

Geneva CUSD 304
Content-Area Curriculum Frameworks
Grades 6-12
Physical Education and Health

Mission Statement	Physical Education and Health assists students of all abilities in their continued physical, social, emotional, and cognitive development. This is accomplished through a variety of activities and skills. Physical education and Health encourages self-discipline, responsibility, and positive interactions with others. As a result, we hope students will choose and enjoy a healthy lifestyle.
Course Sequence (Grades 6-12)	<p>6th Grade - Physical Education</p> <p>7th Grade – Physical Education and Project Alert</p> <p>8th Grade – Physical Education and Health</p> <p>9th Grade – Team Sports and Conditioning</p> <p>10th Grade – Personal Fitness (1 Semester) Health (1 Semester)</p> <p>11th Grade – Physical Education Electives</p> <ol style="list-style-type: none"> 1. Lifetime Fitness 2. Applied Personal Fitness 3. Junior Leaders <p>12th Grade – Physical Education Electives</p> <ol style="list-style-type: none"> 1. Lifetime Fitness 2. Applied Personal Fitness 3. Senior Leaders 4. P.E Leadership

Course Framework

<p>Course Title</p> <p>Grade Level</p> <p>Semesters (1-2-3-4)</p> <p>Prerequisite</p>	<p>P.E. Leadership</p> <p>12th Grade</p> <p>1-2-3-4</p> <p>None</p>
<p>Course Description</p>	<p>Students in P.E. Leadership are trained to assist with the instruction and supervision of students with disabilities in Adapted P.E. Peer leaders are exposed to the issues relating to the education of students who have varying disabilities. This class follows Geneva High School. P.E. department policies on dressing, attendance, and assessment. Emphasis is placed on individual achievement and effort. Units include both team and individual sports, skills for Special Olympic competitions, weight training, aerobics, and fitness testing. Modifications to activities are used only when appropriate. Students enrolled in P.E. Leadership will not be allowed to exempt for sports and/or marching band.</p>

Unit Frameworks

Unit of Study: major topics	Floor Hockey	
Illinois Learning Standards, Benchmarks, National Standards Assessment Frameworks, or other standards that will be taught in this unit	<p>STATE GOAL 19: Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.</p> <p>STATE GOAL 20: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.</p> <p>STATE GOAL 21: Develop team-building skills by working with others through physical activity.</p> <p>STATE GOAL 24: Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	
Objectives (What will students know and be able to do as a result of their learning?) <ul style="list-style-type: none"> ○ Conceptual ○ Factual ○ Procedural 	<p>By the end of the activity the students will be able to:</p> <ul style="list-style-type: none"> ● Demonstrate the following skills: shooting the puck, stopping the puck, moving while controlling the puck, passing the puck, shooting the puck at the goal, receiving a pass ● Keep score properly. ● Know the floor markings and their meaning. ● Demonstrate safety for self and others. ● Know the value of good team communication. ● Show an understanding of the basic rules. ● Demonstrate good safety towards oneself and others. 	
Assessments	<ul style="list-style-type: none"> ● Participation ● Individual skill assessment 	

Unit of Study: major topics	Fitness	
Illinois Learning Standards, Benchmarks, National Standards Assessment Frameworks, or other standards that will be taught in this unit	<p>STATE GOAL 19: Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.</p> <p>STATE GOAL 20: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.</p> <p>STATE GOAL 24: Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	
Objectives <ul style="list-style-type: none"> ○ Conceptual ○ Factual ○ Procedural 	<p>By the end of the activity the students will be able to:</p> <ul style="list-style-type: none"> ● Demonstrate fitness testing skills such as shuttle run, sit-ups, push-ups, and flexibility. ● Maintain fitness records. ● Evaluate fitness records for progress. 	
Assessments	<ul style="list-style-type: none"> ● Fitness record ● Participation 	

