

Grade Standard

Unit Standard

Grade Level

5

Demonstrates speed, accuracy and control using the mature form for fundamental movement and manipulative skills.

Unit Name

Topic

Motor skill and

Standard Number

1.0

Grade Level

5

Demonstrates speed, accuracy and control using the mature form for fundamental movement and manipulative skills.

Unit Name

Introduction

Topic

Motor skill and

Standard Number

1.0.01

Demonstrates accuracy and speed using the mature form for the underhand toss and catch.

Grade Level

5

Demonstrates speed, accuracy and control using the mature form for fundamental movement and manipulative skills.

Unit Name

Cooperation

Topic

Motor skill and

Standard Number

1.0.02

Demonstrates control using the mature form for jumping and running.

Grade Standard

Unit Standard

Grade Level

5

Unit Name

Body Management

Topic

Motor skill and

Standard Number

1.0.03

Demonstrates speed, accuracy and control using the mature form for fundamental movement and manipulative skills.

Demonstrates control using the mature form for front scale, knee scale, squat forward roll, back squat roll, tip up, and tripod.

Grade Level

5

Unit Name

Locomotor Skills

Topic

Motor skill and

Standard Number

1.0.04

Demonstrates speed, accuracy and control using the mature form for fundamental movement and manipulative skills.

Demonstrates control using the mature form for walk, run, hop, skip, jump for distance, jump for height, leap, gallop, and slide.

Grade Level

5

Unit Name

Throwing and

Topic

Motor skill and

Standard Number

1.0.05

Demonstrates speed, accuracy and control using the mature form for fundamental movement and manipulative skills.

Demonstrates speed and accuracy using the mature form for a throw, catch, chest pass, jump stop, two-step stop, and pivot.

Grade Standard

Unit Standard

Grade Level

5

Unit Name

Throwing and

Topic

Motor skill and

Standard
Number

1.0.06

Demonstrates speed, accuracy and control using the mature form for fundamental movement and manipulative skills.

Demonstrates speed and accuracy using the mature form for throwing and catching objects using an implement.

Grade Level

5

Unit Name

Striking With Hands

Topic

Motor skill and

Standard
Number

1.0.07

Demonstrates speed, accuracy and control using the mature form for fundamental movement and manipulative skills.

Demonstrates speed and accuracy using the mature form for underhand and overhand striking with hand(s) and hand dribbling.

Grade Level

5

Unit Name

Striking With Feet

Topic

Motor skill and

Standard
Number

1.0.08

Demonstrates speed, accuracy and control using the mature form for fundamental movement and manipulative skills.

Demonstrates speed and accuracy using the mature form for instep kick, sole-of-foot trap, instep trap, outside-of-foot kick, punting, and dribbling.

Grade Standard

Unit Standard

Grade Level

5

Unit Name

Striking With

Topic

Motor skill and

Standard Number

1.0.09

Demonstrates speed, accuracy and control using the mature form for fundamental movement and manipulative skills.

Demonstrates speed and accuracy using the mature form for striking with a bat, hockey stick, and racket/paddle (forehand and backhand).

Grade Level

5

Unit Name

Early American

Topic

Motor skill and

Standard Number

1.0.10

Demonstrates speed, accuracy and control using the mature form for fundamental movement and manipulative skills.

Demonstrates control using the mature form form for dance steps (forearm swing, right hand star, do si do, two step, heel toe, grapevine, chug steps, cross kick, stomp, knee lift, slide, and polka).

Grade Level

5

Unit Name

Early American

Topic

Motor skill and

Standard Number

1.0.11

Demonstrates speed, accuracy and control using the mature form for fundamental movement and manipulative skills.

Demonstrates speed and accuracy using the mature form for sidearm throw.

Grade Standard

Unit Standard

Grade Level

5

Unit Name

Closure

Topic

Motor skill and

Standard Number

1.0.12

Demonstrates speed, accuracy and control using the mature form for fundamental movement and manipulative skills.

Demonstrates speed, accuracy and/or control using the mature form for fundamental movement and manipulative skills.

Grade Level

5

Unit Name

Topic

Motor learning

Standard Number

2.1

Explains the types of practice that improve motor skill performance for speed and accuracy.

Grade Level

5

Unit Name

Introduction

Topic

Motor learning

Standard Number

2.1.01

Explains the types of practice that improve motor skill performance for speed and accuracy.

Defines practice.

Grade Standard

Unit Standard

Grade Level

5

Unit Name

Cooperation

Topic

Motor learning

Standard Number

2.1.02

Explains the types of practice that improve motor skill performance for speed and accuracy.

Explains that whole-part, accuracy-speed, mass-distributed, and mental-physical are four different ways to organize motor skill practice.

Grade Level

5

Unit Name

Body Management

Topic

Motor learning

Standard Number

2.1.03

Explains the types of practice that improve motor skill performance for speed and accuracy.

Explains the characteristics of physical practice and mental practice.

Grade Level

5

Unit Name

Locomotor Skills

Topic

Motor learning

Standard Number

2.1.04

Explains the types of practice that improve motor skill performance for speed and accuracy.

Explains the features of whole and part practice.

Grade Standard

Unit Standard

Grade Level

5

Unit Name

Throwing and

Topic

Motor learning

Standard Number

2.1.05

Explains the types of practice that improve motor skill performance for speed and accuracy.

Explains the appropriate situations for whole practice and for part practice.

Grade Level

5

Unit Name

Throwing and

Topic

Motor learning

Standard Number

2.1.06

Explains the types of practice that improve motor skill performance for speed and accuracy.

Explains the features of mass and distributed practice.

Grade Level

5

Unit Name

Striking With Hands

Topic

Motor learning

Standard Number

2.1.07

Explains the types of practice that improve motor skill performance for speed and accuracy.

Explains the appropriate situations for mass practice and for distributed practice.

Grade Standard

Unit Standard

Grade Level

5

Unit Name

Striking With Feet

Topic

Motor learning

Standard Number

2.1.08

Explains the types of practice that improve motor skill performance for speed and accuracy.

Explains the features of practicing for speed and practicing for accuracy.

Grade Level

5

Unit Name

Striking With

Topic

Motor learning

Standard Number

2.1.09

Explains the types of practice that improve motor skill performance for speed and accuracy.

Explains the type of situations in which practice should focus on speed and the type of situations in which practice should focus on accuracy.

Grade Level

5

Unit Name

Early American

Topic

Motor learning

Standard Number

2.1.10

Explains the types of practice that improve motor skill performance for speed and accuracy.

Explains the appropriate types of practice for improving one's dance performance.

Grade Standard

Unit Standard

Grade Level

5

Unit Name

Early American

Topic

Motor learning

Standard Number

2.1.11

Explains the types of practice that improve motor skill performance for speed and accuracy.

Explains the types of practice that improve motor skill performance for speed and accuracy.

Grade Level

5

Unit Name

Closure

Topic

Motor learning

Standard Number

2.1.12

Explains the types of practice that improve motor skill performance for speed and accuracy.

Refines explanation regarding the types of practice that improve motor skill performance for speed and accuracy.

Grade Level

5

Unit Name

Topic

Biomechanics

Standard Number

2.2

Describes how to generate and absorb force when performing movement and motor skills.

Grade Standard

Unit Standard

Grade Level **5**
Unit Name **Introduction**
Topic **Biomechanics**
Standard Number **2.2.01**

Describes how to generate and absorb force when performing movement and motor skills.

Defines force.

Grade Level **5**
Unit Name **Cooperation**
Topic **Biomechanics**
Standard Number **2.2.02**

Describes how to generate and absorb force when performing movement and motor skills.

States Newton's First Law.

Grade Level **5**
Unit Name **Body Management**
Topic **Biomechanics**
Standard Number **2.2.03**

Describes how to generate and absorb force when performing movement and motor skills.

Describes internal forces.

Grade Standard

Unit Standard

Grade Level **5**
Unit Name **Locomotor Skills**
Topic **Biomechanics**
Standard Number **2.2.04**

Describes how to generate and absorb force when performing movement and motor skills.

Describes how internal force is generated.

Grade Level **5**
Unit Name **Throwing and**
Topic **Biomechanics**
Standard Number **2.2.05**

Describes how to generate and absorb force when performing movement and motor skills.

Describes external forces.

Grade Level **5**
Unit Name **Throwing and**
Topic **Biomechanics**
Standard Number **2.2.06**

Describes how to generate and absorb force when performing movement and motor skills.

Describes how external force affects object manipulation.

Grade Standard

Unit Standard

Grade Level **5**
Unit Name **Striking With Hands**
Topic **Biomechanics**
Standard Number **2.2.07**

Describes how to generate and absorb force when performing movement and motor skills.

Describes ways to absorb force.

Grade Level **5**
Unit Name **Striking With Feet**
Topic **Biomechanics**
Standard Number **2.2.08**

Describes how to generate and absorb force when performing movement and motor skills.

Describes ways to generate and absorb force using feet.

Grade Level **5**
Unit Name **Striking With**
Topic **Biomechanics**
Standard Number **2.2.09**

Describes how to generate and absorb force when performing movement and motor skills.

Describes ways to generate and absorb force using an implement.

Grade Standard

Unit Standard

Grade Level **5**
Unit Name **Early American**
Topic **Biomechanics**
Standard Number **2.2.10**

Describes how to generate and absorb force when performing movement and motor skills.

Describes ways to generate and absorb force when dancing.

Grade Level **5**
Unit Name **Early American**
Topic **Biomechanics**
Standard Number **2.2.11**

Describes how to generate and absorb force when performing movement and motor skills.

Describes ways to generate and absorb force when performing movement and motor skills.

Grade Level **5**
Unit Name **Closure**
Topic **Biomechanics**
Standard Number **2.2.12**

Describes how to generate and absorb force when performing movement and motor skills.

Refines description regarding ways to generate and absorb force when performing movement and motor skills.

Grade Standard

Unit Standard

Grade Level **5**
Unit Name
Topic **Game tactics**
Standard Number **2.3**

Describes how the qualities of movement (e.g., space, time, force) are used in basic game tactics.

Grade Level **5**
Unit Name **Introduction**
Topic **Game tactics**
Standard Number **2.3.01**

Describes how the qualities of movement (e.g., space, time, force) are used in basic game tactics.

Grade Level **5**
Unit Name **Cooperation**
Topic **Game tactics**
Standard Number **2.3.02**

Describes how the qualities of movement (e.g., space, time, force) are used in basic game tactics.

Defines a game.

Describes game tactics in a cooperative game setting.

Grade Standard

Unit Standard

Grade Level **5**
Unit Name **Body Management**
Topic **Game tactics**
Standard Number **2.3.03**

Describes how the qualities of movement (e.g., space, time, force) are used in basic game tactics.

Identifies the qualities of movement in body management activities.

Grade Level **5**
Unit Name **Locomotor Skills**
Topic **Game tactics**
Standard Number **2.3.04**

Describes how the qualities of movement (e.g., space, time, force) are used in basic game tactics.

Describes the qualities of movement of locomotor activities.

Grade Level **5**
Unit Name **Throwing and**
Topic **Game tactics**
Standard Number **2.3.05**

Describes how the qualities of movement (e.g., space, time, force) are used in basic game tactics.

Describes game tactics in a competitive game setting.

Grade Standard

Unit Standard

Grade Level **5**
Unit Name **Throwing and**
Topic **Game tactics**
Standard Number **2.3.06**

Describes how the qualities of movement (e.g., space, time, force) are used in basic game tactics.

Describes how space is used as a basic game tactic.

Grade Level **5**
Unit Name **Striking With Hands**
Topic **Game tactics**
Standard Number **2.3.07**

Describes how the qualities of movement (e.g., space, time, force) are used in basic game tactics.

Describes how time is used as a basic game tactic.

Grade Level **5**
Unit Name **Striking With Feet**
Topic **Game tactics**
Standard Number **2.3.08**

Describes how the qualities of movement (e.g., space, time, force) are used in basic game tactics.

Describes how force is used in basic game tactics.

Grade Standard

Unit Standard

Grade Level **5**
Unit Name **Striking With**
Topic **Game tactics**
Standard Number **2.3.09**

Describes how the qualities of movement (e.g., space, time, force) are used in basic game tactics.

Describes how space, time, and force are used together to create basic game tactics.

Grade Level **5**
Unit Name **Early American**
Topic **Game tactics**
Standard Number **2.3.10**

Describes how the qualities of movement (e.g., space, time, force) are used in basic game tactics.

Describes how the qualities of movement are combined to create dances.

Grade Level **5**
Unit Name **Early American**
Topic **Game tactics**
Standard Number **2.3.11**

Describes how the qualities of movement (e.g., space, time, force) are used in basic game tactics.

Describes basic game tactics for early American games, and the use of space, time, and force.

Grade Standard

Unit Standard

Grade Level

5

Unit Name

Closure

Topic

Game tactics

Standard Number

2.3.12

Describes how the qualities of movement (e.g., space, time, force) are used in basic game tactics.

Describes how the qualities of movement (e.g., space, time, force) are used in basic game tactics.

Grade Level

5

Unit Name

Topic

Motor development

Standard Number

2.4

Describes changes from birth through puberty along with their impact on physical performance.

Grade Level

5

Unit Name

Introduction

Topic

Motor development

Standard Number

2.4.01

Describes changes from birth through puberty along with their impact on physical performance.

Describes the changes related to physical performance that occur in the human body from birth through pre-puberty.

Grade Standard

Unit Standard

Grade Level **5**
Unit Name **Cooperation**
Topic **Motor development**
Standard Number **2.4.02**

Describes changes from birth through puberty along with their impact on physical performance.

Describes the changes related to physical performance that occur in the human body from prepuberty through puberty.

Grade Level **5**
Unit Name **Body Management**
Topic **Motor development**
Standard Number **2.4.03**

Describes changes from birth through puberty along with their impact on physical performance.

Describes the similarities and differences between boys and girls from birth through puberty.

Grade Level **5**
Unit Name **Locomotor Skills**
Topic **Motor development**
Standard Number **2.4.04**

Describes changes from birth through puberty along with their impact on physical performance.

Describes potential injuries related to physical activity from prepuberty through puberty.

Grade Standard

Unit Standard

Grade Level **5**
Unit Name **Throwing and**
Topic **Motor development**
Standard Number **2.4.05**

Describes changes from birth through puberty along with their impact on physical performance.

Describes the positive impact of physical changes on physical performance from prepuberty through puberty.

Grade Level **5**
Unit Name **Throwing and**
Topic **Motor development**
Standard Number **2.4.06**

Describes changes from birth through puberty along with their impact on physical performance.

Describes the negative impact of physical changes on physical performance from prepuberty through puberty.

Grade Level **5**
Unit Name **Striking With Hands**
Topic **Motor development**
Standard Number **2.4.07**

Describes changes from birth through puberty along with their impact on physical performance.

Describes the positive impact of cognitive changes on physical performance from prepuberty through puberty.

Grade Standard

Unit Standard

Grade Level **5**
Unit Name **Striking With Feet**
Topic **Motor development**
Standard Number **2.4.08**

Describes changes from birth through puberty along with their impact on physical performance.

Describes the negative impact of cognitive changes on physical performance from prepuberty through puberty.

Grade Level **5**
Unit Name **Striking With**
Topic **Motor development**
Standard Number **2.4.09**

Describes changes from birth through puberty along with their impact on physical performance.

Describes the positive impact of social changes on physical performance from prepuberty through puberty.

Grade Level **5**
Unit Name **Early American**
Topic **Motor development**
Standard Number **2.4.10**

Describes changes from birth through puberty along with their impact on physical performance.

