

GBCS Curriculum Guide			GRADE:		SUBJECT:			
Topic	Pacing	Unit	Standards	Enduring Understandings & Essential Questions	Learning Targets	Vocabulary/Concepts	Materials	Assessments
Health Related Fitness	4-5 weeks	Fitness and Health Concepts	Standard 4: Achieve and maintain a health enhancing level of physical fitness. (Michigan 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 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.	Heart Rate, Maximum Heart Rate, Training Zone, Repetitions, Sets, Overload, Specificity, Resistance, Program Plan, Endurance, Strength, Powerlifting, exertion, Free Weights, Resistance Bands, Medicine Ball	Materials listed in weight lifting and aerobic fitness categories Nutrition demonstrational equipment	Unit Performance Based Assessment
Net/Wall Sports	2 weeks	Net/Wall Sports	Standard 1: Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities. (Michigan 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 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	Raquetball rackets, shuttlecocks, ping pong equipment, tennis rackets, tennis balls, volleyball net, volleyballs, basketballs, basketball hoops, tennis rackets, tennis balls	Unit Performance Based Assessment
Invasion Sport	2 weeks	Invasion Sport	Standard 2: Demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities. (Michigan Standards 1-6)	Efficient movement improves performance. How does teamwork, sportspersonship, and work ethic, help accomplish life goals?	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.	Zone Defense, Man-to-Man Defense, Backspin, arc, rotation, violations, fouls	soccer, soccerball, floor hockey sticks, hockey nets, hockey pucks,	Unit Performance Based Assessment
Aquatics	1-2 weeks	Aquatics	Standard 3: Participates regularly in lifelong physical activity. (Michigan 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 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.	Front Stroke, backstroke, butterfly, Back crawl, freestyle, flutterkick, Treading, snorkling, snorkle, diving, canoe, oar, rowing, flotation, skulling	Kickboards, water resistance weights, kayaks, snorkling equipment,	Unit Performance Based Assessment
Striking/Fielding	2 weeks	Striking/Fielding	Standard 2: Demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities. (Michigan 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 the skills of throwing and catching a ball. LT: I can identify the rules and apply the scoring system.	Zone Defense, Man-to-Man Defense, Backspin, arc, rotation, violations, fouls,	Baseball bats, gloves, softballs, baseballs, hockey sticks, hockey nets, pucks	Unit Performance Based Assessment

