

DEPARTMENT: PHYSICAL EDUCATION	COURSE TITLE: INDIVIDUAL ACTIVITY
GRADE(S): 9-12	PRE-REQUISITES (IF ANY): NONE

UNIT	LENGTH	CONTENT	SKILLS	METHODS OF ASSESSMENT	FRAMEWORK STRAND(S) & STANDARD(S)
Archery	20 days	<ul style="list-style-type: none"> ▪ History ▪ Safety ▪ Equipment ▪ Rules/Scoring ▪ Skills ▪ Concepts ▪ Strategies ▪ Fitness ▪ Terminology 	Apply: <ul style="list-style-type: none"> ▪ Stringing the bow ▪ Stance ▪ Nocking the Arrow ▪ Drawing ▪ Aiming ▪ Releasing Demonstrate: <ul style="list-style-type: none"> ▪ Removing the arrow—from target and grass 	<ul style="list-style-type: none"> ▪ Skills Assessment ▪ Subjective Observation ▪ Written Tests ▪ Participation ▪ Journals/Charts 	Physical Health Strand LS 2
Dance (A dance unit will consist of one or more of the following: country line, folk, polka, swing, West African)	1-20 days	<ul style="list-style-type: none"> ▪ History ▪ Safety ▪ Equipment ▪ Rules/Scoring ▪ Skills ▪ Concepts ▪ Strategies ▪ Fitness ▪ Terminology 	Demonstrate: <ul style="list-style-type: none"> ▪ Steps ▪ Formations ▪ Positions ▪ Movement 	<ul style="list-style-type: none"> ▪ Skills Assessment ▪ Subjective Observation ▪ Written Tests ▪ Participation ▪ Journals/Charts 	Physical Health Strand LS 2
Golf	1-20 days	<ul style="list-style-type: none"> ▪ History ▪ Safety ▪ Equipment ▪ Rules/Scoring ▪ Skills ▪ Concepts ▪ Strategies ▪ Fitness ▪ Terminology 	Demonstrate: <ul style="list-style-type: none"> ▪ Grip ▪ Stance ▪ Address ▪ Swing Use: <ul style="list-style-type: none"> ▪ Woods ▪ Irons (long, medium, short) Recognize: <ul style="list-style-type: none"> ▪ Special shots (pitch, chip, sand) ▪ Putt 	<ul style="list-style-type: none"> ▪ Skills Assessment ▪ Subjective Observation ▪ Written Tests ▪ Participation ▪ Journals/Charts 	Physical Health Strand LS 2
Racquet Sports (The racquet sports unit will consist of at least 3 of the following: tennis, squash, pickleball, racquetball, badminton)	20 days	<ul style="list-style-type: none"> ▪ History ▪ Safety ▪ Equipment ▪ Rules/Scoring ▪ Skills ▪ Concepts ▪ Strategies ▪ Fitness ▪ Terminology 	Demonstrate: <ul style="list-style-type: none"> ▪ Grip ▪ Ready position ▪ Forehand stroke ▪ Backhand stroke ▪ Serve ▪ Volley ▪ Half volley ▪ Lob 	<ul style="list-style-type: none"> ▪ Skills Assessment ▪ Subjective Observation ▪ Written Tests ▪ Participation ▪ Journals/Charts 	Physical Health Strand LS 2