Describes the negative impact of social changes on physical performance from prepuberty through puberty.

Grade Standard

Unit Standard

Grade Level **5**
Unit Name **Early American**
Topic **Motor development**
Standard Number **2.4.11**

Describes changes from birth through puberty along with their impact on physical performance.

Describes changes from birth through puberty along with their impact on physical performance.

Grade Level **5**
Unit Name **Closure**
Topic **Motor development**
Standard Number **2.4.12**

Describes changes from birth through puberty along with their impact on physical performance.

Refines description of the changes from birth through puberty along with their impact on physical performance.

Grade Level **5**
Unit Name
Topic **Critical elements**
Standard Number **2.5**

Describes critical elements of fundamental movement and manipulative skills.

Grade Standard

Unit Standard

Grade Level

5

Describes critical elements of fundamental movement and manipulative skills.

Unit Name

Introduction

Topic

Critical elements

Standard Number

2.5.01

Describes the critical elements for the underhand toss.

Grade Level

5

Describes critical elements of fundamental movement and manipulative skills.

Unit Name

Cooperation

Topic

Critical elements

Standard Number

2.5.02

Describes the critical elements for jumping and running.

Grade Level

5

Describes critical elements of fundamental movement and manipulative skills.

Unit Name

Body Management

Topic

Critical elements

Standard Number

2.5.03

Describes the critical elements for front scale, knee scale, squat forward roll, back squat roll, tip up, and tripod.

Grade Standard

Unit Standard

Grade Level **5**
Unit Name **Locomotor Skills**
Topic **Critical elements**
Standard Number **2.5.04**

Describes critical elements of fundamental movement and manipulative skills.

Describes the critical elements for walk, run, hop, skip, jump for distance, jump for height, leap, gallop, and slide.

Grade Level **5**
Unit Name **Throwing and**
Topic **Critical elements**
Standard Number **2.5.05**

Describes critical elements of fundamental movement and manipulative skills.

Describes the critical elements for a throw, catch, chest pass, jump stop, two-step stop, and pivot.

Grade Level **5**
Unit Name **Throwing and**
Topic **Critical elements**
Standard Number **2.5.06**

Describes critical elements of fundamental movement and manipulative skills.

Describes the critical elements for throwing and catching objects using an implement.

Grade Standard

Unit Standard

Grade Level **5**
Unit Name **Striking With Hands**
Topic **Critical elements**
Standard Number **2.5.07**

Describes critical elements of fundamental movement and manipulative skills.

Describes the critical elements for underhand and overhand striking with hand (s) and hand dribbling.

Grade Level **5**
Unit Name **Striking With Feet**
Topic **Critical elements**
Standard Number **2.5.08**

Describes critical elements of fundamental movement and manipulative skills.

Describes the critical elements for instep kick, instep trap, punting, sole-of-foot trap, outside-of-foot kick, and dribbling.

Grade Level **5**
Unit Name **Striking With**
Topic **Critical elements**
Standard Number **2.5.09**

Describes critical elements of fundamental movement and manipulative skills.

Describes the critical elements for striking with a bat, hockey stick, and racket/paddle (backhand and forehand).

Grade Standard

Unit Standard

Grade Level **5**
Unit Name **Early American**
Topic **Critical elements**
Standard Number **2.5.10**

Describes critical elements of fundamental movement and manipulative skills.

Diagram the dance steps (grapevine step, polka step, forearm swing, do-si-do, two-step, right hand star).

Grade Level **5**
Unit Name **Early American**
Topic **Critical elements**
Standard Number **2.5.11**

Describes critical elements of fundamental movement and manipulative skills.

Describes critical elements for the sidearm throw.

Grade Level **5**
Unit Name **Closure**
Topic **Critical elements**
Standard Number **2.5.12**

Describes critical elements of fundamental movement and manipulative skills.

Describes critical elements of fundamental movement and manipulative skills.

Grade Standard

Unit Standard

Grade Level **5** Engages in moderate physical activity for 60 minutes 5 days each week.

Unit Name

Topic **Participate in**

Standard Number **3.1**

Grade Level **5** Engages in moderate physical activity for 60 minutes 5 days each week.

Unit Name **Introduction**

Topic **Participate in**

Standard Number **3.1.01**

Grade Level **5** Engages in moderate physical activity for 60 minutes 5 days each week.

Unit Name **Cooperation**

Topic **Participate in**

Standard Number **3.1.02**

Engages in moderate physical activity for 15 minutes 3 days each week.

Engages in moderate physical activity for 20 minutes 3 days each week.

Grade Standard

Unit Standard

Grade Level **5**
Unit Name **Body Management**
Topic **Participate in**
Standard Number **3.1.03**

Engages in moderate physical activity for 60 minutes 5 days each week.

Engages in moderate physical activity for 25 minutes 4 days each week.

Grade Level **5**
Unit Name **Locomotor Skills**
Topic **Participate in**
Standard Number **3.1.04**

Engages in moderate physical activity for 60 minutes 5 days each week.

Engages in moderate physical activity for 30 minutes 4 days each week.

Grade Level **5**
Unit Name **Throwing and**
Topic **Participate in**
Standard Number **3.1.05**

Engages in moderate physical activity for 60 minutes 5 days each week.

Engages in moderate physical activity for 30 minutes 5 days each week.

Grade Standard

Unit Standard

Grade Level

5

Engages in moderate physical activity for 60 minutes 5 days each week.

Engages in moderate physical activity for 35 minutes 5 days each week.

Unit Name

Throwing and

Topic

Participate in

Standard Number

3.1.06

Grade Level

5

Engages in moderate physical activity for 60 minutes 5 days each week.

Engages in moderate physical activity for 40 minutes 5 days each week.

Unit Name

Striking With Hands

Topic

Participate in

Standard Number

3.1.07

Grade Level

5

Engages in moderate physical activity for 60 minutes 5 days each week.

Engages in moderate physical activity for 45 minutes 5 days each week.

Unit Name

Striking With Feet

Topic

Participate in

Standard Number

3.1.08

Grade Standard

Unit Standard

Grade Level **5**
Unit Name **Striking With**
Topic **Participate in**
Standard Number **3.1.09**

Engages in moderate physical activity for 60 minutes 5 days each week.

Engages in moderate physical activity for 50 minutes 5 days each week.

Grade Level **5**
Unit Name **Early American**
Topic **Participate in**
Standard Number **3.1.10**

Engages in moderate physical activity for 60 minutes 5 days each week.

Engages in moderate physical activity for 55 minutes 5 days each week.

Grade Level **5**
Unit Name **Early American**
Topic **Participate in**
Standard Number **3.1.11**

Engages in moderate physical activity for 60 minutes 5 days each week.

Engages in moderate physical activity for 60 minutes 5 days each week.

Grade Standard

Unit Standard

Grade Level

5

Engages in moderate physical activity for 60 minutes 5 days each week.

Engages in moderate physical activity for 60 minutes 5 days each week.

Unit Name

Closure

Topic

Participate in

Standard Number

3.1.12

Grade Level

5

Describes opportunities in the school setting for regular participation in physical activity.

Unit Name

Topic

Opportunities

Standard Number

3.2

Grade Level

5

Describes opportunities in the school setting for regular participation in physical activity.

Lists extracurricular physical activities available during the school day.

Unit Name

Introduction

Topic

Opportunities

Standard Number

3.2.01

Grade Standard

Unit Standard

Grade Level **5**
Unit Name **Cooperation**
Topic **Opportunities**
Standard Number **3.2.02**

Describes opportunities in the school setting for regular participation in physical activity.

Lists extracurricular physical activities available before the school day.

Grade Level **5**
Unit Name **Body Management**
Topic **Opportunities**
Standard Number **3.2.03**

Describes opportunities in the school setting for regular participation in physical activity.

Lists extracurricular physical activities available after the school day.

Grade Level **5**
Unit Name **Locomotor Skills**
Topic **Opportunities**
Standard Number **3.2.04**

Describes opportunities in the school setting for regular participation in physical activity.

Lists extracurricular physical activities available at school on the weekends.

Grade Standard

Unit Standard

Grade Level **5**
Unit Name **Throwing and**
Topic **Opportunities**
Standard Number **3.2.05**

Describes opportunities in the school setting for regular participation in physical activity.

Describes the extracurricular physical activities available in the school setting related to throwing and catching.

Grade Level **5**
Unit Name **Throwing and**
Topic **Opportunities**
Standard Number **3.2.06**

Describes opportunities in the school setting for regular participation in physical activity.

Describes the extracurricular physical activities available in the school setting related to throwing and catching with an implement.

Grade Level **5**
Unit Name **Striking With Hands**
Topic **Opportunities**
Standard Number **3.2.07**

Describes opportunities in the school setting for regular participation in physical activity.

Describes the extracurricular physical activities available in the school setting related to striking objects with hand(s).

Grade Standard

Unit Standard

Grade Level **5**
Unit Name **Striking With Feet**
Topic **Opportunities**
Standard Number **3.2.08**

Describes opportunities in the school setting for regular participation in physical activity.

Describes the extracurricular physical activities available in the school setting related to striking objects with feet.

Grade Level **5**
Unit Name **Striking With**
Topic **Opportunities**
Standard Number **3.2.09**

Describes opportunities in the school setting for regular participation in physical activity.

Describes the extracurricular physical activities available in the school setting related to striking objects with an implement.

Grade Level **5**
Unit Name **Early American**
Topic **Opportunities**
Standard Number **3.2.10**

Describes opportunities in the school setting for regular participation in physical activity.

Describes the extracurricular physical activities available in the school setting related to dance.

Grade Standard

Unit Standard

Grade Level **5**
Unit Name **Early American**
Topic **Opportunities**
Standard Number **3.2.11**

Describes opportunities in the school setting for regular participation in physical activity.

Describes opportunities in the school setting for regular participation in physical activity.

Grade Level **5**
Unit Name **Closure**
Topic **Opportunities**
Standard Number **3.2.12**

Describes opportunities in the school setting for regular participation in physical activity.

Refines description of opportunities in the school setting for regular participation in physical activity.

Grade Level **5**
Unit Name
Topic **Self assessment**
Standard Number **4.1**

Works toward a health-enhancing level of physical fitness.

Grade Standard

Unit Standard

Grade Level **5**
Unit Name **Introduction**
Topic **Self assessment**
Standard Number **4.1.01**

Works toward a health-enhancing level of physical fitness.

Participates in fitness pre-assessment.

Grade Level **5**
Unit Name **Cooperation**
Topic **Self assessment**
Standard Number **4.1.02**

Works toward a health-enhancing level of physical fitness.

Works toward a health-enhancing level of physical fitness.

Grade Level **5**
Unit Name **Body Management**
Topic **Self assessment**
Standard Number **4.1.03**

Works toward a health-enhancing level of physical fitness.

Works toward a health-enhancing level of physical fitness.

Grade Standard

Unit Standard

Grade Level

5

Works toward a health-enhancing level of physical fitness.

Unit Name

Locomotor Skills

Topic

Self assessment

Standard Number

4.1.04

Works toward a health-enhancing level of physical fitness.

Grade Level

5

Works toward a health-enhancing level of physical fitness.

Unit Name

Throwing and

Topic

Self assessment

Standard Number

4.1.05

Works toward a health-enhancing level of physical fitness.

Grade Level

5

Works toward a health-enhancing level of physical fitness.

Unit Name

Throwing and

Topic

Self assessment

Standard Number

4.1.06

Works toward a health-enhancing level of physical fitness.

Grade Standard

Unit Standard

Grade Level

5

Works toward a health-enhancing level of physical fitness.

Unit Name

Striking With Hands

Topic

Self assessment

Standard Number

4.1.07

Works toward a health-enhancing level of physical fitness.

Grade Level

5

Works toward a health-enhancing level of physical fitness.

Unit Name

Striking With Feet

Topic

Self assessment

Standard Number

4.1.08

Works toward a health-enhancing level of physical fitness.

Grade Level

5

Works toward a health-enhancing level of physical fitness.

Unit Name

Striking With

Topic

Self assessment

Standard Number

4.1.09

Works toward a health-enhancing level of physical fitness.

Grade Standard

Unit Standard

Grade Level

5

Works toward a health-enhancing level of physical fitness.

Unit Name

Early American

Topic

Self assessment

Standard Number

4.1.10

Works toward a health-enhancing level of physical fitness.

Grade Level

5

Works toward a health-enhancing level of physical fitness.

Unit Name

Early American

Topic

Self assessment

Standard Number

4.1.11

Works toward a health-enhancing level of physical fitness.

Grade Level

5

Works toward a health-enhancing level of physical fitness.

Unit Name

Closure

Topic

Self assessment

Standard Number

4.1.12

Participates in post-fitness assessment.

Grade Standard

Unit Standard

Grade Level

5

Unit Name

Topic

Principles/plans

Standard Number

4.2

Designs a cardiorespiratory and body composition fitness plan including a warm-up and cool-down for 1 day.

Grade Level

5

Unit Name

Introduction

Topic

Principles/plans

Standard Number

4.2.01

Designs a cardiorespiratory and body composition fitness plan including a warm-up and cool-down for 1 day.

Grade Level

5

Unit Name

Cooperation

Topic

Principles/plans

Standard Number

4.2.02

Designs a cardiorespiratory and body composition fitness plan including a warm-up and cool-down for 1 day.

Describes the elements of a warm-up.

Describes the elements of a cool-down.

Grade Standard

Unit Standard

Grade Level

5

Unit Name

Body Management

Topic

Principles/plans

Standard Number

4.2.03

Designs a cardiorespiratory and body composition fitness plan including a warm-up and cool-down for 1 day.

Describes overload, specificity, regularity, individual differences, and progression and how they relate to each area of health-related fitness.

Grade Level

5

Unit Name

Locomotor Skills

Topic

Principles/plans

Standard Number

4.2.04

Designs a cardiorespiratory and body composition fitness plan including a warm-up and cool-down for 1 day.

Describes the FITT concepts related to cardiorespiratory endurance.

Grade Level

5

Unit Name

Throwing and

Topic

Principles/plans

Standard Number

4.2.05

Designs a cardiorespiratory and body composition fitness plan including a warm-up and cool-down for 1 day.

Describes the FITT concepts for body composition.

Grade Standard

Unit Standard

Grade Level

5

Unit Name

Throwing and

Topic

Principles/plans

Standard
Number

4.2.06

Designs a cardiorespiratory and body composition fitness plan including a warm-up and cool-down for 1 day.

Creates a 1-day cardiorespiratory endurance improvement plan.

Grade Level

5

Unit Name

Striking With Hands

Topic

Principles/plans

Standard
Number

4.2.07

Designs a cardiorespiratory and body composition fitness plan including a warm-up and cool-down for 1 day.

Creates a 1-day body composition improvement plan.

Grade Level

5

Unit Name

Striking With Feet

Topic

Principles/plans

Standard
Number

4.2.08

Designs a cardiorespiratory and body composition fitness plan including a warm-up and cool-down for 1 day.

Refines 1-day body composition plan.

Grade Standard

Unit Standard

Grade Level

5

Unit Name

Striking With

Topic

Principles/plans

Standard Number

4.2.09

Designs a cardiorespiratory and body composition fitness plan including a warm-up and cool-down for 1 day.

Refines 1-day cardiorespiratory endurance plan.

Grade Level

5

Unit Name

Early American

Topic

Principles/plans

Standard Number

4.2.10

Designs a cardiorespiratory and body composition fitness plan including a warm-up and cool-down for 1 day.

