

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

<b>Mission Statement</b>	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.
<b>Course Sequence</b> (Grades 6-12)	<p>6<sup>th</sup> Grade - Physical Education</p> <p>7<sup>th</sup> Grade – Physical Education and Project Alert</p> <p>8<sup>th</sup> Grade – Physical Education and Health</p> <p>9<sup>th</sup> Grade – Team Sports and Conditioning</p> <p>10<sup>th</sup> Grade – Personal Fitness (1 Semester)  Health (1 Semester)</p> <p>11<sup>th</sup> Grade – Physical Education Electives</p> <ol style="list-style-type: none"> <li>1. Lifetime Fitness</li> <li>2. Applied Personal Fitness</li> <li>3. Junior Leaders</li> </ol> <p>12<sup>th</sup> Grade – Physical Education Electives</p> <ol style="list-style-type: none"> <li>1. Lifetime Fitness</li> <li>2. Applied Personal Fitness</li> <li>3. Senior Leaders</li> <li>4. P.E Leadership</li> </ol>

## Course Framework

<p><b>Course Title</b></p> <p><b>Grade Level</b></p> <p><b>Quarters (1-2-3-4)</b></p> <p><b>Prerequisite</b></p>	<p><b>Dance/Group Fitness</b></p> <p>11/12<sup>th</sup> Grade</p> <p>1-2, 3-4</p> <p>None</p>
<p><b>Course Description</b></p>	<p>Students sign up for Dance/Group Fitness as an elective for their P.E. class. They are eligible to take this class once they are a Junior or a Senior, during whichever semester they would like.</p> <p>The course integrates a dance-oriented physical education curriculum with group fitness components aligned in it. Throughout the semester, students learn the basic dance moves from dances all over the world, as well as dances throughout the past decades. Also, the group fitness activities provide the students with knowledge on how to safely and properly execute moves to keep their bodies strong and healthy.</p> <p>Under the direction of the instructor, students learn various dances, and tests and quizzes are administered at the conclusion of the unit. Students also are able to show their creative ideas during their final where they choreograph their own dance with a group. The student's grade is based upon daily participation, written quizzes, unit exams, and a final exam. Fitness tests are also administered in each semester.</p>
<p><b>District-approved Materials and/or Resources</b></p>	<p>Projector System, IPod System with speakers, Want to Salsa DVD, Dances of the Decades DVD, Beginner Cha-Cha DVD, Dance Vision Waltz DVD, Thrill the World DVD, We Come Together Grease DVD, High School Musical 2 Extended Dance Edition, Cardio Burn Yoga DVD, Step Aerobics with raisers, Total Body Express DVD, Body Bars, Exercise Mats, Bosu Balls, Bosu Pro Series DVD,</p>

## Unit Frameworks

<b>Unit of Study: major topics</b>	<b>Dances: Kalamatiano, Hasaposerviko, Pedozali</b>	Resources that will support instruction  Greek Music
<b>Illinois Learning Standards, Benchmarks</b>	<p><b>STATE GOAL 19:</b> Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.</p> <p><b>STATE GOAL 20:</b> Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.</p> <p><b>STATE GOAL 21:</b> Develop team-building skills by working with others through physical activity.</p> <p><b>STATE GOAL 24:</b> Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	
<b>Objectives</b>	<p>By the end of the unit the students will be able to:</p> <ul style="list-style-type: none"> <li>• Determine the beat of music that matches up with the correct dance.</li> <li>• Demonstrate the correct footwork for each dance (Kalamatiano, Pedozali, Hasaposerviko).</li> <li>• Tell the teacher the cues used for each dance.</li> <li>• Work well in their groups while dancing.</li> <li>• Keep their heart-rates up while dancing.</li> </ul>	
<b>Assessments</b>	Performance Based Assessment at the conclusion of the unit  Knowledge Based Assessments daily to check for understanding.	

