# Year Long Plan

By: Anne Wenstrom

## 9th Grade Sequence of Physical Education

<table>
<thead>
<tr>
<th>Quarter</th>
<th>Activity</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Quarter</td>
<td>Soccer</td>
<td>15</td>
</tr>
<tr>
<td>Aug 31 - Oct 30</td>
<td>Badminton</td>
<td>10</td>
</tr>
<tr>
<td>2nd Quarter</td>
<td>Tennis</td>
<td>8</td>
</tr>
<tr>
<td>Nov 2 - Jan 15</td>
<td>Wallyball</td>
<td>10</td>
</tr>
<tr>
<td>3rd Quarter</td>
<td>Ultimate Frisbee</td>
<td>7</td>
</tr>
<tr>
<td>Jan 18 - March 26</td>
<td>Aerobics</td>
<td>10</td>
</tr>
<tr>
<td>4th Quarter</td>
<td>Volleyball</td>
<td>15</td>
</tr>
<tr>
<td>March 29 - June 15</td>
<td>Floor Hockey</td>
<td>15</td>
</tr>
</tbody>
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<tr>
<th>Quarter</th>
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<tbody>
<tr>
<td>1st Quarter</td>
<td>Social Dance</td>
<td>10</td>
</tr>
<tr>
<td>2nd Quarter</td>
<td>Swimming</td>
<td>15</td>
</tr>
<tr>
<td>3rd Quarter</td>
<td>Track &amp; Field</td>
<td>10</td>
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<tr>
<td>4th Quarter</td>
<td>Softball</td>
<td>15</td>
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## Scope for 9th grade Physical Education:

### Team Sports: 97 days = 57%
- Soccer-15 days Intermediate (Dribbling, passing, shooting, offense, defense, game strategies.)
- Ultimate Frisbee-7 days Beginners (Tosses-technique, catching, game situations.)
- Volleyball-15 days Intermediate (Passing, setting, spiking, blocking, game strategies.)
- Basketball-10 days Intermediate (Shooting, passing, dribbling, blocking, game strategies.)
- Softball-15 days Intermediate (Hitting, fielding, catching, throwing, game situations.)
- Wallyball- 10 days Beginner (Passing, setting, spiking, game strategies.)
- Track and Field- 10 days Intermediate (Sprinting, long distance, hurdles, shot put.)
- Floor Hockey- 15 days Beginner (Shooting, passing, game strategies.)

(Assessment: skills tests, written tests, journaling, peer evaluations, and teacher evaluations.)

### Individual Sports: 73 days = 43%
- Tennis-8 days Beginners (Hitting, returning, game strategies, scoring)
- Social Dance-10 days Beginners (Technique, different dances, traditions/cultures.)
- Swimming-15 days Beginners (Front Crawl, Back Crawl, Breaststroke, Side Stroke.)
- Strength Training-10 days Beginners (Squats, bench press, arm curls, leg curls, auxiliary lifts.)
- Aerobics-10 days Beginners (Technique.)
- Gymnastics-10 days Beginners (Uneven bars, floor exercises, balance beam.)
- Self Defense-10 days Beginners (Technique.)

(Assessment: skills tests, written tests, journaling, peer evaluations, and teacher evaluations.)

### Levels of Learning:

**Beginners**- Students are learning psychomotor skills and starting sport at a beginning level.

**Intermediate**- Students are improving psychomotor skills and developing their sports strategies.
Content standards are clearly defined expectations by which individual student achievement and progress may be judged. They outline what a student needs to know and do in a particular subject.

**Standard: Physical Education and Fitness**
**Grades: High Grade 9**

A student shall use decision-making processes to select appropriate physical activities to achieve fitness and shall demonstrate understanding of the training necessary to improve fitness and the rules and skills associated with physical activities by:

A. Designing and implementing a health-enhancing fitness plan, including:
   1. establishing current levels of cardiovascular fitness, muscular endurance, and flexibility;
   2. setting cardiovascular, muscular, and flexibility goals to improve total body fitness;
   3. selecting measurement strategies;
   4. identifying frequency, intensity, time, and types of activities required to meet goals;
   5. analyzing impact of goals on cardiovascular system and affected muscle groups;
   6. evaluating reasonableness of maintaining the fitness plan over an extended period of time; and
   7. evaluating effectiveness of the plan on total body fitness; and

B. Demonstrating knowledge and skills in an aerobic activity and at least two other physical fitness activities.

*All standards will be imbedded into the units throughout the year.*

**Using Standards in the Classroom**
Students demonstrate their knowledge of content through assessment tasks. Teachers use large processes and concepts to further guide curriculum and instruction. Scoring criteria are used to assign scores to student work.

**Generative Question:**
What is fitness and how do I plan it and measure it?
How can I incorporate fitness into my everyday lifestyle?
How does team sports differ from individual sports?
Aerobic vs. Anaerobic, how do they work with the 5 components of fitness?
The mission is to provide all students with an equal opportunity to learn about sports and lifetime fitness activities through the health and performance related fitness components with quality, daily participation.

I believe that all students will:

• Learn to set attainable goals for themselves in a physical domain.
• Help build a safe environment, where students learn to appreciate each other’s differences.
• Be encouraged to do the best they can everyday in all three performance objectives: affective, cognitive and psychomotor.
• Develop self-confidence in a nurturing, supportive and fun environment.
• Learn and apply the fitness concepts to classroom and outside activities.
• Develop respect for themselves and others, while learning to be responsible young citizens.
• Develop social and cooperation skills through teamwork.
• Develop age appropriate skills, while becoming physically fit and learning about fitness for a lifetime.
• Set goals for a health-enhancing fitness plan, do it, and evaluate it.

This yearlong physical education plan emphasizes general physical fitness through the health related components of cardiovascular endurance, muscle strength and endurance, flexibility and body composition. These components are taught through a program of activities that promote fitness for a lifetime. All activities are taught in a fun, learning atmosphere for all students. I believe that quality, daily participation in activities the entire year will help our students have the knowledge they need to establish and maintain physical fitness for the rest of their lives.