Refines 1-day cardiorespiratory endurance and body composition plan.

Grade Level

5

Unit Name

Early American

Topic

Principles/plans

Standard Number

4.2.11

Designs a cardiorespiratory and body composition fitness plan including a warm-up and cool-down for 1 day.

Designs a cardiorespiratory and body composition fitness plan including a warm-up and cool-down for 1 day.

Grade Standard

Unit Standard

Grade Level

5

Unit Name

Closure

Topic

Principles/plans

Standard Number

4.2.12

Designs a cardiorespiratory and body composition fitness plan including a warm-up and cool-down for 1 day.

Refines cardiorespiratory and body composition fitness plan including warm-up and cool-down for 1 day.

Grade Level

5

Unit Name

Topic

Social skills

Standard Number

5.1

Works with an individual who is differently abled in physical activity settings.

Grade Level

5

Unit Name

Introduction

Topic

Social skills

Standard Number

5.1.01

Works with an individual who is differently abled in physical activity settings.

Demonstrates supportive skills.

Grade Standard

Unit Standard

Grade Level

5

Works with an individual who is differently abled in physical activity settings.

Unit Name

Cooperation

Topic

Social skills

Standard Number

5.1.02

Contributes ideas and listens with empathy to the ideas of everyone in a cooperative activity.

Grade Level

5

Works with an individual who is differently abled in physical activity settings.

Unit Name

Body Management

Topic

Social skills

Standard Number

5.1.03

Acknowledges orally the contributions and strengths of others.

Grade Level

5

Works with an individual who is differently abled in physical activity settings.

Unit Name

Locomotor Skills

Topic

Social skills

Standard Number

5.1.04

Demonstrates inclusive skills.

Grade Standard

Unit Standard

Grade Level

5

Works with an individual who is differently abled in physical activity settings.

Unit Name

Throwing and

Topic

Social skills

Standard Number

5.1.05

Modifies throwing and catching tasks to fit the needs of a differently abled student.

Grade Level

5

Works with an individual who is differently abled in physical activity settings.

Unit Name

Throwing and

Topic

Social skills

Standard Number

5.1.06

Modifies throwing and catching with an implement tasks to fit the needs of a differently abled student.

Grade Level

5

Works with an individual who is differently abled in physical activity settings.

Unit Name

Striking With Hands

Topic

Social skills

Standard Number

5.1.07

Modifies striking with hand(s) tasks to fit the needs of a differently abled student.

Grade Standard

Unit Standard

Grade Level

5

Works with an individual who is differently abled in physical activity settings.

Unit Name

Striking With Feet

Topic

Social skills

Standard Number

5.1.08

Modifies striking with feet tasks to fit the needs of a differently abled student.

Grade Level

5

Works with an individual who is differently abled in physical activity settings.

Unit Name

Striking With

Topic

Social skills

Standard Number

5.1.09

Modifies striking with an implement tasks to fit the needs of a differently abled student.

Grade Level

5

Works with an individual who is differently abled in physical activity settings.

Unit Name

Early American

Topic

Social skills

Standard Number

5.1.10

Modifies dance activities to fit the needs of a differently abled student.

Grade Standard

Unit Standard

Grade Level

5

Works with an individual who is differently abled in physical activity settings.

Modifies game activities to fit the needs of a differently abled student.

Unit Name

Early American

Topic

Social skills

Standard Number

5.1.11

Grade Level

5

Works with an individual who is differently abled in physical activity settings.

Works with an individual who is differently abled in a physical activity.

Unit Name

Closure

Topic

Social skills

Standard Number

5.1.12

Grade Level

5

Accepts responsibility for personal safety during physical activity.

Unit Name

Topic

Responsibility

Standard Number

5.2

Grade Standard

Unit Standard

Grade Level

5

Accepts responsibility for personal safety during physical activity.

Unit Name

Introduction

Topic

Responsibility

Standard Number

5.2.01

Follows class rules.

Grade Level

5

Accepts responsibility for personal safety during physical activity.

Unit Name

Cooperation

Topic

Responsibility

Standard Number

5.2.02

Follows rules for cooperative activities.

Grade Level

5

Accepts responsibility for personal safety during physical activity.

Unit Name

Body Management

Topic

Responsibility

Standard Number

5.2.03

Follows class procedures.

Grade Standard

Unit Standard

Grade Level **5**
Unit Name **Locomotor Skills**
Topic **Responsibility**
Standard Number **5.2.04**

Accepts responsibility for personal safety during physical activity.

Acts responsibly when confronted by negative peer pressure.

Grade Level **5**
Unit Name **Throwing and**
Topic **Responsibility**
Standard Number **5.2.05**

Accepts responsibility for personal safety during physical activity.

Accepts responsibility for personal safety during throwing and catching activities.

Grade Level **5**
Unit Name **Throwing and**
Topic **Responsibility**
Standard Number **5.2.06**

Accepts responsibility for personal safety during physical activity.

Accepts responsibility for personal safety during throwing and catching with implement activities.

Grade Standard

Unit Standard

Grade Level **5**
Unit Name **Striking With Hands**
Topic **Responsibility**
Standard Number **5.2.07**

Accepts responsibility for personal safety during physical activity.

Accepts responsibility for personal safety during striking with hand(s) activities.

Grade Level **5**
Unit Name **Striking With Feet**
Topic **Responsibility**
Standard Number **5.2.08**

Accepts responsibility for personal safety during physical activity.

Accepts responsibility for personal safety during striking with feet activities.

Grade Level **5**
Unit Name **Striking With**
Topic **Responsibility**
Standard Number **5.2.09**

Accepts responsibility for personal safety during physical activity.

Accepts responsibility for personal safety during striking with implement activities.

Grade Standard

Unit Standard

Grade Level **5**
Unit Name **Early American**
Topic **Responsibility**
Standard Number **5.2.10**

Accepts responsibility for personal safety during physical activity.

Accepts responsibility for personal safety during dancing activities.

Grade Level **5**
Unit Name **Early American**
Topic **Responsibility**
Standard Number **5.2.11**

Accepts responsibility for personal safety during physical activity.

Accepts responsibility for personal safety during game play.

Grade Level **5**
Unit Name **Closure**
Topic **Responsibility**
Standard Number **5.2.12**

Accepts responsibility for personal safety during physical activity.

Accepts responsibility for personal safety during physical activity.

Grade Standard

Unit Standard

Grade Level

5

Unit Name

Topic

History

Standard Number

6.1

Describes the development and role of movement-related activities in the United States during the 17th and 18th centuries.

Grade Level

5

Unit Name

Introduction

Topic

History

Standard Number

6.1.01

Describes the development and role of movement-related activities in the United States during the 17th and 18th centuries.

Grade Level

5

Unit Name

Cooperation

Topic

History

Standard Number

6.1.02

Describes the development and role of movement-related activities in the United States during the 17th and 18th centuries.

Describes the development of fitness training in the United States during the 17th and 18th centuries.

Describes the development of physical education in the United States during the 17th and 18th centuries.

Grade Standard

Unit Standard

Grade Level **5**
Unit Name **Body Management**
Topic **History**
Standard Number **6.1.03**

Describes the development and role of movement-related activities in the United States during the 17th and 18th centuries.

Describes the development of gymnastics in the United States during the 17th and 18th centuries.

Grade Level **5**
Unit Name **Locomotor Skills**
Topic **History**
Standard Number **6.1.04**

Describes the development and role of movement-related activities in the United States during the 17th and 18th centuries.

Describes the development of games using locomotor skills in the United States during the 17th and 18th centuries.

Grade Level **5**
Unit Name **Throwing and**
Topic **History**
Standard Number **6.1.05**

Describes the development and role of movement-related activities in the United States during the 17th and 18th centuries.

Describes the development of games using throwing and catching in the United States during the 17th and 18th centuries.

Grade Standard

Unit Standard

Grade Level **5**
Unit Name **Throwing and**
Topic **History**
Standard Number **6.1.06**

Describes the development and role of movement-related activities in the United States during the 17th and 18th centuries.

Describes the development of games using throwing and catching with an implement in the United States during the 17th and 18th centuries.

Grade Level **5**
Unit Name **Striking With Hands**
Topic **History**
Standard Number **6.1.07**

Describes the development and role of movement-related activities in the United States during the 17th and 18th centuries.

Describes the development of games using striking with hand(s) in the United States during the 17th and 18th centuries.

Grade Level **5**
Unit Name **Striking With Feet**
Topic **History**
Standard Number **6.1.08**

Describes the development and role of movement-related activities in the United States during the 17th and 18th centuries.

Describes the development of games using striking with feet in the United States during the 17th and 18th centuries.

Grade Standard

Unit Standard

Grade Level

5

Unit Name

Striking With

Topic

History

Standard Number

6.1.09

Describes the development and role of movement-related activities in the United States during the 17th and 18th centuries.

Describes the development of games using striking implements in the United States during the 17th and 18th centuries.

Grade Level

5

Unit Name

Early American

Topic

History

Standard Number

6.1.10

Describes the development and role of movement-related activities in the United States during the 17th and 16/7/8th centuries.

Describes the development of dance in the United States during the 17th and 16/7/8th centuries.

Grade Level

5

Unit Name

Early American

Topic

History

Standard Number

6.1.11

Describes the development and role of movement-related activities in the United States during the 17th and 18th centuries.

Describes the development of games in the United States during the 17th and 18th centuries.

Grade Standard

Unit Standard

Grade Level

5

Describes the development and role of movement-related activities in the United States during the 17th and 18th centuries.

Unit Name

Closure

Topic

History

Standard Number

6.1.12

Describes the development and role of movement-related activities in the United States during the 17th and 18th centuries.

Grade Level

5

Expresses personal feelings through a movement-based routine.

Unit Name

Topic

Aesthetics

Standard Number

6.2

Grade Level

5

Expresses personal feelings through a movement-based routine.

Unit Name

Introduction

Topic

Aesthetics

Standard Number

6.2.01

Demonstrates qualities of movement.

Grade Standard

Unit Standard

Grade Level

5

Expresses personal feelings through a movement-based routine.

Unit Name

Cooperation

Topic

Aesthetics

Standard Number

6.2.02

Expresses personal feelings during cooperative activities.

Grade Level

5

Expresses personal feelings through a movement-based routine.

Unit Name

Body Management

Topic

Aesthetics

Standard Number

6.2.03

Expresses personal feelings through a movement-based routine that involves stunts.

Grade Level

5

Expresses personal feelings through a movement-based routine.

Unit Name

Locomotor Skills

Topic

Aesthetics

Standard Number

6.2.04

Expresses personal feelings through a movement-based routine that involves locomotor skills.

Grade Standard

Unit Standard

Grade Level

5

Expresses personal feelings through a movement-based routine.

Unit Name

Throwing and

Topic

Aesthetics

Standard Number

6.2.05

Expresses personal feelings through a ball handling routine.

Grade Level

5

Expresses personal feelings through a movement-based routine.

Unit Name

Throwing and

Topic

Aesthetics

Standard Number

6.2.06

Expresses personal feelings through a movement-based routine that involves throwing and catching with an implement.

Grade Level

5

Expresses personal feelings through a movement-based routine.

Unit Name

Striking With Hands

Topic

Aesthetics

Standard Number

6.2.07

Expresses personal feelings through a movement-based routine that involves striking with hand(s).

Grade Standard

Unit Standard

Grade Level

5

Expresses personal feelings through a movement-based routine.

Unit Name

Striking With Feet

Topic

Aesthetics

Standard Number

6.2.08

Expresses personal feelings through a movement-based routine that involves striking with feet.

Grade Level

5

Expresses personal feelings through a movement-based routine.

Unit Name

Striking With

Topic

Aesthetics

Standard Number

6.2.09

Expresses personal feelings through a movement-based routine that involves striking with an implement.

Grade Level

5

Expresses personal feelings through a movement-based routine.

Unit Name

Early American

Topic

Aesthetics

Standard Number

6.2.10

Expresses personal feelings through the creation of a creative dance.

Grade Standard

Unit Standard

Grade Level

5

Expresses personal feelings through a movement-based routine.

Unit Name

Early American

Topic

Aesthetics

Standard Number

6.2.11

Expresses personal feelings through a movement-based routine that involves manipulatives.

Grade Level

5

Expresses personal feelings through a movement-based routine.

Unit Name

Closure

Topic

Aesthetics

Standard Number

6.2.12

Expresses personal feelings through a movement-based routine.

Grade Level

5

Chooses to engage in skill competencies at a level that leads to personal satisfaction, success, and enjoyment.

Unit Name

Topic

Challenge/success

Standard Number

6.3

Grade Standard

Unit Standard

Grade Level

5

Unit Name

Introduction

Topic

Challenge/success

Standard Number

6.3.01

Chooses to engage in skill competencies at a level that leads to personal satisfaction, success, and enjoyment.

Chooses to engage in skill competencies found in name games at a level that leads to personal satisfaction and enjoyment.

Grade Level

5

Unit Name

Cooperation

Topic

Challenge/success

Standard Number

6.3.02

Chooses to engage in skill competencies at a level that leads to personal satisfaction, success, and enjoyment.

Chooses to engage in skill competencies found in cooperative activities at a level that leads to personal satisfaction, success, and enjoyment.

Grade Level

5

Unit Name

Body Management

Topic

Challenge/success

Standard Number

6.3.03

Chooses to engage in skill competencies at a level that leads to personal satisfaction, success, and enjoyment.

Chooses to engage in skill competencies found in body management activities at a level that leads to personal satisfaction, success, and enjoyment.

Grade Standard

Unit Standard

Grade Level

5

Unit Name

Locomotor Skills

Topic

Challenge/success

Standard Number

6.3.04

Chooses to engage in skill competencies at a level that leads to personal satisfaction, success, and enjoyment.

Chooses to engage in skill competencies found in locomotor activities at a level that leads to personal satisfaction, success, and enjoyment.

Grade Level

5

Unit Name

Throwing and

Topic

Challenge/success

Standard Number

6.3.05

Chooses to engage in skill competencies at a level that leads to personal satisfaction, success, and enjoyment.

Chooses to engage in throwing and catching skill competencies at a level that leads to personal satisfaction, success, and enjoyment.

Grade Level

5

Unit Name

Throwing and

Topic

Challenge/success

Standard Number

6.3.06

Chooses to engage in skill competencies at a level that leads to personal satisfaction, success, and enjoyment.

Chooses to engage in throwing and catching with an implement skill competencies at a level that leads to personal satisfaction, success, and enjoyment.

Grade Standard

Unit Standard

Grade Level

5

Unit Name

Striking With Hands

Topic

Challenge/success

Standard Number

6.3.07

Chooses to engage in skill competencies at a level that leads to personal satisfaction, success, and enjoyment.

Chooses to engage in striking with hand(s) skill competencies at a level that leads to personal satisfaction, success, and enjoyment.

Grade Level

5

Unit Name

Striking With Feet

Topic

Challenge/success

Standard Number

6.3.08

Chooses to engage in skill competencies at a level that leads to personal satisfaction, success, and enjoyment.

Chooses to engage in striking with feet skill competencies at a level that leads to personal satisfaction, success, and enjoyment.

Grade Level

5

Unit Name

Striking With

Topic

Challenge/success

Standard Number

6.3.09

Chooses to engage in skill competencies at a level that leads to personal satisfaction, success, and enjoyment.

Chooses to engage in striking with an implement skill competencies at a level that leads to personal satisfaction, success, and enjoyment.

