

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

<i>Mission Statement</i>	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.
<i>Course Sequence</i> (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

Course Title Grade Level Semesters (1-2-3-4) Prerequisite	Senior P.E. Leaders 12 th Grade 1-2 None
Course Description	The prerequisite to becoming a Senior Leader is a B- or better in Junior PE Leaders. The Senior PE Leaders course is open to seniors who wish to become an effective mentor, good role model and teaching assistant to the Freshmen physical education curriculum. Students will earn PE credit while assisting the instructors in the Freshmen Team sports classes. This will include taking attendance, pre-class warm-up activities, skill testing, officiating and fitness testing. This may also serve as a career exploration for senior students who have an interest in pursuing a teaching career. Students will not be able to exempt out of this class. Students may register to be a senior leader for one or two semesters.
District-approved Materials and/or Resources	

Unit Frameworks

Unit of Study: major topics	Floor Hockey	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"> ● 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"> ● Teaching Assessment 	Other Evidence

Unit Frameworks

Unit of Study: major topics	Soccer	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"> ● 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	Teaching Assessment	Other Evidence

Unit Frameworks

Unit of Study: major topics	Speedball	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"> ● Demonstrate the following skills: passing the ball, dribbling the ball, shoot at the goal, and receive a pass. ● Demonstrate proper defensive techniques. ● Keep score properly. ● Demonstrate safety for self and others. ● Know the value of good team communication. ● Demonstrate the basic rules through team play. ● Understand scoring methods in football, basketball, and soccer mode. ● Understand good team play. ● Keep score properly. ● Participate in game play by following rules. 	
Assessments	Teaching assessment	Other Evidence

Unit Frameworks

Unit of Study: major topics	Lacrosse	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 Lacrosse field and label field markings. ● Demonstrate team work. ● Use proper mechanics when performing skills of the sports. ● Participate in game play while following rules of the game. ● Know the definitions of the following vocabulary words: shaft, basket, cradle, scoop, goal circle, midline ● Demonstrate a legal throw. ● Know the proper positioning of the offense and defense players. ● Demonstrate team communication during competition. 	
Assessments	Teaching assessment	Other Evidence

Unit Frameworks

Unit of Study: major topics	Softball	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"> • Label the 10 positions on a softball field. • Demonstrate proper batting mechanics. • Demonstrate proper fielding form. • Demonstrate proper throwing mechanics. • Understand how to keep score (when runs do and do not count). • Understand when a ball is foul and when it is fair. • Demonstrate safety for self and others. • Understand (define) the following vocabulary words: run down, fly ball, ground ball, line drive, single, double, triple, home run, grand slam, sacrifice, cut off, assist, put out, lead off, tag up, relay, 1 base on an overthrow, back, force out. 	
Assessments	Teaching Assessment	Other Evidence

Unit Frameworks

Unit of Study: major topics	Team Handball	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"> ● Demonstrate the following skills: dribbling the ball, passing the ball, shooting at goal, receiving the pass. ● 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	Teaching assessment\	Other Evidence

Unit Frameworks

Unit of Study: major topics	Track and Field	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"> • 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	Teaching assessment	Other Evidence

Unit Frameworks

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	Teaching assessment	Other Evidence

Unit Frameworks

Unit of Study: major topics	Football	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"> ● Demonstrate the following skills: forward pass, pass receiving, punting, centering the ball. ● Demonstrate the following pass routes: square out, hook, flag post. ● Demonstrate the following running plays: end sweep, reverse, forward pass. ● Demonstrate the difference between zone and man-to-man defense. ● Demonstrate how to line up on the line of scrimmage. ● Draw 3 pass plays. ● Execute 3 pass plays. ● Keep score properly ● 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	Teaching Assessment	Other Evidence

Unit Frameworks

Unit of Study: major topics	Fitness Day Activities	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 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"> ● Develop a fitness based activity for the freshmen students. ● Organize the students into the activity for the lesson. ● Manage the fitness activity. 	
Assessments	Written assessment	Other Evidence