weightlifting 	Bench Press Upright Rows Leg Extensions Dumbbell Raises Deltoids Biceps Hamstrings Gluteus Maximus Obliques Triceps Repetition Universal Weights 8-12 Rule Slow Twitch	Incline Press Pull-Downs Shrugs Pectoralis Latissimus Dorsi Gastrocnemius Quadriceps Abdominals (abs) Trapezius Spotter Free Weights Starting Weight Fast Twitch Circuit Training	Overload Progression Sticking Point Variation Set Ballistic Static Set Grips Max Out Split Routine Recovery Time Circuit Training Slow Twitch	<ul style="list-style-type: none"> • Skills Demonstration • Final

Unit Title: **Volleyball**

Month(s): **December & January**

Huron School District

Core Curriculum Guide

Grade Level: 10-12th

Content Area: Physical Education

Content Standards:

- *S1 The physically literate individual demonstrates proficiency in a variety of motor skills and movement patterns.*
 - *S1.H1 Lifetime Activities, S1.H3 Fitness Activities, & S1.H4 Fitness Activities (Individual/Team Performance Activities)*
- *S2 The physically literate individual applies knowledge of concepts, principles, strategies and tactics to enhance movement and performance*
 - *S2.H1 Movement Concepts, S2.H2 Principles, S2.H3 Knowledge, strategies, and tactics, S2.H4 Fitness Principles*
- *S4 The physically literate individual exhibits responsible personal and social behavior that respects self, others and environment*
 - *S4.H1 Personal Responsibility, S4.H2 Rules and Etiquette, S4.H3 Working with others, S4.H4 Working with others, & S4.H5 Safety*
- *S5 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, employment opportunities, and social interaction*
 - *S5.H1 Health, S5.H2 Challenge, S5.H3 Self Expression/Enjoyment, S5.H4 Social Interaction, & S5.H5 Employment*

Essential Questions:

- What are the rules and safety procedures necessary for volleyball?
- What are the fundamental physical and personal skills necessary to play and enjoy the sport of volleyball?
- What are the rules, strategy, and etiquette required for the sport of volleyball?

Skills Students Will Be Able To...	Essential Vocabulary		Assessment How will you know if students have learned?
<ul style="list-style-type: none">• Understand the history of volleyball• Understand and utilize the basic equipment necessary for volleyball• Demonstrate the ability to analyze the fundamental skills required for the sport of volleyball• Understand the concepts of physical fitness• Understand and demonstrate the rules, strategy, safety, and etiquette of volleyball• Acquire skills necessary to participate in the sport of volleyball	Ace Block Set Match Pass Set/Overhead Pass Tip Rally Libero	Back Row Player Freeball Front Row Player Overlapping Rotation Kill Dig Rally Point Let Serve	<ul style="list-style-type: none">• Skills Demonstration• Final