			<ul style="list-style-type: none"> ▪ Overhead smash <p>Understand:</p> <ul style="list-style-type: none"> ▪ Court positioning ▪ Drop shot ▪ Singles play ▪ Doubles play 		
Self-Defense	20 days	<ul style="list-style-type: none"> ▪ History ▪ Safety ▪ Equipment ▪ Rules/Scoring ▪ Skills ▪ Concepts ▪ Strategies ▪ Fitness ▪ Terminology 	<p>Demonstrate Breakfall Techniques:</p> <ul style="list-style-type: none"> ▪ Back fall ▪ Front fall ▪ Left side fall ▪ Right side fall ▪ Shoulder roll ▪ Roll-up and turn <p>Demonstrate Blocks:</p> <ul style="list-style-type: none"> ▪ Right up block ▪ Left up block ▪ Right side block ▪ Left side block ▪ Right down block ▪ Left down block <p>Demonstrate Strikes (Closed Fist):</p> <ul style="list-style-type: none"> ▪ Right to chin ▪ Left to chin ▪ Right to lower abdomen ▪ Left to lower abdomen <p>Demonstrate Throw:</p> <ul style="list-style-type: none"> ▪ Leg sweeps ▪ Hip throws ▪ Shoulder throws ▪ Body drop ▪ Body throw <p>Demonstrate Katas</p>	<ul style="list-style-type: none"> ▪ Skills Assessment ▪ Subjective Observation ▪ Written Tests ▪ Participation ▪ Journals/Charts 	Physical Health Strand LS 2
Tai Chi	1-20 days	<ul style="list-style-type: none"> ▪ History & Philosophy ▪ Safety ▪ Equipment ▪ Skills ▪ Concepts ▪ Fitness ▪ Terminology ▪ Basic Concepts 	<p>Use:</p> <ul style="list-style-type: none"> ▪ Stretching ▪ Breathing <p>Demonstrate Basic Postures:</p> <ul style="list-style-type: none"> ▪ Wu Chi ▪ T-stance ▪ Bow Stance <p>Demonstrate Basic Movement Patterns:</p> <ul style="list-style-type: none"> ▪ Shifting weight ▪ Circling of arms ▪ Turning at the waist 	<ul style="list-style-type: none"> ▪ Skills Assessment ▪ Subjective Observation ▪ Written Tests ▪ Participation 	Physical Health Strand LS 2

			<ul style="list-style-type: none"> ▪ Separate Ying and Yang ▪ Complete relaxation ▪ Keep back <p>Demonstrate Straight & Erect:</p> <ul style="list-style-type: none"> ▪ Beautiful ladies wrist <p>Demonstrate Skills:</p> <ul style="list-style-type: none"> ▪ Wu Chi posture ▪ Ward-off left ▪ Snake creeps down ▪ Ward-off right ▪ Grasp the sparrows <p>Demonstrate Tail:</p> <ul style="list-style-type: none"> ▪ Press ▪ Push ▪ Single whip ▪ Right crane ▪ Brush knee left & twist <p>Demonstrate Step:</p> <ul style="list-style-type: none"> ▪ Play guitar ▪ Deflect <p>Demonstrate Intercept & Punch:</p> <ul style="list-style-type: none"> ▪ Punch horizontal ▪ Withdraw—wipe off ▪ Withdraw—push ▪ Lifting hands ▪ Close-cross hands 		
Track and Field	20 days	<ul style="list-style-type: none"> ▪ History ▪ Safety ▪ Equipment ▪ Rules/Scoring ▪ Skills ▪ Concepts ▪ Fitness ▪ Terminology 	<p>Demonstrate Sprints:</p> <ul style="list-style-type: none"> ▪ Starts ▪ Acceleration ▪ Finish <p>Demonstrate Relays:</p> <ul style="list-style-type: none"> ▪ Shuttle ▪ Baton <p>Demonstrate Hurdles</p> <p>Use Middle/Middle Distance</p> <p>Use Running:</p> <ul style="list-style-type: none"> ▪ Start ▪ Proper stride ▪ Pacing ▪ Finish <p>Practice:</p> <ul style="list-style-type: none"> ▪ Field events ▪ Throwing events ▪ Shot putting ▪ Discus throw ▪ Long jump 	<ul style="list-style-type: none"> ▪ Skills Assessment ▪ Subjective Observation ▪ Written Tests ▪ Participation ▪ Journals/Charts 	Physical Health Strand LS 2

Wrestling	20 days	<ul style="list-style-type: none"> ▪ History ▪ Safety ▪ Equipment ▪ Rules/Scoring ▪ Skills ▪ Concepts ▪ Strategies ▪ Fitness ▪ Terminology 	<p>Demonstrate:</p> <ul style="list-style-type: none"> ▪ Starting/restarting ▪ Positions ▪ Escapes and reversals ▪ Breakdowns and rides ▪ Pinning combinations ▪ Stance ▪ Drop-step ▪ Takedowns 	<ul style="list-style-type: none"> ▪ Skills Assessment ▪ Subjective Observation ▪ Written Tests ▪ Participation ▪ Journals/Charts 	<p>Physical Health Strand LS 2</p>
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