Grade Standard

Unit Standard

Grade Level

5

Unit Name

Early American

Topic

Challenge/success

Standard Number

6.3.10

Chooses to engage in skill competencies at a level that leads to personal satisfaction, success, and enjoyment.

Chooses to engage in skill competencies found in early American dances at a level that leads to personal satisfaction, success, and enjoyment.

Grade Level

5

Unit Name

Early American

Topic

Challenge/success

Standard Number

6.3.11

Chooses to engage in skill competencies at a level that leads to personal satisfaction, success, and enjoyment.

Chooses to engage in skill competencies found in early American games at a level that leads to personal satisfaction, success, and enjoyment.

Grade Level

5

Unit Name

Closure

Topic

Challenge/success

Standard Number

6.3.12

Chooses to engage in skill competencies at a level that leads to personal satisfaction, success, and enjoyment.

Chooses to engage in skill competencies at a level that leads to personal satisfaction, success, and enjoyment.

Grade Standard

Unit Standard

Grade Level

5

Describes the physical benefits of regular participation in physical activity.

Unit Name

Topic

Benefits

Standard Number

6.4

Grade Level

5

Describes the physical benefits of regular participation in physical activity.

Unit Name

Introduction

Topic

Benefits

Standard Number

6.4.01

Grade Level

5

Describes the physical benefits of regular participation in physical activity.

Unit Name

Cooperation

Topic

Benefits

Standard Number

6.4.02

Identifies physical activities.

Describes the short-term muscular strength benefits derived from participation in physical activity.

Grade Standard

Unit Standard

Grade Level

5

Describes the physical benefits of regular participation in physical activity.

Unit Name

Body Management

Topic

Benefits

Standard Number

6.4.03

Describes the short-term flexibility benefits derived from participation in physical activity.

Grade Level

5

Describes the physical benefits of regular participation in physical activity.

Unit Name

Locomotor Skills

Topic

Benefits

Standard Number

6.4.04

Describes the short-term cardiorespiratory benefits derived from participation in physical activity.

Grade Level

5

Describes the physical benefits of regular participation in physical activity.

Unit Name

Throwing and

Topic

Benefits

Standard Number

6.4.05

Describes the short-term body composition benefits derived from participation in physical activity.

Grade Standard

Unit Standard

Grade Level **5**
Unit Name **Throwing and**
Topic **Benefits**
Standard Number **6.4.06**

Describes the physical benefits of regular participation in physical activity.

Describes the short-term muscular endurance benefits derived from participation in physical activity.

Grade Level **5**
Unit Name **Striking With Hands**
Topic **Benefits**
Standard Number **6.4.07**

Describes the physical benefits of regular participation in physical activity.

Describes the long-term body composition benefits derived from participation in physical activity.

Grade Level **5**
Unit Name **Striking With Feet**
Topic **Benefits**
Standard Number **6.4.08**

Describes the physical benefits of regular participation in physical activity.

Describes the long-term flexibility benefits derived from participation in physical activity.

Grade Standard

Unit Standard

Grade Level

5

Describes the physical benefits of regular participation in physical activity.

Unit Name

Striking With

Topic

Benefits

Standard Number

6.4.09

Describes the long-term cardiorespiratory benefits derived from participation in physical activity.

Grade Level

5

Describes the physical benefits of regular participation in physical activity.

Unit Name

Early American

Topic

Benefits

Standard Number

6.4.10

Describes the long-term muscular strength benefits derived from participation in physical activity.

Grade Level

5

Describes the physical benefits of regular participation in physical activity.

Unit Name

Early American

Topic

Benefits

Standard Number

6.4.11

Describes the long-term muscular endurance benefits derived from participation in physical activity.

Grade Standard

Unit Standard

Grade Level **5**
Unit Name **Closure**
Topic **Benefits**
Standard Number **6.4.12**

Describes the physical benefits of regular participation in physical activity.

Describes the physical benefits of regular participation in physical activity.

Grade Level **6**
Unit Name
Topic **Motor skill and**
Standard Number **1.0**

Demonstrates the mature form for specialized skills and combinations during cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

Grade Level **6**
Unit Name **Introduction**
Topic **Motor skill and**
Standard Number **1.0.01**

Demonstrates the mature form for specialized skills and combinations during cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

Demonstrates the mature form for the forearm pass.

Grade Standard

Unit Standard

Grade Level **6**
Unit Name **Cooperative Skills**
Topic **Motor skill and**
Standard Number **1.0.02**

Demonstrates the mature form for specialized skills and combinations during cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

Demonstrates the mature form for static and dynamic balance, running and changing directions, and jumping in coordination with others.

Grade Level **6**
Unit Name **Stunts**
Topic **Motor skill and**
Standard Number **1.0.03**

Demonstrates the mature form for specialized skills and combinations during cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

Demonstrates the mature form for headstand; handstand; handstand roll out; cartwheel; walk on beam with dip; squat turn on beam; pike forward roll; and straddle roll.

Grade Level **6**
Unit Name **Folk Dance**
Topic **Motor skill and**
Standard Number **1.0.04**

Demonstrates the mature form for specialized skills and combinations during cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

Demonstrates the mature form for dance steps used in folk and line dances: step hop, elbow swing, toes out/heels out/heels in/toes in, 1/4 pivot, turn under, step swing, schottische, and bleking.

Grade Standard

Unit Standard

Grade Level

6

Unit Name

Bowling

Topic

Motor skill and

Standard Number

1.0.05

Demonstrates the mature form for specialized skills and combinations during cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

for bowling.

Grade Level

6

Unit Name

Flying Disc

Topic

Motor skill and

Standard Number

1.0.06

Demonstrates the mature form for specialized skills and combinations during cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

Demonstrates the mature pattern for the flying disc backhand throw, and pancake, thumb up, and thumb down catching.

Grade Level

6

Unit Name

3-on-3 Basketball

Topic

Motor skill and

Standard Number

1.0.07

Demonstrates the mature form for specialized skills and combinations during cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

Demonstrates the mature form for basketball dribbling, passing, and shooting.

Grade Standard

Unit Standard

Grade Level

6

Unit Name

Pickleball

Topic

Motor skill and

Standard
Number

1.0.08

Demonstrates the mature form for specialized skills and combinations during cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

Demonstrates the mature form for the pickleball serve, forehand, and backhand strokes.

Grade Level

6

Unit Name

3-Team Softball

Topic

Motor skill and

Standard
Number

1.0.09

Demonstrates the mature form for specialized skills and combinations during cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

Demonstrates the mature form for softball catching, fielding, overhand throw, pitching, and batting.

Grade Level

6

Unit Name

Ancient Games

Topic

Motor skill and

Standard
Number

1.0.10

Demonstrates the mature form for specialized skills and combinations during cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

Demonstrates the mature form for sprinting, long jump, javelin throw, shot put, and discus throw.

Grade Standard

Unit Standard

Grade Level **6**
Unit Name **Circus Skills**
Topic **Motor skill and**
Standard Number **1.0.11**

Demonstrates the mature form for specialized skills and combinations during cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

Demonstrates the mature form for the circus skills of foot volleying (instep, knee, outside kick, heel kick), ball spinning, juggling (one-hand juggle, basic cascade), stilt walking, and unicycle mounts and riding.

Grade Level **6**
Unit Name **Closure**
Topic **Motor skill and**
Standard Number **1.0.12**

Demonstrates the mature form for specialized skills and combinations during cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

Demonstrates the mature form for specialized skills and combinations during cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

Grade Level **6**
Unit Name
Topic **Motor learning**
Standard Number **2.1**

Explains how to provide appropriate feedback to a partner who is developing or improving specialized skills.

Grade Standard

Unit Standard

Grade Level

6

Unit Name

Introduction

Topic

Motor learning

Standard Number

2.1.01

Explains how to provide appropriate feedback to a partner who is developing or improving specialized skills.

Defines feedback.

Grade Level

6

Unit Name

Cooperative Skills

Topic

Motor learning

Standard Number

2.1.02

Explains how to provide appropriate feedback to a partner who is developing or improving specialized skills.

Explains the purpose of feedback.

Grade Level

6

Unit Name

Stunts

Topic

Motor learning

Standard Number

2.1.03

Explains how to provide appropriate feedback to a partner who is developing or improving specialized skills.

Explains that feedback is based on the critical elements for each skill.

Grade Standard

Unit Standard

Grade Level

6

Unit Name

Folk Dance

Topic

Motor learning

Standard Number

2.1.04

Explains how to provide appropriate feedback to a partner who is developing or improving specialized skills.

Explains that feedback should be corrective or positive.

Grade Level

6

Unit Name

Bowling

Topic

Motor learning

Standard Number

2.1.05

Explains how to provide appropriate feedback to a partner who is developing or improving specialized skills.

Explains that feedback is most helpful when it is specific and meaningful.

Grade Level

6

Unit Name

Flying Disc

Topic

Motor learning

Standard Number

2.1.06

Explains how to provide appropriate feedback to a partner who is developing or improving specialized skills.

Explains that only one or two corrections should be identified when providing feedback.

Grade Standard

Unit Standard

Grade Level

6

Unit Name

3-on-3 Basketball

Topic

Motor learning

Standard Number

2.1.07

Explains how to provide appropriate feedback to a partner who is developing or improving specialized skills.

Explains that feedback should be given when the performer cannot see the results of his/her performance.

Grade Level

6

Unit Name

Pickleball

Topic

Motor learning

Standard Number

2.1.08

Explains how to provide appropriate feedback to a partner who is developing or improving specialized skills.

Explains that feedback is not given when the performer can see the results of the performance.

Grade Level

6

Unit Name

3-Team Softball

Topic

Motor learning

Standard Number

2.1.09

Explains how to provide appropriate feedback to a partner who is developing or improving specialized skills.

Explains that feedback should be delayed for a few seconds after the performance to give the performer an opportunity to reflect on the performance.

Grade Standard

Unit Standard

Grade Level

6

Unit Name

Ancient Games

Topic

Motor learning

Standard Number

2.1.10

Explains how to provide appropriate feedback to a partner who is developing or improving specialized skills.

Explains that feedback should be given frequently in the early stages of learning and then tapered off.

Grade Level

6

Unit Name

Circus Skills

Topic

Motor learning

Standard Number

2.1.11

Explains how to provide appropriate feedback to a partner who is developing or improving specialized skills.

Compares situations when feedback should and should not be given.

Grade Level

6

Unit Name

Closure

Topic

Motor learning

Standard Number

2.1.12

Explains how to provide appropriate feedback to a partner who is developing or improving specialized skills.

Explains how to provide appropriate feedback to a partner who is developing or improving specialized skills.

Grade Standard

Unit Standard

Grade Level **6**
Unit Name
Topic **Biomechanics**
Standard Number **2.2**

Explains ways to use force to increase speed or distance of a body or propelled object.

Grade Level **6**
Unit Name **Introduction**
Topic **Biomechanics**
Standard Number **2.2.01**

Explains ways to use force to increase speed and/or distance of a body or propelled object.

Grade Level **6**
Unit Name **Cooperative Skills**
Topic **Biomechanics**
Standard Number **2.2.02**

Explains ways to use force to increase speed and/or distance of a body or propelled object.

Defines force.

States Newton's Third Law.

Grade Standard

Unit Standard

Grade Level

6

Unit Name

Stunts

Topic

Biomechanics

Standard Number

2.2.03

Explains ways to use force to increase speed and/or distance of a body or propelled object.

Explains that the stronger the action the greater the reaction and provide examples.

Grade Level

6

Unit Name

Folk Dance

Topic

Biomechanics

Standard Number

2.2.04

Explains ways to use force to increase speed and/or distance of a body or propelled object.

States Newton's Second Law.

Grade Level

6

Unit Name

Bowling

Topic

Biomechanics

Standard Number

2.2.05

Explains ways to use force to increase speed and/or distance of a body or propelled object.

Explains that speed affects the amount of force developed.

Grade Standard

Unit Standard

Grade Level **6**
Unit Name **Flying Disc**
Topic **Biomechanics**
Standard Number **2.2.06**

Explains ways to use force to increase speed and/or distance of a body or propelled object.

Explains that the distance an object travels is affected by the number and strength of the muscles available for the task.

Grade Level **6**
Unit Name **3-on-3 Basketball**
Topic **Biomechanics**
Standard Number **2.2.07**

Explains ways to use force to increase speed and/or distance of a body or propelled object.

Explains that the distance an object travels is increased by moving the muscles in order.

Grade Level **6**
Unit Name **Pickleball**
Topic **Biomechanics**
Standard Number **2.2.08**

Explains ways to use force to increase speed and/or distance of a body or propelled object.

Explains that the distance an object travels is affected by increasing the distance through which force is applied (putting the muscle on stretch, extension of joints, longer lever).

Grade Standard

Unit Standard

Grade Level **6**
Unit Name **3-Team Softball**
Topic **Biomechanics**
Standard Number **2.2.09**

Explains ways to use force to increase speed and/or distance of a body or propelled object.

Explains that the distance an object travels is affected by the weight of the striking implement.

Grade Level **6**
Unit Name **Ancient Games**
Topic **Biomechanics**
Standard Number **2.2.10**

Explains ways to use force to increase speed and/or distance of a body or propelled object.

Explains that the distance an object travels is affected by the height and angle of the release.

Grade Level **6**
Unit Name **Circus Skills**
Topic **Biomechanics**
Standard Number **2.2.11**

Explains ways to use force to increase speed and/or distance of a body or propelled object.

Explains ways to use force to increase speed and/or distance of a body or propelled object.

Grade Standard

Unit Standard

Grade Level **6**
Unit Name **Closure**
Topic **Biomechanics**
Standard Number **2.2.12**

Explains ways to use force to increase speed and/or distance of a body or propelled object.

Refines the explanation of ways to use force to increase speed and/or distance of a body or propelled object.

Grade Level **6**
Unit Name
Topic **Game tactics**
Standard Number **2.3**

Describes offensive strategies for cooperative and bowling activities, and offensive and defensive strategies for simple invasion, field, and net activities.

Grade Level **6**
Unit Name **Introduction**
Topic **Game tactics**
Standard Number **2.3.01**

Describes offensive strategies for cooperative and bowling activities, and offensive and defensive strategies for simple invasion, field, and net activities.

Describes the difference(s) between a cooperative game and a competitive game.

Grade Standard

Unit Standard

Grade Level **6**
Unit Name **Cooperative Skills**
Topic **Game tactics**
Standard Number **2.3.02**

Describes offensive strategies for cooperative and bowling activities, and offensive and defensive strategies for simple invasion, field, and net activities.

Designs a cooperative movement game that requires locomotor skills and object manipulation.

Grade Level **6**
Unit Name **Stunts**
Topic **Game tactics**
Standard Number **2.3.03**

Describes offensive strategies for cooperative and bowling activities, and offensive and defensive strategies for simple invasion, field, and net activities.

Defines offensive strategy.

Grade Level **6**
Unit Name **Folk Dance**
Topic **Game tactics**
Standard Number **2.3.04**

Describes offensive strategies for cooperative and bowling activities, and offensive and defensive strategies for simple invasion, field, and net activities.

Defines defensive strategy.

Grade Standard

Unit Standard

Grade Level **6**
Unit Name **Bowling**
Topic **Game tactics**
Standard Number **2.3.05**

Describes offensive strategies for cooperative and bowling activities, and offensive and defensive strategies for simple invasion, field, and net activities.

Describes basic offensive strategies for bowling.

