TVHS Physical Education Syllabus 2022-2023

Mr. Gabriel Varney

|  |  |  |
| --- | --- | --- |
| **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.  Cornhole  Flag football  Kickball  Cornhole, 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? | Castleball  Ping-pong  Wiffleball  BasketbalL |
| 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? | Pickleball  Volleyball  Badmitten  4-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. |