

GBCS Curriculum Guide			GRADE: 10-12		SUBJECT: Advanced Female Physical Education			
Topic	Pacing	Unit	Standards	Enduring Understandings & Essential Questions	Learning Targets	Vocabulary	Materials	Assessments
Lifelong Fitness	2 weeks	Basketball	Michigan and National Standards 1-6	Physical activity involves using movement and motor skills throughout a lifetime. How do the components of sportsmanship carry over into everyday life?	LT: I can play a game of basketball with proper form while demonstrating good sportsmanship.	Zone Defense, Man-to-Man Defense, Backspin, arc, rotation, violations, fouls	Materials listed in weight lifting and aerobic fitness categories	Unit Performance Based Assessment
Lifelong Fitness	2 weeks	Volleyball	Michigan and National Standards 1-6	Efficient movement improves performance. How does teamwork, sportsmanship, and work ethic, help accomplish life goals?	LT: I can score points by using the proper form of the forehand pass, overhead pass, and spike with my teammates. LT: I can prevent scoring by defending my side of the net with my teammates.	Overhead pass (set), spike, underhand pass, violations, teamwork	Materials listed in weight lifting and aerobic fitness categories	Unit Performance Based Assessment
Lifelong Fitness	2 weeks	Raquet Sports	Michigan and National Standards 1-6	Rules etiquette in physical activity, sports, rhythm, and dance can make the experience both enjoyable and successful. How could you modify a game so that everyone enjoys it?	LT: I can demonstrate ball control and maintain a rally in a game situation with my partner/other team.	Ace, Backhand, Advantage, Break Point, Deuce, Cross court, Drop shot, groundstroke, match point, lob, rally, racket, serve, volley	Materials listed in weight lifting and aerobic fitness categories	Unit Performance Based Assessment
Lifelong Fitness	2 weeks	Swimming	Michigan and National Standards 1-6	Physical activity contributes to building and maintaining a fitness level to enable one to participate in physical activity for a lifetime. How do your choices of physical activities affect your fitness levels and health goals?	LT: I can swim on front or back while using proper form during any combination of arm and leg actions. LT: I can demonstrate comfort and enjoyment of water sports.	Freestyle, Backstroke, Butterfly, Back Crawl, Flutter kick, Treading	Materials listed in weight lifting and aerobic fitness categories	Unit Performance Based Assessment

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Lifelong Fitness	2 weeks	Floor Hockey	Michigan and National Standards 1-6	Implementation of effective offensive, defensive, and cooperative strategies is necessary for success in game situations. How do motor skills, movement patterns, and game strategies enhance physical fitness?	LT: I can demonstrate the skills of stick handling, shooting, passing, and defending with my teammates.	Backhand pass, slap shot, Backhand shot, Face-off, Deflection, Offense, Defense, Foul, Forehand shot, Give-and-go, Rebound, Stick handling, off sides, Icing	Materials listed in weight lifting and aerobic fitness categories	Unit Performance Based Assessment
Lifelong Fitness	2 weeks	Football	Michigan and National Standards 1-6	Implementation of effective offensive, defensive, and cooperative strategies is necessary for success in game situations. Why is it beneficial to practice skills in smaller parts versus the whole movement?	LT: I can demonstrate the skills of throwing and catching a football. LT: I can identify the rules and apply the scoring system.	Punt, Pass, Kick off, Extra Point, Field Goal, Touchdown, Down, Fumble, Interception, Pass Patterns, Off Sides, Holding, False Start	Materials listed in weight lifting and aerobic fitness categories	Unit Performance Based Assessment
Lifelong Fitness	2 weeks	Soccer	Michigan and National Standards 1-6	Commitment to sportsmanship, rules, and safety guidelines must be demonstrated for participants and spectators to experience the maximum benefit from games and sports. How does a high level of fitness improve overall quality of life?	LT: I can apply safe practices and evaluate teamwork in a game setting. LT: I can score by attacking the goal, creating space in the attack, and using space in the attack according to critical elements during small sided or full sided invasion games.	Corner Kick, penalty kick, roll in, extra time, goalkeeper, throw in, forward, midfielder, sweeper, hand ball, tackle	Materials listed in weight lifting and aerobic fitness categories	Unit Performance Based Assessment
Lifelong Fitness	2 Weeks	Weight Lifting	Michigan and National Standards 1-6	Lifetime fitness is built upon the principles of developing and implementing a program that utilizes the appropriate training principles. What are some ways you could avoid injuries while participating in physical activities	LT: I can record my daily physical activity into a log and monitor my intensity and effort by using technology devices. LT: I can demonstrate proper resistance training techniques with various weight lifting equipment.	Heart Rate, Maximum Heart Rate, Training Zone, Repetitions, Sets, Overload, Specificity, Resistance, Program Plan, Endurance, Strength, Powerlifting, exertion, Free Weights, Resistance Bands, Medicine Ball	Heart Rate Monitors Resistance Bands, Kettle Balls, Treadmills, Elliptical Machine, Exercise Bike, Warrior ropes, training hurdles, body bars, Zumba Videos	Performance assessment displaying knowledge of heart rate, and the effect on overall fitness level. Demonstration of fitness performance in graphs and logs.

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Lifelong Fitness	2 weeks	Aerobic Fitness	<p>Michigan and National Standards 1-6</p>	<p>Personal behavior impacts the ability to balance lifelong fitness. How can individuals who don't meet ideal body standards be fit</p>	<p>LT: I can record my daily physical activity into a log and monitor my intensity and effort by using technology devices. LT: I can analyze and distinguish the difference between target heart rate zones.</p>	<p>Oxygen Capacity, VO2 Max, Anaerobic exercise, Aerobic Exercise, Flexibility, Body Composition, BMI, Resistance Bands, Target Heart Rate, Training Zone, Maximum Heart Rate, Body Fat</p>	<p>Yoga Mats, Exercise Balls, Kettle Balls, Heart Rate Monitors, Body Fat Monitors, Treadmills, Exercise Bikes, Elliptical machines, Zumba Videos</p>	<p>Performance assessment displaying knowledge of heart rate, and the effect on overall fitness level. Demonstration of fitness performance in graphs and logs.</p>
			<p>Achieves and maintains a health-enhancing level of physical fitness.</p>					