Grade Level **6**
Unit Name **Flying Disc**
Topic **Game tactics**
Standard Number **2.3.06**

Describes offensive strategies for cooperative and bowling activities, and offensive and defensive strategies for simple invasion, field, and net activities.

Describes the opportunities that allow a player to pass the flying disc while being guarded.

Grade Level **6**
Unit Name **3-on-3 Basketball**
Topic **Game tactics**
Standard Number **2.3.07**

Describes offensive strategies for cooperative and bowling activities, and offensive and defensive strategies for simple invasion, field, and net activities.

Describes basic offensive and defensive strategies for simple invasion sports.

Grade Standard

Unit Standard

Grade Level

6

Unit Name

Pickleball

Topic

Game tactics

Standard Number

2.3.08

Describes offensive strategies for cooperative and bowling activities, and offensive and defensive strategies for simple invasion, field, and net activities.

Describes offensive and defensive strategies for simple net sports.

Grade Level

6

Unit Name

3-Team Softball

Topic

Game tactics

Standard Number

2.3.09

Describes offensive strategies for cooperative and bowling activities, and offensive and defensive strategies for simple invasion, field, and net activities.

Describes basic offensive and defensive strategies for simple field sports.

Grade Level

6

Unit Name

Ancient Games

Topic

Game tactics

Standard Number

2.3.10

Describes offensive strategies for cooperative and bowling activities, and offensive and defensive strategies for simple invasion, field, and net activities.

Describes basic offensive and defensive strategies in the games from other culture.

Grade Standard

Unit Standard

Grade Level **6**
Unit Name **Circus Skills**
Topic **Game tactics**
Standard Number **2.3.11**

Describes offensive strategies for cooperative and bowling activities, and offensive and defensive strategies for simple invasion, field, and net activities.

Not applicable

Grade Level **6**
Unit Name **Closure**
Topic **Game tactics**
Standard Number **2.3.12**

Describes offensive strategies for cooperative and bowling activities, and offensive and defensive strategies for simple invasion, field, and net activities.

Describe offensive strategies for cooperative and bowling activities, and offensive and defensive strategies for simple invasion, field, and net activities.

Grade Level **6**
Unit Name
Topic **Motor development**
Standard Number **2.4**

Describes the characteristics of physical activities appropriate for early adolescents.

Grade Standard

Unit Standard

Grade Level

6

Describes the characteristics of physical activities appropriate for early adolescents.

Unit Name

Introduction

Topic

Motor development

Standard Number

2.4.01

Describes that the selection of equipment, games and activities should be based on the developmental level of the participants.

Grade Level

6

Describes the characteristics of physical activities appropriate for early adolescents.

Unit Name

Cooperative Skills

Topic

Motor development

Standard Number

2.4.02

Describes the importance of early adolescents participating in cooperative activities.

Grade Level

6

Describes the characteristics of physical activities appropriate for early adolescents.

Unit Name

Stunts

Topic

Motor development

Standard Number

2.4.03

Describes the importance of early adolescents participating in challenging activities.

Grade Standard

Unit Standard

Grade Level

6

Describes the characteristics of physical activities appropriate for early adolescents.

Unit Name

Folk Dance

Topic

Motor development

Standard Number

2.4.04

Describes the importance of early adolescents trying new activities.

Grade Level

6

Describes the characteristics of physical activities appropriate for early adolescents.

Unit Name

Bowling

Topic

Motor development

Standard Number

2.4.05

Describes the importance of early adolescents participating in games using lighter equipment.

Grade Level

6

Describes the characteristics of physical activities appropriate for early adolescents.

Unit Name

Flying Disc

Topic

Motor development

Standard Number

2.4.06

Describes the importance of early adolescents participating in games on smaller fields.

Grade Standard

Unit Standard

Grade Level

6

Describes the characteristics of physical activities appropriate for early adolescents.

Unit Name

3-on-3 Basketball

Topic

Motor development

Standard Number

2.4.07

Describes the importance of early adolescents participating in games with a smaller number of players.

Grade Level

6

Describes the characteristics of physical activities appropriate for early adolescents.

Unit Name

Pickleball

Topic

Motor development

Standard Number

2.4.08

Describes the importance of early adolescents participating in games with concrete rules and directions.

Grade Level

6

Describes the characteristics of physical activities appropriate for early adolescents.

Unit Name

3-Team Softball

Topic

Motor development

Standard Number

2.4.09

Describes the importance of early adolescents participating in games that avoid repetitive motions.

Grade Standard

Unit Standard

Grade Level

6

Describes the characteristics of physical activities appropriate for early adolescents.

Unit Name

Ancient Games

Topic

Motor development

Standard Number

2.4.10

Describes the importance of early adolescents not lifting very heavy objects.

Grade Level

6

Describes the characteristics of physical activities appropriate for early adolescents.

Unit Name

Circus Skills

Topic

Motor development

Standard Number

2.4.11

Describes the characteristics of physical activities appropriate for early adolescents.

Grade Level

6

Describes the characteristics of physical activities appropriate for early adolescents.

Unit Name

Closure

Topic

Motor development

Standard Number

2.4.12

Refines description of the characteristics of physical activities appropriate for early adolescents.

Grade Standard

Unit Standard

Grade Level

6

Unit Name

Topic

Critical elements

Standard Number

2.5

Describes the critical elements of specialized skills and combinations in cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

Grade Level

6

Unit Name

Introduction

Topic

Critical elements

Standard Number

2.5.01

Describes the critical elements of specialized skills and combinations in cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

Grade Level

6

Unit Name

Cooperative Skills

Topic

Critical elements

Standard Number

2.5.02

Describes the critical elements of specialized skills and combinations in cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

Describes the critical elements for the forearm pass.

Not applicable

Grade Standard

Unit Standard

Grade Level **6**
Unit Name **Stunts**
Topic **Critical elements**
Standard Number **2.5.03**

Describes the critical elements of specialized skills and combinations in cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

Describes the critical elements for headstand; handstand; handstand roll out; cartwheel; walk on beam with dip; square turn on beam; pike forward foll; and straddle roll.

Grade Level **6**
Unit Name **Folk Dance**
Topic **Critical elements**
Standard Number **2.5.04**

Describes the critical elements of specialized skills and combinations in cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

Describes the critical elements for dance steps used in folk and line dances: elbow swing, toes out/heels out/heels in/toes in, 1/4 pivot, schottische, and bleking.

Grade Level **6**
Unit Name **Bowling**
Topic **Critical elements**
Standard Number **2.5.05**

Describes the critical elements of specialized skills and combinations in cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

Describes the critical elements for bowling.

Grade Standard

Unit Standard

Grade Level

6

Unit Name

Flying Disc

Topic

Critical elements

Standard Number

2.5.06

Describes the critical elements of specialized skills and combinations in cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

Describes the critical elements for the flying disc backhand throw, and pancake, thumb up, and thumb down catching.

Grade Level

6

Unit Name

3-on-3 Basketball

Topic

Critical elements

Standard Number

2.5.07

Describes the critical elements of specialized skills and combinations in cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

Describes the critical elements for basketball dribbling, passing, and shooting.

Grade Level

6

Unit Name

Pickleball

Topic

Critical elements

Standard Number

2.5.08

Describes the critical elements of specialized skills and combinations in cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

Describes the critical elements for pickleball serve, forehand, and backhand strokes.

Grade Standard

Unit Standard

Grade Level **6**
Unit Name **3-Team Softball**
Topic **Critical elements**
Standard Number **2.5.09**

Describes the critical elements of specialized skills and combinations in cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

Describes the critical elements for softball catching, fielding, overhand throw, pitching, and batting.

Grade Level **6**
Unit Name **Ancient Games**
Topic **Critical elements**
Standard Number **2.5.10**

Describes the critical elements of specialized skills and combinations in cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

Describes the critical elements for the sprinting, long jump, javelin throw, shot put, and discus throw.

Grade Level **6**
Unit Name **Circus Skills**
Topic **Critical elements**
Standard Number **2.5.11**

Describes the critical elements of specialized skills and combinations in cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

Describes the critical elements for circus skills including foot volleying (instep, knee, outside kick, heel kick), ball spinning, juggling (one-hand juggle, basic cascade), stilt walking, and unicycle mounts and riding.

Grade Standard

Unit Standard

Grade Level **6**
Unit Name **Closure**
Topic **Critical elements**
Standard Number **2.5.12**

Describes the critical elements of specialized skills and combinations in cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

Describes the critical elements of specialized skills and combinations in cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

Grade Level **6**
Unit Name
Topic **Participate in**
Standard Number **3.1**

Engages in moderate and vigorous physical activity for 5/5/60 minutes 5 days each week.

Grade Level **6**
Unit Name **Introduction**
Topic **Participate in**
Standard Number **3.1.01**

Engages in moderate and vigorous physical activity for 60 minutes 5 days each week.

Engages in moderate physical activity for 60 minutes 5 days each week.

Grade Standard

Unit Standard

Grade Level

6

Engages in moderate and vigorous physical activity for 60 minutes 5 days each week.

Unit Name

Cooperative Skills

Topic

Participate in

Standard Number

3.1.02

Engages in moderate and vigorous physical activity for 60 minutes (at least 5 minutes of vigorous activity) 5 days each week.

Grade Level

6

Engages in moderate and vigorous physical activity for 60 minutes 5 days each week.

Unit Name

Stunts

Topic

Participate in

Standard Number

3.1.03

Engages in moderate and vigorous physical activity for 60 minutes (at least 5 minutes of vigorous activity) 5 days each week.

Grade Level

6

Engages in moderate and vigorous physical activity for 60 minutes 5 days each week.

Unit Name

Folk Dance

Topic

Participate in

Standard Number

3.1.04

Engages in moderate and vigorous physical activity for 60 minutes (at least 10 minutes of vigorous activity) 5 days each week.

Grade Standard

Unit Standard

Grade Level

6

Engages in moderate and vigorous physical activity for 60 minutes 5 days each week.

Unit Name

Bowling

Topic

Participate in

Standard Number

3.1.05

Engages in moderate and vigorous physical activity for 60 minutes (at least 10 minutes of vigorous activity) 5 days each week.

Grade Level

6

Engages in moderate and vigorous physical activity for 60 minutes 5 days each week.

Unit Name

Flying Disc

Topic

Participate in

Standard Number

3.1.06

Engages in moderate and vigorous physical activity for 60 minutes (at least 15 minutes of vigorous activity) 5 days each week.

Grade Level

6

Engages in moderate and vigorous physical activity for 60 minutes 5 days each week.

Unit Name

3-on-3 Basketball

Topic

Participate in

Standard Number

3.1.07

Engages in moderate and vigorous physical activity for 60 minutes (at least 15 minutes of vigorous activity) 5 days each week.

Grade Standard

Unit Standard

Grade Level

6

Engages in moderate and vigorous physical activity for 60 minutes 5 days each week.

Unit Name

Pickleball

Topic

Participate in

Standard Number

3.1.08

Engages in moderate and vigorous physical activity for 60 minutes (at least 20 minutes of vigorous activity) 5 days each week.

Grade Level

6

Engages in moderate and vigorous physical activity for 60 minutes 5 days each week.

Unit Name

3-Team Softball

Topic

Participate in

Standard Number

3.1.09

Engages in moderate and vigorous physical activity for 60 minutes (at least 20 minutes of vigorous activity) 5 days each week.

Grade Level

6

Engages in moderate and vigorous physical activity for 60 minutes 5 days each week.

Unit Name

Ancient Games

Topic

Participate in

Standard Number

3.1.10

Engages in moderate and vigorous physical activity for 60 minutes (at least 20 minutes of vigorous activity) on five days each week.

Grade Standard

Unit Standard

Grade Level

6

Engages in moderate and vigorous physical activity for 60 minutes 5 days each week.

Engages in moderate and vigorous physical activity for 60 minutes 5 days each week.

Unit Name

Circus Skills

Topic

Participate in

Standard Number

3.1.11

Grade Level

6

Engages in moderate and vigorous physical activity for 60 minutes 5 days each week.

Engages in moderate and vigorous physical activity for 60 minutes on 5 days each week.

Unit Name

Closure

Topic

Participate in

Standard Number

3.1.12

Grade Level

6

Describes opportunities in the local community for regular participation in physical activity.

Unit Name

Topic

Opportunities

Standard Number

3.2

Grade Standard

Unit Standard

Grade Level **6**
Unit Name **Introduction**
Topic **Opportunities**
Standard Number **3.2.01**

Describes opportunities in the local community for regular participation in physical activity.

Defines physical activity and local community.

Grade Level **6**
Unit Name **Cooperative Skills**
Topic **Opportunities**
Standard Number **3.2.02**

Describes opportunities in the local community for regular participation in physical activity.

Lists physical activity opportunities in the local community.

Grade Level **6**
Unit Name **Stunts**
Topic **Opportunities**
Standard Number **3.2.03**

Describes opportunities in the local community for regular participation in physical activity.

Searches the Internet for physical activity opportunities in the local community.

Grade Standard

Unit Standard

Grade Level **6**
Unit Name **Folk Dance**
Topic **Opportunities**
Standard Number **3.2.04**

Describes opportunities in the local community for regular participation in physical activity.

Describes dance activities available in the local community.

Grade Level **6**
Unit Name **Bowling**
Topic **Opportunities**
Standard Number **3.2.05**

Describes opportunities in the local community for regular participation in physical activity.

Describes bowling activities available in the local community.

Grade Level **6**
Unit Name **Flying Disc**
Topic **Opportunities**
Standard Number **3.2.06**

Describes opportunities in the local community for regular participation in physical activity.

Describes flying disc activities available in the local community.

Grade Standard

Unit Standard

Grade Level **6**
Unit Name **3-on-3 Basketball**
Topic **Opportunities**
Standard Number **3.2.07**

Describes opportunities in the local community for regular participation in physical activity.

Describes basketball activities available in the local community.

Grade Level **6**
Unit Name **Pickleball**
Topic **Opportunities**
Standard Number **3.2.08**

Describes opportunities in the local community for regular participation in physical activity.

Describes pickleball activities available in the local community.

Grade Level **6**
Unit Name **3-Team Softball**
Topic **Opportunities**
Standard Number **3.2.09**

Describes opportunities in the local community for regular participation in physical activity.

Describes softball activities available in the local community.

Grade Standard

Unit Standard

Grade Level **6**
Unit Name **Ancient Games**
Topic **Opportunities**
Standard Number **3.2.10**

Describes opportunities in the local community for regular participation in physical activity.

Describes track and field activities available in the local community.

Grade Level **6**
Unit Name **Circus Skills**
Topic **Opportunities**
Standard Number **3.2.11**

Describes opportunities in the local community for regular participation in physical activity.

Describes opportunities in the local community for regular participation in physical activity.

Grade Level **6**
Unit Name **Closure**
Topic **Opportunities**
Standard Number **3.2.12**

Describes opportunities in the local community for regular participation in physical activity.

Refines description of opportunities in the local community for regular participation in physical activity.

Grade Standard

Unit Standard

Grade Level **6**
Unit Name
Topic **Self assessment**
Standard Number **4.1**

Works toward a health-enhancing level of physical fitness.

Grade Level **6**
Unit Name **Introduction**
Topic **Self assessment**
Standard Number **4.1.01**

Works toward a health-enhancing level of physical fitness.

Grade Level **6**
Unit Name **Cooperative Skills**
Topic **Self assessment**
Standard Number **4.1.02**

Works toward a health-enhancing level of physical fitness.

Participates in fitness pre-assessment.

Works toward a health-enhancing level of physical fitness.

Grade Standard

Unit Standard

Grade Level

6

Works toward a health-enhancing level of physical fitness.