Unit of Study: major topics	Soccer	
Illinois Learning Standards, Benchmarks, National Standards Assessment Frameworks, or other standards that will be taught in this unit	<p>STATE GOAL 19: Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.</p> <p>STATE GOAL 20: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.</p> <p>STATE GOAL 21: Develop team-building skills by working with others through physical activity.</p> <p>STATE GOAL 24: Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	
Objectives <ul style="list-style-type: none"> ○ Conceptual ○ Factual ○ Procedural 	<p>By the end of the activity the students will be able to:</p> <ul style="list-style-type: none"> ● Demonstrate the following skills: passing the ball, dribbling the ball, trapping the ball, heading the ball ● Demonstrate the importance of team play by playing his/her position. ● Know the responsibilities of each field position. ● Demonstrate a corner kick. ● Demonstrate shots at goal. ● Demonstrate an overhead throw. ● Know the field markings and their meetings. ● Keep score properly. ● Demonstrate safety for self and others. ● Understand the importance of communication in team play. ● Demonstrate knowledge of the basic rules through team play 	
Assessments	<ul style="list-style-type: none"> ● Participation ● Individual skill assessment 	

Unit of Study: major topics	Team Handball	
Illinois Learning Standards, Benchmarks, National Standards Assessment Frameworks, or other standards that will be taught in this unit	<p>STATE GOAL 19: Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.</p> <p>STATE GOAL 20: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.</p> <p>STATE GOAL 21: Develop team-building skills by working with others through physical activity.</p> <p>STATE GOAL 24: Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	
Objectives <ul style="list-style-type: none"> ○ Conceptual ○ Factual ○ Procedural 	<p>By the end of the activity the students will be able to:</p> <ul style="list-style-type: none"> • Demonstrate the following skills: dribbling the ball, passing the ball, shooting at goal, receiving the pass. <ul style="list-style-type: none"> • Demonstrate proper defensive techniques. • Keep score properly. • Know the court markings and their meaning. • Demonstrate safety for self and others. • Know the value of good team communication. • Show an understanding of the basic rules through actual team play. • Understand 3 violations/fouls. • Demonstrate the proper line up for a jump ball. 	
Assessments	<ul style="list-style-type: none"> • Participation • Individual skill assessment 	

Unit of Study: major topics	Track and Field	
Illinois Learning Standards, Benchmarks, National Standards Assessment Frameworks, or other standards that will be taught in this unit	<p>STATE GOAL 19: Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.</p> <p>STATE GOAL 20: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.</p> <p>STATE GOAL 21: Develop team-building skills by working with others through physical activity.</p> <p>STATE GOAL 24: Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	
Objectives <ul style="list-style-type: none"> ○ Conceptual ○ Factual ○ Procedural 	<p>By the end of the activity the students will be able to:</p> <ul style="list-style-type: none"> • Demonstrate the following skills: Proper running form, long jump form, shot put form, baton exchange, and start. • Know and understand 5 high school running events. • Know and understand 3 high school field events. • Understand the importance of stretching and warm-up. • Demonstrate a proper warm-up for each event. • Demonstrate a 4X100 relay and a 4X400 relay. • Experience how a track meet is run by participating in a class track and field meet. • Understanding the value of a proper cool down after competition/vigorous activity. • Collect information on chosen country and present gathered information. 	
Assessments	<ul style="list-style-type: none"> • Participation • Individual skill assessment 	