## Unit Frameworks

<b>Unit of Study: major topics</b>	<b>Salsa</b>	Resources that will support instruction - Want to Salsa DVD - Salsa Music on iPod
<b>Illinois Learning Standards, Benchmarks</b>	<p><b>STATE GOAL 19:</b> Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.</p> <p><b>STATE GOAL 20:</b> Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.</p> <p><b>STATE GOAL 21:</b> Develop team-building skills by working with others through physical activity.</p> <p><b>STATE GOAL 24:</b> Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	
<b>Objectives</b>	<p>By the end of the unit the students will be able to:</p> <ul style="list-style-type: none"> <li>• Dance at least ten out of the twelve moves to the beat of the music. <ul style="list-style-type: none"> <li>- Basic</li> <li>- Side basic</li> <li>- Open Break</li> <li>- Ladies Right to Left Turn</li> <li>- Ladies Right to Right Turn</li> <li>- Ladies Right to Right Two Handed Turn</li> <li>- Mans Right Turn</li> <li>- Mans Left to Right Turn</li> <li>- Cross Body Lead</li> <li>- Open Break with Closed Turning Basic</li> <li>- Open Break Sweetheart</li> <li>- Hook Turn</li> </ul> </li> <li>• Demonstrate the correct footwork for each Salsa move learned in class when asked to do so by the teacher.</li> <li>• Work cooperatively with their Salsa partners throughout the entire unit.</li> </ul>	
<b>Assessments</b>	Performance Based Assessment at the conclusion of the unit Knowledge Based Assessments daily to check for understanding.	

## Unit Frameworks

<b>Unit of Study: major topics</b>	<b>Swing</b>	Resources that will support instruction - Dances of the Decades DVD - Swing Music with iPod
<b>Illinois Learning Standards, Benchmarks</b>	<p><b>STATE GOAL 19:</b> Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.</p> <p><b>STATE GOAL 20:</b> Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.</p> <p><b>STATE GOAL 21:</b> Develop team-building skills by working with others through physical activity.</p> <p><b>STATE GOAL 24:</b> Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	
<b>Objectives</b>	<p>By the end of the unit the students will be able to:</p> <ul style="list-style-type: none"> <li>• Swing dance to the beat of the music. <ul style="list-style-type: none"> <li>- Basic Open</li> <li>- Basic Closed</li> <li>- Inside Turn</li> <li>- Outside Turn</li> <li>- Pass with a Sliding Turn</li> <li>- Kicks</li> <li>- Pass-through</li> <li>- Cradle</li> <li>- Cross Over</li> </ul> </li> <li>• Demonstrate the correct footwork for each Swing move.</li> <li>• Tell the teacher the cues used for each Swing move when asked by the teacher.</li> <li>• Work cooperatively with their Swing partners throughout the entire unit.</li> </ul>	
<b>Assessments</b>	Performance Based Assessment at the conclusion of the unit Knowledge Based Assessments daily to check for understanding.	

## Unit Frameworks

<b>Unit of Study: major topics</b>	<b>Cha Cha</b>	Resources that will support instruction  - Cha-Cha Music with iPod  - Beginner Cha-Cha DVD
<b>Illinois Learning Standards, Benchmarks</b>	<p><b>STATE GOAL 19:</b> Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.</p> <p><b>STATE GOAL 20:</b> Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.</p> <p><b>STATE GOAL 21:</b> Develop team-building skills by working with others through physical activity.</p> <p><b>STATE GOAL 24:</b> Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	
<b>Objectives</b>	<p>By the end of the unit the students will be able to:</p> <ul style="list-style-type: none"> <li>• Dance the Cha-Cha to different speeds of music and stay on beat.</li> <li>• Demonstrate the correct footwork for each dance move: <ul style="list-style-type: none"> <li>- Basic Cha-Cha</li> <li>- Side Cha-Cha</li> <li>- Cha-Cha Forward and Back</li> <li>- Body Break Open</li> <li>- Body Break Closed</li> <li>- Underarm Turn</li> <li>- Open Break</li> <li>- Open Break with Opposite Hands</li> <li>- Sliding Doors</li> <li>- Chase Turn</li> </ul> </li> <li>• Tell the teacher the cues used for each dance move.</li> <li>• Work well in their partner while dancing.</li> </ul>	
<b>Assessments</b>	Performance Based Assessment at the conclusion of the unit  Knowledge Based Assessments daily to check for understanding.	

