TVHS Physical Education Syllabus 2022-2023

 Mr. Gabriel Varney

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| **Standards** |  **Essential Questions** | **Topics** |
| 1st 9 Weeks**PE.1** Identify, practice and apply general skills and activity-specific skills to enhance motor proficiency.**PE.3** Demonstrate offensive and defensive strategies while participating in individual, dual, and team sports.**PE.18** Practice proper procedures and demonstrate etiquette and fair play in physical activity settings. | **Weeks 1-2:** What is physical fitness?**Weeks 3-4:** What is the object of cornhole?**Weeks 5-6**: What are the rules, skills, and game strategies involved in flag football?**Weeks 7-8**: What is the most important skill needed in playing kickball?**Weeks 9**: How can teamwork propel a group to a win over a more skilled opponent? | Introduction to P.E.CornholeFlag footballKickballCornhole, flag football, kickball. |
| 2nd 9 Weeks**PE.2** Participate in a variety of competitive/non-competitive individual, dual, and team sports/activities.**PE.5** Identify physical activities that increase fitness levels in addition to physical education class.**PE.19** Explain the influence of peers on physical activity participation and performance. | **Weeks 10-12:** How can different games be combined to create a new game?**Weeks 13-14:** How can certain games/sports keep you active throughout your life?**Weeks 15-16:** How is wiffle ball similar or different from baseball?**Weeks 17-18:** How are different techniques used to complete a variety of moves? | CastleballPing-pongWiffleballBasketbalL |
| 3rd 9 Weeks**PE.6** Explain how physical activity participation patterns are likely to change throughout one’s life span.**PE.16** Examine potential risks of physical activity and determine how the minimize those risks.**PE.17** Utilize responsible, considerate personal behaviors in physical activity settings. | Weeks 19-21: Where did Pickleball originate?Weeks 22-23: Why do I have to understand the concepts and movements of different sports?Weeks 24-25: How can I assess player behavior to determine next moves?Weeks 26-27 How can I make movement more interesting, fun, and enjoyable? | PickleballVolleyballBadmitten4-square |
| **4th 9 Weeks****PE.11** Demonstrate proper form when developing flexibility.**PE.13** Use fitness assessment results to identify personal strengths and weaknesses and plan for personal improvement.**PE.14** Practice principles of training in the design and implementation of a personal fitness program. | **Week 28:** How many types of stretching are there?**Week 29:** How does stretching effect overall Health and Wellness?**Week 30**: How does static stretching effect your muscles?**Week 31**: How does dynamic stretching help with range of motion?**Week 32**: How does isometric stretching correlate to resistance?**Week 33**: How does active stretching strengthen muscles?**Week 34**: How does passive stretching help relax the joints?**Week 35**: How does full body stretching effect overall Health?**Week 36**: How can I practice stretching routines to help with my overall Health and Wellness? | Types of stretching.Effects of stretching.Static stretching.Dynamic stretching.Isometric stretching.Active stretching.Passive stretching.Full Body stretching.Conclusion of stretching. |