Unit of Study: major topics	Volleyball	Resources that will support instruction
Illinois Learning Standards, Benchmarks, National Standards Assessment Frameworks, or other standards that will be taught in this unit	<p>STATE GOAL 19: Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.</p> <p>STATE GOAL 20: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.</p> <p>STATE GOAL 21: Develop team-building skills by working with others through physical activity.</p> <p>STATE GOAL 24: Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	
Objectives <ul style="list-style-type: none"> ○ Conceptual ○ Factual ○ Procedural 	<p>By the end of the activity the students will be able to:</p> <ul style="list-style-type: none"> • Diagram a volleyball court and label the court markings. • Demonstrate an underhand serve. • Demonstrate a legal underhand pass (bump). • Demonstrate a legal overhead set. • Demonstrate a legal serve. • Demonstrate safety for self and others. • Understand the bump, set, and spike offense. • Understand the value of good communication skills during team play. • Know how to keep score properly. • Know how to rotate properly for a 6- person team. • Understand what an underhand dig is and how to use it. • Know the definitions of the following vocabulary words: side out, net foul, centerline violation, serving violation, replay, carry, lifting, double hit. 	
Assessments	<ul style="list-style-type: none"> • Participation • Individual skill assessment 	

Unit of Study: major topics	Tennis	
Illinois Learning Standards, Benchmarks, National Standards Assessment Frameworks, or other standards that will be taught in this unit	<p>STATE GOAL 19: Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity</p> <p>STATE GOAL 20: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.</p> <p>STATE GOAL 24: Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	
Objectives <ul style="list-style-type: none"> ○ Conceptual ○ Factual ○ Procedural 	<p>By the end of the activity the students will be able to:</p> <ul style="list-style-type: none"> ● Demonstrate proper forehand and backhand grips. ● Understand the mechanics involved in executing the following strokes: <ul style="list-style-type: none"> 1. overhead serve 2. forehand 3. backhand 4. net volley 5. overhead 6. lob ● Identify the following shots: <ul style="list-style-type: none"> 1. overhead serve 2. forehand 3. backhand 4. net volley 5. overhead lob ● Understand basic doubles court strategies. ● Understand basic rules of the game. ● Identify and demonstrate good court etiquette. ● Demonstrate knowledge of the court markings through actual play. ● Demonstrate how to keep score properly. ● Demonstrate safely for self and others. 	
Assessment	<ul style="list-style-type: none"> ● Participation ● Individual skill assessment 	

Unit of Study: major topics	Bowling	
Illinois Learning Standards, Benchmarks, National Standards Assessment Frameworks, or other standards that will be taught in this unit	<p>STATE GOAL 19: Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity</p> <p>STATE GOAL 24: Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	
Objectives <ul style="list-style-type: none"> ○ Conceptual ○ Factual ○ Procedural 	<p>By the end of the activity the students will be able to:</p> <ul style="list-style-type: none"> ● Select the proper ball. ● Demonstrate the proper grip. ● Demonstrate the proper stand and approach. ● Demonstrate the proper release and follow through. ● Understand how to keep score. ● Demonstrate proper conduct and etiquette at the lanes. ● Show respect for and take care of the equipment. ● Differentiate between spot and pin bowling. ● Differentiate between the following delivery styles: straight, hook, curve and back up. ● List 3 area bowling alleys where bowling is enjoyed as a lifetime sport. ● Define the following terms: pocket, turkey, strike, strike out, pin, spare, sleeper, perfect game, open frame, frame mark, lofting, lane, gutter, channel, foul line. ● Identify common splits 	
Assessments	<ul style="list-style-type: none"> ● Participation ● Individual skill assessment 	

Unit of Study: major topics	Pickleball	
Illinois Learning Standards, Benchmarks, National Standards Assessment Frameworks, or other standards that will be taught in this unit	<p>STATE GOAL 19: Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity</p> <p>STATE GOAL 24: Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p> <p>STATE GOAL 20: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.</p>	
Objectives <ul style="list-style-type: none"> ○ Conceptual ○ Factual ○ Procedural 	<p>By the end of the activity the students will be able to:</p> <ul style="list-style-type: none"> • Understand the basic court strategies. • Demonstrate proper care of the equipment. • Understand proper rotation. • Understand how to keep score. • Execute the following strokes: forehand drive, backhand drive, lob, volley, and overhead drop shot. • Identify when to use the various strokes. • Demonstrate a proper serve. • Identify the parts of the court and the court markings. • Demonstrate proper court etiquette. • Define the following terms: ace, approach shot, backcourt, cross court, fault, foot fault, ground stroke, volley, half volley, let, let serve, non-volley zone, put away. • Know similarities and differences between pickleball and tennis. • Know similarities and differences between pickleball and badminton. • Demonstrate safety for self and others. 	
Assessments	<ul style="list-style-type: none"> • Participation • Individual skill assessment 	