Unit Name

Stunts

Topic

Self assessment

Standard Number

4.1.03

Works toward a health-enhancing level of physical fitness.

Grade Level

6

Works toward a health-enhancing level of physical fitness.

Unit Name

Folk Dance

Topic

Self assessment

Standard Number

4.1.04

Works toward a health-enhancing level of physical fitness.

Grade Level

6

Works toward a health-enhancing level of physical fitness.

Unit Name

Bowling

Topic

Self assessment

Standard Number

4.1.05

Works toward a health-enhancing level of physical fitness.

Grade Standard

Unit Standard

Grade Level

6

Works toward a health-enhancing level of physical fitness.

Unit Name

Flying Disc

Topic

Self assessment

Standard Number

4.1.06

Works toward a health-enhancing level of physical fitness.

Grade Level

6

Works toward a health-enhancing level of physical fitness.

Unit Name

3-on-3 Basketball

Topic

Self assessment

Standard Number

4.1.07

Works toward a health-enhancing level of physical fitness.

Grade Level

6

Works toward a health-enhancing level of physical fitness.

Unit Name

Pickleball

Topic

Self assessment

Standard Number

4.1.08

Works toward a health-enhancing level of physical fitness.

Grade Standard

Unit Standard

Grade Level

6

Works toward a health-enhancing level of physical fitness.

Unit Name

3-Team Softball

Topic

Self assessment

Standard Number

4.1.09

Works toward a health-enhancing level of physical fitness.

Grade Level

6

Works toward a health-enhancing level of physical fitness.

Unit Name

Ancient Games

Topic

Self assessment

Standard Number

4.1.10

Works toward a health-enhancing level of physical fitness.

Grade Level

6

Works toward a health-enhancing level of physical fitness.

Unit Name

Circus Skills

Topic

Self assessment

Standard Number

4.1.11

Works toward a health-enhancing level of physical fitness.

Grade Standard

Unit Standard

Grade Level **6**
Unit Name **Closure**
Topic **Self assessment**
Standard Number **4.1.12**

Works toward a health-enhancing level of physical fitness.

Participates in fitness post-assessment.

Grade Level **6**
Unit Name
Topic **Principles/plans**
Standard Number **4.2**

Designs a 1-day personal health-related fitness plan.

Grade Level **6**
Unit Name **Introduction**
Topic **Principles/plans**
Standard Number **4.2.01**

Designs a 1-day personal health-related fitness plan.

Describes the elements of an appropriate warm-up.

Grade Standard

Unit Standard

Grade Level **6**
Unit Name **Cooperative Skills**
Topic **Principles/plans**
Standard Number **4.2.02**

Designs a 1-day personal health-related fitness plan.

Describes an effective cool down.

Grade Level **6**
Unit Name **Stunts**
Topic **Principles/plans**
Standard Number **4.2.03**

Designs a 1-day personal health-related fitness plan.

Refines 1-day body composition plan.

Grade Level **6**
Unit Name **Folk Dance**
Topic **Principles/plans**
Standard Number **4.2.04**

Designs a 1-day personal health-related fitness plan.

Refines 1-day cardiorespiratory endurance plan.

Grade Standard

Unit Standard

Grade Level **6**
Unit Name **Bowling**
Topic **Principles/plans**
Standard Number **4.2.05**

Designs a 1-day personal health-related fitness plan.

Explains the FITT concepts related to muscular endurance.

Grade Level **6**
Unit Name **Flying Disc**
Topic **Principles/plans**
Standard Number **4.2.06**

Designs a 1-day personal health-related fitness plan.

Identifies contraindicated exercises and their adverse effects on the body.

Grade Level **6**
Unit Name **3-on-3 Basketball**
Topic **Principles/plans**
Standard Number **4.2.07**

Designs a 1-day personal health-related fitness plan.

Explains the FITT concepts related to muscular strength.

Grade Standard

Unit Standard

Grade Level

6

Designs a 1-day personal health-related fitness plan.

Unit Name

Pickleball

Topic

Principles/plans

Standard Number

4.2.08

Creates a 1-day muscular strength and endurance plan.

Grade Level

6

Designs a 1-day personal health-related fitness plan.

Unit Name

3-Team Softball

Topic

Principles/plans

Standard Number

4.2.09

Explains the FITT concepts related to flexibility.

Grade Level

6

Designs a 1-day personal health-related fitness plan.

Unit Name

Ancient Games

Topic

Principles/plans

Standard Number

4.2.10

Creates a 1-day flexibility plan.

Grade Standard

Unit Standard

Grade Level

6

Designs a 1-day personal health-related fitness plan.

Designs a 1-day personal health-related fitness plan.

Unit Name

Circus Skills

Topic

Principles/plans

Standard Number

4.2.11

Grade Level

6

Designs a 1-day personal health-related fitness plan.

Refines 1-day personal health-related fitness plan.

Unit Name

Closure

Topic

Principles/plans

Standard Number

4.2.12

Grade Level

6

Works cooperatively with a small group in physical activity settings.

Unit Name

Topic

Social skills

Standard Number

5.1

Grade Standard

Unit Standard

Grade Level

6

Works cooperatively with a small group in physical activity settings.

Unit Name

Introduction

Topic

Social skills

Standard Number

5.1.01

Demonstrates cooperative skills with a partner.

Grade Level

6

Works cooperatively with a small group in physical activity settings.

Unit Name

Cooperative Skills

Topic

Social skills

Standard Number

5.1.02

Demonstrates cooperative skills with a partner.

Grade Level

6

Works cooperatively with a small group in physical activity settings.

Unit Name

Stunts

Topic

Social skills

Standard Number

5.1.03

Works cooperatively with a small group during stunts and tumbling activities.

Grade Standard

Unit Standard

Grade Level

6

Works cooperatively with a small group in physical activity settings.

Works cooperatively with a small group during folk dancing.

Unit Name

Folk Dance

Topic

Social skills

Standard Number

5.1.04

Grade Level

6

Works cooperatively with a small group in physical activity settings.

Works cooperatively with a small group during bowling activities.

Unit Name

Bowling

Topic

Social skills

Standard Number

5.1.05

Grade Level

6

Works cooperatively with a small group in physical activity settings.

Works cooperatively with a small group during flying disc activities.

Unit Name

Flying Disc

Topic

Social skills

Standard Number

5.1.06

Grade Standard

Unit Standard

Grade Level

6

Works cooperatively with a small group in physical activity settings.

Works cooperatively with a small group during 3-on-3 basketball activities.

Unit Name

3-on-3 Basketball

Topic

Social skills

Standard Number

5.1.07

Grade Level

6

Works cooperatively with a small group in physical activity settings.

Works cooperatively with a small group during pickleball activities.

Unit Name

Pickleball

Topic

Social skills

Standard Number

5.1.08

Grade Level

6

Works cooperatively with a small group in physical activity settings.

Works cooperatively with a small group during 3-team softball activities.

Unit Name

3-Team Softball

Topic

Social skills

Standard Number

5.1.09

Grade Standard

Unit Standard

Grade Level

6

Works cooperatively with a small group during ancient games settings.

Works cooperatively with a small group during ancient games activities.

Unit Name

Ancient Games

Topic

Social skills

Standard Number

5.1.10

Grade Level

6

Works cooperatively with a small group in physical activity settings.

Works cooperatively with a small group during circus activities.

Unit Name

Circus Skills

Topic

Social skills

Standard Number

5.1.11

Grade Level

6

Works cooperatively with a small group in physical activity settings.

Works cooperatively with a small group in physical activity settings.

Unit Name

Closure

Topic

Social skills

Standard Number

5.1.12

Grade Standard

Unit Standard

Grade Level

6

Unit Name

Topic

Responsibility

Standard Number

5.2

Accepts responsibility for safely completing assigned role when working with a small group during physical activity.

Grade Level

6

Unit Name

Introduction

Topic

Responsibility

Standard Number

5.2.01

Accepts responsibility for safely completing assigned role when working with a small group during physical activity.

Grade Level

6

Unit Name

Cooperative Skills

Topic

Responsibility

Standard Number

5.2.02

Accepts responsibility for safely completing assigned role when working with a small group during physical activity.

Follows class rules for safe participation.

Follows procedures for safe participation when working with a small group in cooperative activities.

Grade Standard

Unit Standard

Grade Level

6

Unit Name

Stunts

Topic

Responsibility

Standard Number

5.2.03

Accepts responsibility for safely completing assigned role when working with a small group during physical activity.

Follows procedures for safe participation when working with a small group in stunts activities.

Grade Level

6

Unit Name

Folk Dance

Topic

Responsibility

Standard Number

5.2.04

Accepts responsibility for safely completing assigned role when working with a small group during physical activity.

Follows procedures for safe participation when working with others in dance activities.

Grade Level

6

Unit Name

Bowling

Topic

Responsibility

Standard Number

5.2.05

Accepts responsibility for safely completing assigned role when working with a small group during physical activity.

Follows procedures for safe participation when working with a small group in bowling activities.

Grade Standard

Unit Standard

Grade Level

6

Unit Name

Flying Disc

Topic

Responsibility

Standard Number

5.2.06

Accepts responsibility for safely completing assigned role when working with a small group during physical activity.

Follows procedures for safe participation in flying disc activities when working with a small group.

Grade Level

6

Unit Name

3-on-3 Basketball

Topic

Responsibility

Standard Number

5.2.07

Accepts responsibility for safely completing assigned role when working with a small group during physical activity.

Follows procedures for safe participation when working with a small group in basketball activities.

Grade Level

6

Unit Name

Pickleball

Topic

Responsibility

Standard Number

5.2.08

Accepts responsibility for safely completing assigned role when working with a small group during physical activity.

Follows procedures for safe participation when working with a small group in pickleball activities.

Grade Standard

Unit Standard

Grade Level

6

Unit Name

3-Team Softball

Topic

Responsibility

Standard Number

5.2.09

Accepts responsibility for safely completing assigned role when working with a small group during physical activity.

Follows procedures for safe participation when working with a small group in softball activities.

Grade Level

6

Unit Name

Ancient Games

Topic

Responsibility

Standard Number

5.2.10

Accepts responsibility for safely completing assigned role when working with a small group during physical activity.

Follows procedures for safe participation when working with a small group in ancient activities.

Grade Level

6

Unit Name

Circus Skills

Topic

Responsibility

Standard Number

5.2.11

Accepts responsibility for safely completing assigned role when working with a small group during physical activity.

Follows procedures for safe participation when working with a small group in circus activities.

Grade Standard

Unit Standard

Grade Level

6

Unit Name

Closure

Topic

Responsibility

Standard Number

5.2.12

Accepts responsibility for safely completing assigned role when working with a small group during physical activity.

Accepts responsibility for safely completing assigned role when working with a small group during physical activity.

Grade Level

6

Unit Name

Topic

History

Standard Number

6.1

Describes the development and role of movement-related activities in the ancient world and their influences on physical activities today.

Grade Level

6

Unit Name

Introduction

Topic

History

Standard Number

6.1.01

Describes the development and role of movement-related activities in the ancient world and their influences on physical activities today.

Describes fitness activities in the ancient world.

Grade Standard

Unit Standard

Grade Level **6**
Unit Name **Cooperative Skills**
Topic **History**
Standard Number **6.1.02**

Describes the development and role of movement-related activities in the ancient world and their influences on physical activities today.

Describes physical education in the ancient world.

Grade Level **6**
Unit Name **Stunts**
Topic **History**
Standard Number **6.1.03**

Describes the development and role of movement-related activities in the ancient world and their influences on physical activities today.

Describes movement-related activities in ancient Babylon.

Grade Level **6**
Unit Name **Folk Dance**
Topic **History**
Standard Number **6.1.04**

Describes the development and role of movement-related activities in the ancient world and their influences on physical activities today.

Describes dance in the ancient world.

Grade Standard

Unit Standard

Grade Level

6

Unit Name

Bowling

Topic

History

Standard Number

6.1.05

Describes the development and role of movement-related activities in the ancient world and their influences on physical activities today.

Describes movement-related activities in ancient Egypt.

Grade Level

6

Unit Name

Flying Disc

Topic

History

Standard Number

6.1.06

Describes the development and role of movement-related activities in the ancient world and their influences on physical activities today.

Describes movement-related activities in ancient Rome.

Grade Level

6

Unit Name

3-on-3 Basketball

Topic

History

Standard Number

6.1.07

Describes the development and role of movement-related activities in the ancient world and their influences on physical activities today.

Describes movement-related activities in ancient China.

Grade Standard

Unit Standard

Grade Level **6**
Unit Name **Pickleball**
Topic **History**
Standard Number **6.1.08**

Describes the development and role of movement-related activities in the ancient world and their influences on physical activities today.

Describes movement-related activities in which the Athenians participated.

Grade Level **6**
Unit Name **3-Team Softball**
Topic **History**
Standard Number **6.1.09**

Describes the development and role of movement-related activities in the ancient world and their influences on physical activities today.

Describes movement-related activities in which the Spartans participated.

Grade Level **6**
Unit Name **Ancient Games**
Topic **History**
Standard Number **6.1.10**

Describes the development and role of movement-related activities in the ancient world and their influences on physical activities today.

Describes the origin and activities of the Ancient Olympics.

Grade Standard

Unit Standard

Grade Level **6**
Unit Name **Circus Skills**
Topic **History**
Standard Number **6.1.11**

Describes the development and role of movement-related activities in the ancient world and their influences on physical activities today.

Describes the development and role of movement-related activities in the ancient world and their influences on physical activities today.

Grade Level **6**
Unit Name **Closure**
Topic **History**
Standard Number **6.1.12**

Describes the development and role of movement-related activities in the ancient world and their influences on physical activities today.

Refines description of the development and role of movement-related activities in the ancient world and their influences on physical activities today.

Grade Level **6**
Unit Name
Topic **Aesthetics**
Standard Number **6.2**

Expresses personal feelings through a manipulative/movement-based routine.

Grade Standard

Unit Standard

Grade Level **6**
Unit Name **Introduction**
Topic **Aesthetics**
Standard Number **6.2.01**

Expresses personal feelings through a manipulative/movement-based routine.

Demonstrates qualities of movement during introductory activities.

Grade Level **6**
Unit Name **Cooperative Skills**
Topic **Aesthetics**
Standard Number **6.2.02**

Expresses personal feelings through a manipulative/movement-based routine.

Not applicable

Grade Level **6**
Unit Name **Stunts**
Topic **Aesthetics**
Standard Number **6.2.03**

Expresses personal feelings through a manipulative/movement-based routine.

Expresses personal feelings through the creation of a stunts routine.

Grade Standard

Unit Standard

Grade Level **6**
Unit Name **Folk Dance**
Topic **Aesthetics**
Standard Number **6.2.04**

Expresses personal feelings through a manipulative/movement-based routine.

Expresses personal feelings through the creation of a dance routine.

Grade Level **6**
Unit Name **Bowling**
Topic **Aesthetics**
Standard Number **6.2.05**

Expresses personal feelings through a manipulative/movement-based routine.

Not applicable

Grade Level **6**
Unit Name **Flying Disc**
Topic **Aesthetics**
Standard Number **6.2.06**

Expresses personal feelings through a manipulative/movement-based routine.

Not applicable

Grade Standard

Unit Standard

Grade Level **6**
Unit Name **3-on-3 Basketball**
Topic **Aesthetics**
Standard Number **6.2.07**

Expresses personal feelings through a manipulative/movement-based routine.

Expresses personal feelings through a ball handling routine.