## Unit Frameworks

<b>Unit of Study: major topics</b>	<b>Waltz</b>	Resources that will support instruction - Waltz Music with iPod - Dance Vision Waltz DVD
<b>Illinois Learning Standards, Benchmarks</b>	<p><b>STATE GOAL 19:</b> Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.</p> <p><b>STATE GOAL 20:</b> Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.</p> <p><b>STATE GOAL 21:</b> Develop team-building skills by working with others through physical activity.</p> <p><b>STATE GOAL 24:</b> Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	
<b>Objectives</b>	<p>By the end of the unit the students will be able to:</p> <ul style="list-style-type: none"> <li>• Dance the Waltz to different speeds of music and stay on beat. <ul style="list-style-type: none"> <li>- Box Step</li> <li>- Box Step with Open Turn</li> <li>- Progressive</li> <li>- Left Turning Box</li> <li>- Balance Step</li> <li>- Balance Box</li> <li>- Simple Twinkle</li> <li>- Progressive Twinkle</li> <li>- Turning Twinkle</li> <li>- Grapevine</li> </ul> </li> <li>• - Promenade Chase</li> <li>• Demonstrate the correct footwork for each dance move.</li> <li>• Tell the teacher the cues used for each dance move.</li> <li>• Work well in their partner while dancing.</li> </ul>	
<b>Assessments</b>	Performance Based Assessment at the conclusion of the unit  Knowledge Based Assessments daily to check for understanding.	Other Evidence

## Unit Frameworks

<b>Unit of Study: major topics</b>	<b>Thriller Dance Routine (6 minutes)</b>	Resources that will support instruction -Thrill the World DVD -Podcasts with different Thriller speeds -Thriller song on an iPod
<b>Illinois Learning Standards, Benchmarks</b>	<p><b>STATE GOAL 19:</b> Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.</p> <p><b>STATE GOAL 20:</b> Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.</p> <p><b>STATE GOAL 21:</b> Develop team-building skills by working with others through physical activity.</p> <p><b>STATE GOAL 24:</b> Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	
<b>Objectives</b>	By the end of the unit the students will be able to: <ul style="list-style-type: none"> <li>• Dance the entire Thriller Dance Routine to the beat of the music.</li> <li>• Demonstrate the correct footwork for each dance move throughout the routine.</li> <li>• Tell the teacher the cues used for ninety percent of the Thriller routine.</li> <li>• Work well in their groups while learning the routine.</li> </ul>	
<b>Assessments</b>	Performance Based Assessment at the conclusion of the unit  Knowledge Based Assessments daily to check for understanding.	Other Evidence



## Unit Frameworks

<b>Unit of Study: major topics</b>	<b>Routines from <i>Grease</i></b>	Resources that will support instruction - Grease music with iPod - We Come Together Grease DVD
<b>Illinois Learning Standards, Benchmarks</b>	<p><b>STATE GOAL 19:</b> Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.</p> <p><b>STATE GOAL 20:</b> Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.</p> <p><b>STATE GOAL 21:</b> Develop team-building skills by working with others through physical activity.</p> <p><b>STATE GOAL 24:</b> Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	
<b>Objectives</b>	By the end of the unit the students will be able to: <ul style="list-style-type: none"> <li>• Execute the dance routines to select songs from the musical Grease.</li> <li>• Demonstrate the correct footwork for each routine.</li> <li>• Tell the teacher the cues used for each routine.</li> <li>• Work well in their groups while learning and performing the routines.</li> </ul>	
<b>Assessments</b>	Performance Based Assessment at the conclusion of the unit  Knowledge Based Assessments daily to check for understanding.	

## Unit Frameworks

<b>Unit of Study: major topics</b>	<b>Routines from <u>High School Musical</u></b>	Resources that will support instruction  - High School Musical Songs with iPod  - High School Musical 2 Extended Dance Edition
<b>Illinois Learning Standards, Benchmarks</b>	<p><b>STATE GOAL 19:</b> Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.</p> <p><b>STATE GOAL 20:</b> Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.</p> <p><b>STATE GOAL 21:</b> Develop team-building skills by working with others through physical activity.</p> <p><b>STATE GOAL 24:</b> Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	
<b>Objectives</b>	By the end of the unit the students will be able to: <ul style="list-style-type: none"> <li>• Execute the dance routines to select songs from the musical <u>High School Musical</u>.</li> <li>• Demonstrate the correct footwork for each routine.</li> <li>• Tell the teacher the cues used for each routine.</li> <li>• Work well in their groups while learning and performing the routines.</li> </ul>	
<b>Assessments</b>	Performance Based Assessment at the conclusion of the unit  Knowledge Based Assessments daily to check for understanding.	Other Evidence