Unit of Study: major topics	Badminton	
Illinois Learning Standards, Benchmarks, National Standards Assessment Frameworks, or other standards that will be taught in this unit	<p>STATE GOAL 19: Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity</p> <p>STATE GOAL 20: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.</p> <p>STATE GOAL 24: Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	
Objectives <ul style="list-style-type: none"> ○ Conceptual ○ Factual ○ Procedural 	<p>By the end of the activity the students will be able to:</p> <ul style="list-style-type: none"> ● Execute the following strokes: <ul style="list-style-type: none"> 1. clear 2. smash 3. drop 4. hairpin ● Execute an underhand serve. ● Score properly. ● Demonstrate the proper serving rotation used for doubles. ● Demonstrate his/her knowledge of the court markings through actual play. ● Identify court markings. ● Define the various strokes and know when to use them. ● Demonstrate proper care of the equipment. ● Understand basic court strategies. ● Understand proper court etiquette. ● Understand basic rules and regulations of the game. ● Demonstrate safety for self and others. 	
Assessments	<ul style="list-style-type: none"> ● Participation ● Individual skill assessment 	

Unit of Study: major topics	Flicker Ball	
Illinois Learning Standards, Benchmarks, National Standards Assessment Frameworks, or other standards that will be taught in this unit	<p>STATE GOAL 19: Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity</p> <p>STATE GOAL 20: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.</p> <p>STATE GOAL 21: Develop team-building skills by working with others through physical activity.</p> <p>STATE GOAL 24: Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	
Objectives <ul style="list-style-type: none"> ○ Conceptual ○ Factual ○ Procedural 	<p>By the end of the activity the students will be able to:</p> <ul style="list-style-type: none"> ● Execute the following skills: <ul style="list-style-type: none"> - Throwing a football - Passing a football - Catching a football ● Score properly. ● Demonstrate his/her knowledge of the court markings through actual play. ● Identify court markings. ● Demonstrate proper care of the equipment. ● Understand basic court strategies. ● Understand proper court etiquette. ● Understand basic rules and regulations of the game. ● Demonstrate safety for self and others. ● Demonstrate the importance of stretching and a proper warm-up before competition. ● Demonstrate the importance of communication in team play. 	
Assessments	<ul style="list-style-type: none"> ● Participation ● Individual skill assessment 	

Unit of Study: major topics	Ultimate Frisbee	
Illinois Learning Standards, Benchmarks, National Standards Assessment Frameworks, or other standards that will be taught in this unit	<p>STATE GOAL 19: Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity</p> <p>STATE GOAL 20: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.</p> <p>STATE GOAL 21: Develop team-building skills by working with others through physical activity.</p> <p>STATE GOAL 24: Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	
Objectives <ul style="list-style-type: none"> ○ Conceptual ○ Factual ○ Procedural 	<p>By the end of the activity the students will be able to:</p> <ul style="list-style-type: none"> • Identify rules of game • Throw and catch the Frisbee • Execute the following moves: forehand flip, forehand, backhand • Demonstrate coordination through running and catching on the fly • Demonstrate offensive and defensive skills • Identify court markings. • Demonstrate proper care of the equipment. • Understand basic court strategies. • Understand proper court etiquette. • Understand basic rules and regulations of the game. • Demonstrate safety for self and others. • Demonstrate the importance of stretching and a proper warm-up before 	
Assessments	<ul style="list-style-type: none"> • Participation • Individual skill assessment 	