Grade Level **6**
Unit Name **Pickleball**
Topic **Aesthetics**
Standard Number **6.2.08**

Expresses personal feelings through a manipulative/movement-based routine.

Not applicable

Grade Level **6**
Unit Name **3-Team Softball**
Topic **Aesthetics**
Standard Number **6.2.09**

Expresses personal feelings through a manipulative/movement-based routine.

Not applicable

Grade Standard

Unit Standard

Grade Level

6

Expresses personal feelings through a manipulative/movement-based routine.

Not applicable

Unit Name

Ancient Games

Topic

Aesthetics

Standard Number

6.2.10

Grade Level

6

Expresses personal feelings through a manipulative/movement-based routine.

Expresses personal feelings through a circus-based routine.

Unit Name

Circus Skills

Topic

Aesthetics

Standard Number

6.2.11

Grade Level

6

Expresses personal feelings through a manipulative/movement-based routine.

Expresses personal feelings through a manipulative/movement-based routine.

Unit Name

Closure

Topic

Aesthetics

Standard Number

6.2.12

Grade Standard

Unit Standard

Grade Level **6** Chooses to engage in new activities.

Unit Name

Topic **Challenge/success**

Standard Number **6.3**

Grade Level **6** Chooses to engage in new activities.

Unit Name **Introduction**

Topic **Challenge/success**

Standard Number **6.3.01**

Grade Level **6** Chooses to engage in new activities.

Unit Name **Cooperative Skills**

Topic **Challenge/success**

Standard Number **6.3.02**



Chooses to engage in new fitness and cooperative activities.

Chooses to engage in new cooperative activities.

Grade Standard

Unit Standard

Grade Level **6** Chooses to engage in new activities.
Unit Name **Stunts**
Topic **Challenge/success**
Standard Number **6.3.03**

Chooses to engage in new stunt and tumbling activities.

Grade Level **6** Chooses to engage in new activities.
Unit Name **Folk Dance**
Topic **Challenge/success**
Standard Number **6.3.04**

Chooses to engage in new folk dance activities.

Grade Level **6** Chooses to engage in new activities.
Unit Name **Bowling**
Topic **Challenge/success**
Standard Number **6.3.05**

Chooses to engage in new bowling activities.

Grade Standard

Unit Standard

Grade Level **6** Chooses to engage in new activities.
Unit Name **Flying Disc**
Topic **Challenge/success**
Standard Number **6.3.06**

Chooses to engage in new flying disc activities.

Grade Level **6** Chooses to engage in new activities.
Unit Name **3-on-3 Basketball**
Topic **Challenge/success**
Standard Number **6.3.07**

Chooses to engage in new basketball activities.

Grade Level **6** Chooses to engage in new activities.
Unit Name **Pickleball**
Topic **Challenge/success**
Standard Number **6.3.08**

Chooses to engage in new pickleball activities.

Grade Standard

Unit Standard

Grade Level

6

Chooses to engage in new activities.

Unit Name

3-Team Softball

Topic

Challenge/success

Standard Number

6.3.09

Chooses to engage in new softball activities.

Grade Level

6

Chooses to engage in new cultural games and ancient activities.

Unit Name

Ancient Games

Topic

Challenge/success

Standard Number

6.3.10

Chooses to engage in new cultural games and ancient activities.

Grade Level

6

Chooses to engage in new activities.

Unit Name

Circus Skills

Topic

Challenge/success

Standard Number

6.3.11

Chooses to engage in new circus activities.

Grade Standard

Unit Standard

Grade Level

6

Chooses to engage in new activities.

Chooses to engage in new activities.

Unit Name

Closure

Topic

Challenge/success

Standard Number

6.3.12

Grade Level

6

Describes the health benefits of regular participation in physical activity.

Unit Name

Topic

Benefits

Standard Number

6.4

Grade Level

6

Describes the health benefits of regular participation in physical activity.

Defines physical activity.

Unit Name

Introduction

Topic

Benefits

Standard Number

6.4.01

Grade Standard

Unit Standard

Grade Level

6

Describes the health benefits of regular participation in physical activity.

Defines health benefits.

Unit Name

Cooperative Skills

Topic

Benefits

Standard Number

6.4.02

Grade Level

6

Describes the health benefits of regular participation in physical activity.

Describes the respiratory benefits of regular participation in physical activity.

Unit Name

Stunts

Topic

Benefits

Standard Number

6.4.03

Grade Level

6

Describes the health benefits of regular participation in physical activity.

Describes the heart benefits of regular participation in physical activity.

Unit Name

Folk Dance

Topic

Benefits

Standard Number

6.4.04

Grade Standard

Unit Standard

Grade Level **6**
Unit Name **Bowling**
Topic **Benefits**
Standard Number **6.4.05**

Describes the health benefits of regular participation in physical activity.

Describes the skeletal benefits derived from regular participation in physical activity.

Grade Level **6**
Unit Name **Flying Disc**
Topic **Benefits**
Standard Number **6.4.06**

Describes the health benefits of regular participation in physical activity.

Describes the muscular benefits of regular participation in physical activity.

Grade Level **6**
Unit Name **3-on-3 Basketball**
Topic **Benefits**
Standard Number **6.4.07**

Describes the health benefits of regular participation in physical activity.

Describes the nervous system benefits derived from regular participation in physical activity.

Grade Standard

Unit Standard

Grade Level **6**
Unit Name **Pickleball**
Topic **Benefits**
Standard Number **6.4.08**

Describes the health benefits of regular participation in physical activity.

Describes the diabetes prevention benefits derived from regular participation in physical activity.

Grade Level **6**
Unit Name **3-Team Softball**
Topic **Benefits**
Standard Number **6.4.09**

Describes the health benefits of regular participation in physical activity.

Describes the decrease in cholesterol level benefits derived from regular participation in physical activity.

Grade Level **6**
Unit Name **Ancient Games**
Topic **Benefits**
Standard Number **6.4.10**

Describes the health benefits of regular participation in physical activity.

Describes the long-term stress reduction benefits derived from regular participation in physical activity.

Grade Standard

Unit Standard

Grade Level **6**
Unit Name **Circus Skills**
Topic **Benefits**
Standard Number **6.4.11**

Describes the health benefits of regular participation in physical activity.

Describes the health benefits of regular participation in physical activity.

Grade Level **6**
Unit Name **Closure**
Topic **Benefits**
Standard Number **6.4.12**

Describes the health benefits of regular participation in physical activity.

Refines description of the health benefits of regular participation in physical activity.

Grade Level **7**
Unit Name
Topic **Motor skill and**
Standard Number **1.0**

Demonstrates the mature form for specialized skills and combinations during individual and dual activities.

Grade Standard

Unit Standard

Grade Level **7**
Unit Name **Introduction**
Topic **Motor skill and**
Standard Number **1.0.01**

Demonstrates the mature form for specialized skills and combinations during individual and dual activities.

Demonstrates the mature form for the underhand toss, catch, foot pass, and trap.

Grade Level **7**
Unit Name **Tumbling/Gymnasti**
Topic **Motor skill and**
Standard Number **1.0.02**

Demonstrates the mature form for specialized skills and combinations during individual and dual activities.

Demonstrates the mature form for: long horse vaulting (straddle dismount from croup, straddle vault); vaulting (squat vault; pommels (jump front support, hand walk, leg cut); floor exercises (front walkover, back extension); balance beam

Grade Level **7**
Unit Name **Orienteering**
Topic **Motor skill and**
Standard Number **1.0.03**

Demonstrates the mature form for specialized skills and combinations during individual and dual activities.

Demonstrates the correct technique for: holding a compass, reading a compass, taking a bearing, following a bearing, and reading topographic maps.

Grade Standard

Unit Standard

Grade Level

7

Unit Name

Tennis

Topic

Motor skill and

Standard Number

1.0.04

Demonstrates the mature form for specialized skills and combinations during individual and dual activities.

Demonstrates the mature form for the tennis forehand, backhand, drop serve, and volley strokes.

Grade Level

7

Unit Name

Aquatics

Topic

Motor skill and

Standard Number

1.0.05

Demonstrates the mature form for specialized skills and combinations during individual and dual activities.

Demonstrates the mature form for the survival float, prone glide with flutter kick, beginning crawl with breathing, back glide with sculling, back glide with kick, reverse directions, jump into deep water, tread water with scissor kick, and feet-first

Grade Level

7

Unit Name

Golf

Topic

Motor skill and

Standard Number

1.0.06

Demonstrates the mature form for specialized skills and combinations during individual and dual activities.

Demonstrates the mature form for the iron and putter strokes.

Grade Standard

Unit Standard

Grade Level **7**
Unit Name **Self-Defense**
Topic **Motor skill and**
Standard Number **1.0.07**

Demonstrates the mature form for specialized skills and combinations during individual and dual activities.

Demonstrates the mature form for stance, stomp, knee kick, front snap kick, side kick, rear kick, elbow strike, palm-heel strike, side falls, wrist release, front choke release, rear choke release, and hair release.

Grade Level **7**
Unit Name **Medieval**
Topic **Motor skill and**
Standard Number **1.0.08**

Demonstrates the mature form for specialized skills and combinations during individual and dual activities.

Demonstrates the mature form for running in armor; juggling; fencing advance, retreat, lunge, ready position, and on-guard; jousting; use of a lance; and basic dance moves.

Grade Level **7**
Unit Name **Closure**
Topic **Motor skill and**
Standard Number **1.0.09**

Demonstrates the mature form for specialized skills and combinations during individual and dual activities.

Demonstrates the mature form for specialized skills and combinations during individual and dual activities.

Grade Standard

Unit Standard

Grade Level

7

Unit Name

Topic

Motor learning

Standard Number

2.1

Explains the process of setting appropriate goals, appropriate practice, and monitoring changes in the development of specialized skills.

Grade Level

7

Unit Name

Introduction

Topic

Motor learning

Standard Number

2.1.01

Explains the process of setting appropriate goals, appropriate practice, and monitoring changes in the development of specialized skills.

Grade Level

7

Unit Name

Tumbling/Gymnasti

Topic

Motor learning

Standard Number

2.1.02

Explains the process of setting appropriate goals, appropriate practice, and monitoring changes in the development of specialized skills.

Defines goal setting.

Describes what needs to be considered when setting effective goals.

Grade Standard

Unit Standard

Grade Level **7**
Unit Name **Orienteering**
Topic **Motor learning**
Standard Number **2.1.03**

Explains the process of setting appropriate goals, appropriate practice, and monitoring changes in the development of specialized skills.

Explains the role of monitoring improvement in the goal setting process.

Grade Level **7**
Unit Name **Tennis**
Topic **Motor learning**
Standard Number **2.1.04**

Explains the process of setting appropriate goals, appropriate practice, and monitoring changes in the development of specialized skills.

Explains whole/part, mass/distributed, constant/variable, and blocked/random practice.

Grade Level **7**
Unit Name **Aquatics**
Topic **Motor learning**
Standard Number **2.1.05**

Explains the process of setting appropriate goals, appropriate practice, and monitoring changes in the development of specialized skills.

Explains the process of setting appropriate goals, conducting appropriate practice, and monitoring changes in the development of aquatic skills.

Grade Standard

Unit Standard

Grade Level

7

Unit Name

Golf

Topic

Motor learning

Standard Number

2.1.06

Explains the process of setting appropriate goals, appropriate practice, and monitoring changes in the development of specialized skills.

Explains the process of setting appropriate goals, conducting appropriate practice, and monitoring changes in the development of golf skills.

Grade Level

7

Unit Name

Self-Defense

Topic

Motor learning

Standard Number

2.1.07

Explains the process of setting appropriate goals, appropriate practice, and monitoring changes in the development of specialized skills.

Explains the process of setting appropriate goals, conducting appropriate practice, and monitoring changes in the development of self-defense skills.

Grade Level

7

Unit Name

Medieval

Topic

Motor learning

Standard Number

2.1.08

Explains the process of setting appropriate goals, appropriate practice, and monitoring changes in the development of specialized skills.

Explains the process of setting appropriate goals, conducting appropriate practice, and monitoring changes in the development of specialized skills.

Grade Standard

Unit Standard

Grade Level **7**
Unit Name **Closure**
Topic **Motor learning**
Standard Number **2.1.09**

Explains the process of setting appropriate goals, appropriate practice, and monitoring changes in the development of specialized skills.

Refines explanation of the process of setting appropriate goals, appropriate practice, and monitoring changes in the development of specialized skills.

Grade Level **7**
Unit Name
Topic **Biomechanics**
Standard Number **2.2**

Explains how force can be used to make an object spin.

Grade Level **7**
Unit Name **Introduction**
Topic **Biomechanics**
Standard Number **2.2.01**

Explains how force can be used to make an object spin.

Compares internal and external force.

Grade Standard

Unit Standard

Grade Level

7

Explains how force can be used to make an object spin.

Explains how force can be used to make the body rotate in tumbling and gymnastics.

Unit Name

Tumbling/Gymnasti

Topic

Biomechanics

Standard Number

2.2.02

Grade Level

7

Explains how force can be used to make an object spin.

Not applicable

Unit Name

Orienteering

Topic

Biomechanics

Standard Number

2.2.03

Grade Level

7

Explains how force can be used to make an object spin.

Describes the relationship between point of application and spin.

Unit Name

Tennis

Topic

Biomechanics

Standard Number

2.2.04

Grade Standard

Unit Standard

Grade Level

7

Explains how force can be used to make an object spin.

Unit Name

Aquatics

Topic

Biomechanics

Standard Number

2.2.05

Explains how force can be used to make the body rotate when performing a turn in swimming.

Grade Level

7

Explains how force can be used to make an object spin.

Unit Name

Golf

Topic

Biomechanics

Standard Number

2.2.06

Explains how force causes a golf ball to spin.

Grade Level

7

Explains how force can be used to make an object spin.

Unit Name

Self-Defense

Topic

Biomechanics

Standard Number

2.2.07

Explains how magnitude affects spin or rotation of the body or an object.

Grade Standard

Unit Standard

Grade Level

7

Explains how force can be used to make an object spin.

Explains how force can be used to make an object spin.

Unit Name

Medieval

Topic

Biomechanics

Standard Number

2.2.08

Grade Level

7

Explains how force can be used to make an object spin.

Refines explanation of how force can be used to make an object spin.

Unit Name

Closure

Topic

Biomechanics

Standard Number

2.2.09

Grade Level

7

Explains offensive/defensive strategies for net and target sports.

Unit Name

Topic

Game tactics

Standard Number

2.3

Grade Standard

Unit Standard

Grade Level

7

Explains offensive/defensive strategies for net and target sports.

Explains the elements of a dual sport.

Unit Name

Introduction

Topic

Game tactics

Standard Number

2.3.01

Grade Level

7

Explains offensive/defensive strategies for net and target sports.

Explains the elements of an individual sport.

Unit Name

Tumbling/Gymnasti

Topic

Game tactics

Standard Number

2.3.02

Grade Level

7

Explains offensive/defensive strategies for net and target sports.

Explains the use of strategy in orienteering.

Unit Name

Orienteering

Topic

Game tactics

Standard Number

2.3.03

Grade Standard

Unit Standard

Grade Level

7

Explains offensive/defensive strategies for net and target sports.

Unit Name

Tennis

Topic

Game tactics

Standard Number

2.3.04

Explains offensive and defensive strategies for tennis.

Grade Level

7

Explains offensive/defensive strategies for net and target sports.

Unit Name

Aquatics

Topic

Game tactics

Standard Number

2.3.05

Creates a new aquatics game that uses a manipulative.

