

Instructor:				
Course/Area: Bigfork Physical Education		Semester Class (90 days)		Grade: 9
Time	Content/Topics	Standard	Skills/Process	Assessment/Products
8 Days	Frisbee Football Ultimate	Physical Education and Lifetime Fitness Physical Education and Fitness: A student shall use decision-making processes to select appropriate physical activities to achieve fitness and shall demonstrate understanding of the training necessary to improve fitness and the rules and skills associated with physical activities by: A) designing and implementing a health-enhancing fitness plan including: 1) establishing current levels of cardiovascular fitness, muscular endurance and flexibility; 2) setting cardiovascular, muscular and flexibility goals to improve total body fitness; 3) selecting measurement strategies; 4) identifying frequency, intensity, time and types of activities required to meet goals; 5) analyzing impact of goals on cardiovascular system and affected muscle groups; 6) evaluating reasonableness of maintaining the fitness plan over an extended period of time, and; 7) evaluating effectiveness of the plan on total body fitness; and B) demonstrating knowledge and skills in an aerobic activity and at least two other physical fitness activities.	comprehending/understanding recognizing student demonstration	observation oral questioning written quiz competition
8 Days	Speed Ball	Physical Education and Lifetime Fitness Physical Education and Fitness see above	comprehending/understanding recognizing student demonstration	observation oral questioning written quiz competition

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8 Days	Volleyball	Physical Education and Lifetime Fitness Physical Education and Fitness see above	comprehending/understanding recognizing student demonstration	observation oral questioning written quiz competition
10 Days	Basketball	Physical Education and Lifetime Fitness Physical Education and Fitness see above	comprehending/understanding recognizing student demonstration	observation oral questioning written quiz competition
8 Days	Team Handball	Physical Education and Lifetime Fitness Physical Education and Fitness see above	comprehending/understanding recognizing student demonstration	observation oral questioning written quiz competition
5 Days	Fitness Unit	Physical Education and Lifetime Fitness Physical Education and Fitness see above	circuit training analysis decision making gathering data	journal written quiz vocabulary test (muscles)
8 Days	Weight Room Circuit	Physical Education and Lifetime Fitness Physical Education and Fitness see above	recognizing circuit training comparison decision making	demonstration written quiz
8 Days	Softball	Physical Education and Lifetime Fitness Physical Education and Fitness see above	advanced skills advanced knowledge of strategies safety awareness	written quiz demonstration

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6 Days	Fitness Testing	Physical Education and Lifetime Fitness Physical Education and Fitness see above	comparison advanced fitness and health knowledge	gathering data journal analysis
3 Days	Aerobics Rhythms	Physical Education and Lifetime Fitness Physical Education and Fitness see above	demonstration modeling creativity	student demonstration oral questioning
12 Days	Recreational Activities Rag Ball Bocce Ball Kick Ball Bran Ball	Physical Education and Lifetime Fitness Physical Education and Fitness see above	gross motor skills fine motor skills demonstration	observation enactment
6 Days	Track and Field	Physical Education and Lifetime Fitness Physical Education and Fitness see above	advanced rules terminology strategies etiquette safety	model athletic competition written quiz