## Unit Frameworks

<b>Unit of Study: major topics</b>	<b>Jai Ho Dance</b>	Resources that will support instruction  - Jai Ho song with IPod
<b>Illinois Learning Standards, Benchmarks</b>	<p><b>STATE GOAL 19:</b> Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.</p> <p><b>STATE GOAL 20:</b> Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.</p> <p><b>STATE GOAL 21:</b> Develop team-building skills by working with others through physical activity.</p> <p><b>STATE GOAL 24:</b> Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	
<b>Objectives</b>	By the end of the unit the students will be able to: <ul style="list-style-type: none"> <li>• Demonstrate the correct footwork for the dance.</li> <li>• Tell the teacher the cues used for each routine.</li> <li>• Work well in their groups while learning and performing the routines.</li> </ul>	
<b>Assessments</b>	Performance Based Assessment at the conclusion of the unit  Knowledge Based Assessments daily to check for understanding.	Other Evidence

## Unit Frameworks

<b>Unit of Study: major topics</b>	<b>Pilates</b>	Resources that will support instruction - Exercise mats
<b>Illinois Learning Standards, Benchmarks</b>	<p><b>STATE GOAL 19:</b> Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.</p> <p><b>STATE GOAL 20:</b> Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.</p> <p><b>STATE GOAL 21:</b> Develop team-building skills by working with others through physical activity.</p> <p><b>STATE GOAL 24:</b> Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	
<b>Objectives</b>	<p>By the end of the unit the students will be able to:</p> <ul style="list-style-type: none"> <li>• Demonstrate proper form while executing the Pilates moves: <ul style="list-style-type: none"> <li>- Chest Lift</li> <li>- The Hundred</li> <li>- The Roll Up</li> <li>- One Leg Circle</li> <li>- Rolling Like a Ball</li> <li>- One Leg Balance</li> <li>- Side Kick Series</li> <li>- Front Support Plank</li> <li>- Saw</li> <li>- Criss Cross</li> <li>- Double Leg Stretch</li> <li>- Shoulder Bridge</li> <li>- Swimming</li> <li>- Bicycle</li> </ul> </li> <li>• - Kneeling Side Kicks</li> <li>• Explain why Pilates is so important for our bodies.</li> <li>• Know when to inhale and when to exhale for each Pilates move.</li> <li>• Work well independently during the Pilates session.</li> </ul>	

<b>Assessments</b>	Performance Based Assessment at the conclusion of the unit  Knowledge Based Assessments daily to check for understanding.	
--------------------	--	--

## Unit Frameworks

<b>Unit of Study: major topics</b>	<b>Yoga</b>	Resources that will support instruction  - Exercise mats - iPod with Yoga music - Cardio Burn Yoga DVD
<b>Illinois Learning Standards, Benchmarks</b>	<p><b>STATE GOAL 19:</b> Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.</p> <p><b>STATE GOAL 20:</b> Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.</p> <p><b>STATE GOAL 21:</b> Develop team-building skills by working with others through physical activity.</p> <p><b>STATE GOAL 24:</b> Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	
<b>Objectives</b>	<p>By the end of the unit the students will be able to:</p> <ul style="list-style-type: none"> <li>• Demonstrate proper form while executing the Yoga moves: <ul style="list-style-type: none"> <li>- Downward-Facing Dog</li> <li>- Half Moon</li> <li>- Crane</li> <li>- Child’s Pose</li> <li>- Cobra</li> <li>- One-Legged King Pigeon</li> <li>- Eagle</li> <li>- Plow</li> <li>- Pigeon</li> <li>- Lotus</li> <li>- Side Plank</li> </ul> </li> <li>• Explain why Yoga is so important for our mind and our bodies.</li> <li>• Slow down their breathing during all Yoga moves.</li> <li>• Work well independently during the Yoga session.</li> </ul>	
<b>Assessments</b>	Performance Based Assessment at the conclusion of the unit  Knowledge Based Assessments daily to check for understanding.	

