

Curriculum Guide for 10th Grade PE

Unit 1: Health Fitness

2 weeks

PE10.1, PE10.2, PE10.4

Biblical Worldview Essential Questions

How might regular exercise affect your spiritual life?

Objectives	Methods	Resources	Assessment
<p>The students will</p> <ul style="list-style-type: none">• Participate in vigorous activity for a sustained period of time while maintaining a target heart rate• Recover from vigorous physical activity in an appropriate length of time• Monitor heart rate before, during and after activity• Correctly demonstrate activities designed to improve and maintain muscular strength and endurance, flexibility, and cardiorespiratory functioning• Identify principles of training and conditioning for physical activity• Identify proper warm-up conditioning, and cool-down techniques and the reasons for using them• Improve and maintain appropriate body composition• Analyze and compare health and fitness benefits derived from various physical activities	<ul style="list-style-type: none">• Audio visuals• Discussion• Demonstration• Hands-on activities• Guest speakers	<ul style="list-style-type: none">• Computer• YouTube• Dumbbells• Jump ropes• Cones balls stopwatch• Music (Apple Music)• Flags and belts• Soccer Goals• Floor tape floor mat• Whistle• Poly spots• Exercise ball• Exercise activity signs	<ul style="list-style-type: none">• Class participation• Preparedness (in uniform)• Pulse check• Skills checked by teacher

Unit 2: Fitness Challenge

4 weeks

PE10.2

Biblical Worldview Essential Questions

How has God designed our body to benefit from physical activity?

Objectives	Methods	Resources	Assessment
The students will <ul style="list-style-type: none">• Explain the importance of the Fitness Challenge• Identify the events involved• Perform the events successfully	<ul style="list-style-type: none">• Discussion• Demonstration• Talk the students through practice trials	<ul style="list-style-type: none">• Fitness Challenge (Presidential Youth Fitness Program)• Teacher Made Workouts• Cones• Stopwatch• Individual fitness• Tape measure, Yard Stick	<ul style="list-style-type: none">• Skills test• Time test• Skills checked by teacher

Unit 3: Individual & Team Sports

7 weeks

PE10.3, PE10.4, PE10.5

Biblical Worldview Essential Questions

What is an appropriate perspective/attitude for a Christian participating in sports?

Objectives	Methods	Resources	Assessment
<p>The students will</p> <ul style="list-style-type: none">• Design and play small group games that involve cooperating with others to keep an object away from opponents (basic offensive and defensive strategy)• Accept and respect the decisions made by game officials, whether they are the same as the students or the teacher• Combine skills competently to participate in modified versions of team sports• Identify and follow rules while playing sports and games• Participate cooperatively and ethically when in competitive physical activity• Compare and contrast offensive and defensive• Patterns in sports• Willingly participate in team sports	<ul style="list-style-type: none">• Discussion• Demonstration• Hands-on activities• Visual aids	<ul style="list-style-type: none">• 'PE Central' website• Teacher made workouts• Balls• Gloves bases• Bats volleyball nets• Whistles• Cones goals• Pinnies• Hockey sticks• Discs• Nine Square	<ul style="list-style-type: none">• Student participation• Student preparedness• Sportsmanship• Skills checked by teacher

Unit 4: Hand-Eye Movement Skills

5 weeks

PE10.1, PE10.3, PE10.4, PE10.5

Objectives	Methods	Resources	Assessment
<p>The students will</p> <ul style="list-style-type: none">• Demonstrate a proficiency in motor skills for recreational activities• Participate in various group, dual and individual games• Perform according to the rules of particular games• Detect, analyze, and correct errors in personal movement patterns• Respect physical and performance limitations of self and others• Use biomechanical concepts and principles to analyze and improve performance of self and others	<ul style="list-style-type: none">• Discussion• Demonstration• Hands-on activities• Visual aids• Tournament play	<ul style="list-style-type: none">• Teacher made workouts• Balls paddles• Ping-Pong tables• Volleyball nets• Badminton rackets• Shuttlecocks• Pickleball rackets• Computer• Tennis balls• Wiffle balls	<ul style="list-style-type: none">• Student participation• Student preparedness• Sportsmanship• Skills checked by teacher