## Unit Frameworks

<b>Unit of Study: major topics</b>	<b>Step Aerobics</b>	Resources that will support instruction  - iPod with cardio music - Step Aerobics with raisers
<b>Illinois Learning Standards, Benchmarks</b>	<p><b>STATE GOAL 19:</b> Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.</p> <p><b>STATE GOAL 20:</b> Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.</p> <p><b>STATE GOAL 21:</b> Develop team-building skills by working with others through physical activity.</p> <p><b>STATE GOAL 24:</b> Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	
<b>Objectives</b>	By the end of the unit the students will be able to: <ul style="list-style-type: none"> <li>• Know what to focus on during each exercise to get the best results.</li> <li>• Execute all moves with proper form: <ul style="list-style-type: none"> <li>- Across the Top Moves</li> <li>- Basic Steps</li> <li>- Box Steps</li> <li>- Connectors</li> <li>- Jumps</li> <li>- Knee Lift</li> <li>- Leg Curls</li> <li>- Letter Steps</li> <li>- Turn Steps</li> </ul> </li> <li>• Keep up with the teacher throughout the entire class period.</li> </ul>	
<b>Assessments</b>	Performance Based Assessment at the conclusion of the unit  Knowledge Based Assessments daily to check for understanding.	

## Unit Frameworks

<b>Unit of Study: major topics</b>	<b>Cardio Kickboxing</b>	Resources that will support instruction  - iPod with cardio music
<b>Illinois Learning Standards, Benchmarks</b>	<p><b>STATE GOAL 19:</b> Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.</p> <p><b>STATE GOAL 20:</b> Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.</p> <p><b>STATE GOAL 21:</b> Develop team-building skills by working with others through physical activity.</p> <p><b>STATE GOAL 24:</b> Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	
<b>Objectives</b>	<p>By the end of the unit the students will be able to:</p> <ul style="list-style-type: none"> <li>• Know the difference between all moves when called out by the teacher.</li> <li>• Know what to focus on during each exercise to get the best results.</li> <li>• Execute all moves with proper form: <ul style="list-style-type: none"> <li>- Jabs</li> <li>- Crosses</li> <li>- Hooks</li> <li>- Side Kicks</li> <li>- Front Kicks</li> <li>- Crossover Kicks</li> <li>- Blocks</li> <li>- Squats</li> <li>- Lunges</li> </ul> </li> <li>• Keep up with the teacher throughout the entire class period.</li> </ul>	
<b>Assessments</b>	Performance Based Assessment at the conclusion of the unit  Knowledge Based Assessments daily to check for understanding	



## Unit Frameworks

<b>Unit of Study: major topics</b>	<b>Body Bars</b>	Resources that will support instruction Total Body Express DVD Body Bars -6 lbs - 9 lbs - 12 lbs
<b>Illinois Learning Standards, Benchmarks</b>	<p><b>STATE GOAL 19:</b> Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.</p> <p><b>STATE GOAL 20:</b> Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.</p> <p><b>STATE GOAL 21:</b> Develop team-building skills by working with others through physical activity.</p> <p><b>STATE GOAL 24:</b> Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	
<b>Objectives</b>	<p>By the end of the unit the students will be able to:</p> <ul style="list-style-type: none"> <li>• Know what to focus on during each exercise to get the best results.</li> <li>• Execute all moves with proper form: <ul style="list-style-type: none"> <li>- Bicep Exercises</li> <li>- Tricep Exercises</li> <li>- Lunges</li> <li>- Squats</li> <li>- Deltoid Exercises</li> <li>- Gastronomies Exercises</li> <li>- Forearm Exercises</li> <li>- Abdominal Exercises</li> </ul> </li> <li>• Keep up with the teacher throughout the entire class period.</li> </ul>	
<b>Assessments</b>	Performance Based Assessment at the conclusion of the unit  Knowledge Based Assessments daily to check for understanding.	

## Unit Frameworks

<b>Unit of Study: major topics</b>	<b>Bosu Balls</b>	Resources that will support instruction  - Bosu Balls  - Bosu Pro Series DVD
<b>Illinois Learning Standards, Benchmarks</b>	<p><b>STATE GOAL 19:</b> Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.</p> <p><b>STATE GOAL 20:</b> Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.</p> <p><b>STATE GOAL 21:</b> Develop team-building skills by working with others through physical activity.</p> <p><b>STATE GOAL 24:</b> Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	
<b>Objectives</b>	By the end of the unit the students will be able to: <ul style="list-style-type: none"> <li>• Know what to focus on during each exercise to get the best results.</li> <li>• Execute all moves with proper form: <ul style="list-style-type: none"> <li>- Balance Moves</li> <li>- Cardio Moves</li> <li>- Strength Exercises</li> <li>- Plyometrics</li> </ul> </li> <li>• Keep up with the teacher throughout the entire class period.</li> </ul>	
<b>Assessments</b>	Performance Based Assessment at the conclusion of the unit  Knowledge Based Assessments daily to check for understanding.	