Grade Level

7

Explains offensive/defensive strategies for net and target sports.

Unit Name

Golf

Topic

Game tactics

Standard Number

2.3.06

Explains offensive strategies for golf.

Grade Standard

Unit Standard

Grade Level

7

Explains offensive/defensive strategies for net and target sports.

Unit Name

Self-Defense

Topic

Game tactics

Standard Number

2.3.07

Explains the use of strategy in self-defense.

Grade Level

7

Explains offensive/defensive strategies for net and target sports.

Unit Name

Medieval

Topic

Game tactics

Standard Number

2.3.08

Explains offensive/defensive strategies for target sports.

Grade Level

7

Explains offensive/defensive strategies for net and target sports.

Unit Name

Closure

Topic

Game tactics

Standard Number

2.3.09

Refines explanation of offensive/defensive strategies for net and target sports.

Grade Standard

Unit Standard

Grade Level **7**
Unit Name
Topic **Motor development**
Standard Number **2.4**

Explains individual differences and how these differences impact performance in physical activities.

Grade Level **7**
Unit Name **Introduction**
Topic **Motor development**
Standard Number **2.4.01**

Explains individual differences and how these differences impact performance in physical activities.

Explains body types and their impact on physical performance.

Grade Level **7**
Unit Name **Tumbling/Gymnasti**
Topic **Motor development**
Standard Number **2.4.02**

Explains individual differences and how these differences impact performance in physical activities.

Defines individual differences in terms of physical performance.

Grade Standard

Unit Standard

Grade Level **7**
Unit Name **Orienteering**
Topic **Motor development**
Standard Number **2.4.03**

Explains individual differences and how these differences impact performance in physical activities.

Explains that individuals proceed through similar stages on their way to learning skills, but each progresses at a different rate.

Grade Level **7**
Unit Name **Tennis**
Topic **Motor development**
Standard Number **2.4.04**

Explains individual differences and how these differences impact performance in physical activities.

Explains individual differences and how these differences impact tennis performance.

Grade Level **7**
Unit Name **Aquatics**
Topic **Motor development**
Standard Number **2.4.05**

Explains individual differences and how these differences impact performance in physical activities.

Explains individual differences and how these differences impact aquatic performance.

Grade Standard

Unit Standard

Grade Level

7

Unit Name

Golf

Topic

Motor development

Standard Number

2.4.06

Explains individual differences and how these differences impact performance in physical activities.

Explains individual differences and how these differences impact golf performance.

Grade Level

7

Unit Name

Self-Defense

Topic

Motor development

Standard Number

2.4.07

Explains individual differences and how these differences impact performance in physical activities.

Explains individual differences and how these differences impact self-defense performance.

Grade Level

7

Unit Name

Medieval

Topic

Motor development

Standard Number

2.4.08

Explains individual differences and how these differences impact performance in physical activities.

Explains individual differences and how these differences impact performance in physical activities.

Grade Standard

Unit Standard

Grade Level

7

Unit Name

Closure

Topic

Motor development

Standard Number

2.4.09

Explains individual differences and how these differences impact performance in physical activities.

Refines explanation of individual differences and how these differences impact performance in physical activities.

Grade Level

7

Unit Name

Topic

Critical elements

Standard Number

2.5

Explains the critical elements of specialized skills and combinations in individual and dual sports.

Grade Level

7

Unit Name

Introduction

Topic

Critical elements

Standard Number

2.5.01

Explains the critical elements of specialized skills and combinations in individual and dual sports.

Explains the critical elements for underhand toss, catch, foot pass, and trap.

Grade Standard

Unit Standard

Grade Level

7

Unit Name

Tumbling/Gymnasti

Topic

Critical elements

Standard Number

2.5.02

Explains the critical elements of specialized skills and combinations in individual and dual sports.

Explains the critical elements of: long horse vaulting (straddle dismount from croup, straddle vault); vaulting (squat vault; pommels (jump front support, hand walk, leg cut); floor exercises (front walkover, back extension); balance beam (straddle

Grade Level

7

Unit Name

Orienteering

Topic

Critical elements

Standard Number

2.5.03

Explains the critical elements of specialized skills and combinations in individual and dual sports.

Explains the technique for holding a compass, reading a compass, taking a bearing, and following a bearing.

Grade Level

7

Unit Name

Tennis

Topic

Critical elements

Standard Number

2.5.04

Explains the critical elements of specialized skills and combinations in individual and dual sports.

Explains the critical elements for the tennis forehand, backhand, drop serve, and volley strokes.

Grade Standard

Unit Standard

Grade Level

7

Unit Name

Aquatics

Topic

Critical elements

Standard Number

2.5.05

Explains the critical elements of specialized skills and combinations in individual and dual sports.

Explains the critical elements for the survival float, prone glide with flutter kick, beginning crawl with breathing, back glide with sculling, back glide with kick, reverse directions, jump into deep water, tread water with scissor kick, and feet-first

Grade Level

7

Unit Name

Golf

Topic

Critical elements

Standard Number

2.5.06

Explains the critical elements of specialized skills and combinations in individual and dual sports.

Explains the critical elements for the iron and putter strokes.

Grade Level

7

Unit Name

Self-Defense

Topic

Critical elements

Standard Number

2.5.07

Explains the critical elements of specialized skills and combinations in individual and dual sports.

Explains the critical elements for stance, stomp, knee kick, front snap kick, side kick, rear kick, elbow strike, palm heel strike, ear slap, side falls, wrist release, front choke release, rear choke release, hair release.

Grade Standard

Unit Standard

Grade Level

7

Unit Name

Medieval

Topic

Critical elements

Standard Number

2.5.08

Explains the critical elements of specialized skills and combinations in individual and dual sports.

Explains the critical elements for running in armor, juggling, fencing advance and retreat, fencing lunge and attack, jousting, and use of a lance.

Grade Level

7

Unit Name

Closure

Topic

Critical elements

Standard Number

2.5.09

Explains the critical elements of specialized skills and combinations in individual and dual sports.

Explains the critical elements of specialized skills and combinations in individual and dual sports.

Grade Level

7

Unit Name

Topic

Participate in

Standard Number

3.1

Engages in moderate and vigorous physical activity for 5/5/60 minutes 5/5/6 days each week.

Grade Standard

Unit Standard

Grade Level

7

Engages in moderate and vigorous physical activity for 60 minutes 6 days each week.

Engages in moderate and vigorous physical activity for 60 minutes 5 days each week.

Unit Name

Introduction

Topic

Participate in

Standard Number

3.1.01

Grade Level

7

Engages in moderate and vigorous physical activity for 60 minutes 6 days each week.

Engages in moderate and vigorous physical activity for 60 minutes 5 days each week.

Unit Name

Tumbling/Gymnastics

Topic

Participate in

Standard Number

3.1.02

Grade Level

7

Engages in moderate and vigorous physical activity for 60 minutes 6 days each week.

Engages in moderate and vigorous physical activity for 60 minutes 5 days each week.

Unit Name

Orienteering

Topic

Participate in

Standard Number

3.1.03

Grade Standard

Unit Standard

Grade Level

7

Engages in moderate and vigorous physical activity for 60 minutes 6 days each week.

Engages in moderate and vigorous physical activity for 60 minutes 6 days each week.

Unit Name

Tennis

Topic

Participate in

Standard Number

3.1.04

Grade Level

7

Engages in moderate and vigorous physical activity for 60 minutes 6 days each week.

Engages in moderate and vigorous physical activity for 60 minutes 6 days each week.

Unit Name

Aquatics

Topic

Participate in

Standard Number

3.1.05

Grade Level

7

Engages in moderate and vigorous physical activity for 60 minutes 6 days each week.

Engages in moderate and vigorous physical activity for 60 minutes 6 days each week.

Unit Name

Golf

Topic

Participate in

Standard Number

3.1.06

Grade Standard

Unit Standard

Grade Level

7

Engages in moderate and vigorous physical activity for 60 minutes 6 days each week.

Engages in moderate and vigorous physical activity for 60 minutes 6 days each week.

Unit Name

Self-Defense

Topic

Participate in

Standard Number

3.1.07

Grade Level

7

Engages in moderate and vigorous physical activity for 60 minutes 6 days each week.

Engages in moderate and vigorous physical activity for 60 minutes 6 days each week.

Unit Name

Medieval

Topic

Participate in

Standard Number

3.1.08

Grade Level

7

Engages in moderate and vigorous physical activity for 60 minutes 6 days each week.

Engages in moderate and vigorous physical activity for 60 minutes 6 days each week.

Unit Name

Closure

Topic

Participate in

Standard Number

3.1.09

Grade Standard

Unit Standard

Grade Level **7**
Unit Name
Topic **Opportunities**
Standard Number **3.2**

Describes opportunities in the larger community for participation in individual and/or dual physical activities.

Grade Level **7**
Unit Name **Introduction**
Topic **Opportunities**
Standard Number **3.2.01**

Describes opportunities in the larger community for participation in individual and/or dual physical activities.

Defines individual and dual activities.

Grade Level **7**
Unit Name **Tumbling/Gymnasti**
Topic **Opportunities**
Standard Number **3.2.02**

Describes opportunities in the larger community for participation in individual and/or dual physical activities.

Describes opportunities in the larger community for participation in tumbling and gymnastics activities.

Grade Standard

Unit Standard

Grade Level **7**
Unit Name **Orienteering**
Topic **Opportunities**
Standard Number **3.2.03**

Describes opportunities in the larger community for participation in individual and/or dual physical activities.

Describes opportunities in the larger community for participation in outdoor education activities.

Grade Level **7**
Unit Name **Tennis**
Topic **Opportunities**
Standard Number **3.2.04**

Describes opportunities in the larger community for participation in individual and/or dual physical activities.

Describes opportunities in the larger community for participation in tennis activities.

Grade Level **7**
Unit Name **Aquatics**
Topic **Opportunities**
Standard Number **3.2.05**

Describes opportunities in the larger community for participation in individual and/or dual physical activities.

Describes opportunities in the larger community for participation in aquatic activities.

Grade Standard

Unit Standard

Grade Level **7**
Unit Name **Golf**
Topic **Opportunities**
Standard Number **3.2.06**

Describes opportunities in the larger community for participation in individual and/or dual physical activities.

Describes opportunities in the larger community for participation in golf activities.

Grade Level **7**
Unit Name **Self-Defense**
Topic **Opportunities**
Standard Number **3.2.07**

Describes opportunities in the larger community for participation in individual and/or dual physical activities.

Describes opportunities in the larger community for participation in self-defense activities.

Grade Level **7**
Unit Name **Medieval**
Topic **Opportunities**
Standard Number **3.2.08**

Describes opportunities in the larger community for participation in individual and/or dual physical activities.

Describes opportunities in the larger community for participation in individual and/or dual physical activities.

Grade Standard

Unit Standard

Grade Level **7**
Unit Name **Closure**
Topic **Opportunities**
Standard Number **3.2.09**

Describes opportunities in the larger community for participation in individual and/or dual physical activities.

Refines description of opportunities in the larger community for participation in individual and/or dual physical activities.

Grade Level **7**
Unit Name
Topic **Self assessment**
Standard Number **4.1**

Works toward a health-enhancing level of physical fitness.

Grade Level **7**
Unit Name **Introduction**
Topic **Self assessment**
Standard Number **4.1.01**

Works toward a health-enhancing level of physical fitness.

Participates in fitness pre-assessment.

Grade Standard

Unit Standard

Grade Level

7

Works toward a health-enhancing level of physical fitness.

Unit Name

Tumbling/Gymnasti

Topic

Self assessment

Standard Number

4.1.02

Works toward a health-enhancing level of physical fitness.

Grade Level

7

Works toward a health-enhancing level of physical fitness.

Unit Name

Orienteering

Topic

Self assessment

Standard Number

4.1.03

Works toward a health-enhancing level of physical fitness.

Grade Level

7

Works toward a health-enhancing level of physical fitness.

Unit Name

Tennis

Topic

Self assessment

Standard Number

4.1.04

Works toward a health-enhancing level of physical fitness.

Grade Standard

Unit Standard

Grade Level **7**
Unit Name **Aquatics**
Topic **Self assessment**
Standard Number **4.1.05**

Works toward a health-enhancing level of physical fitness.

Works toward a health-enhancing level of physical fitness.

Grade Level **7**
Unit Name **Golf**
Topic **Self assessment**
Standard Number **4.1.06**

Works toward a health-enhancing level of physical fitness.

Works toward a health-enhancing level of physical fitness.

Grade Level **7**
Unit Name **Self-Defense**
Topic **Self assessment**
Standard Number **4.1.07**

Works toward a health-enhancing level of physical fitness.

Works toward a health-enhancing level of physical fitness.

Grade Standard

Unit Standard

Grade Level

7

Works toward a health-enhancing level of physical fitness.

Unit Name

Medieval

Topic

Self assessment

Standard Number

4.1.08

Works toward a health-enhancing level of physical fitness.

Grade Level

7

Works toward a health-enhancing level of physical fitness.

Unit Name

Closure

Topic

Self assessment

Standard Number

4.1.09

Participates in fitness post-assessment.

Grade Level

7

Designs a 1-week personal health-related fitness plan.

Unit Name

Topic

Principles/plans

Standard Number

4.2

Grade Standard

Unit Standard

Grade Level **7**
Unit Name **Introduction**
Topic **Principles/plans**
Standard Number **4.2.01**

Designs a 1-week personal health-related fitness plan.

Define the terms: warm up, cool down, progression, overload, and specificity.

Grade Level **7**
Unit Name **Tumbling/Gymnasti**
Topic **Principles/plans**
Standard Number **4.2.02**

Designs a 1-week personal health-related fitness plan.

Creates a 1-week flexibility plan.

Grade Level **7**
Unit Name **Orienteering**
Topic **Principles/plans**
Standard Number **4.2.03**

Designs a 1-week personal health-related fitness plan.

Creates a 1-week nutrition plan.

Grade Standard

Unit Standard

Grade Level

7

Designs a 1-week personal health-related fitness plan.

Creates a 1-week body composition plan.

Unit Name

Tennis

Topic

Principles/plans

Standard Number

4.2.04

Grade Level

7

Designs a 1-week personal health-related fitness plan.

Creates a 1-week cardiorespiratory plan.

Unit Name

Aquatics

Topic

Principles/plans

Standard Number

4.2.05

Grade Level

7

Designs a 1-week personal health-related fitness plan.

Creates a 1-week muscular endurance plan.

Unit Name

Golf

Topic

Principles/plans

Standard Number

4.2.06

Grade Standard

Unit Standard

Grade Level **7**
Unit Name **Self-Defense**
Topic **Principles/plans**
Standard Number **4.2.07**

Designs a 1-week personal health-related fitness plan.

Creates a 1-week muscular strength plan.

Grade Level **7**
Unit Name **Medieval**
Topic **Principles/plans**
Standard Number **4.2.08**

Designs a 1-week personal health-related fitness plan.

Designs a 1-week personal health-related fitness plan.

Grade Level **7**
Unit Name **Closure**
Topic **Principles/plans**
Standard Number **4.2.09**

Designs a 1-week personal health-related fitness plan.

Refines 1-week personal health-related fitness plan.

Grade Standard

Unit Standard

Grade Level

7

Applies problem-solving techniques when working with another person in physical activity settings.

Unit Name

Topic

Social skills

Standard Number

5.1

Grade Level

7

Applies problem solving techniques when working with another person in physical activity settings.

Unit Name

Introduction

Topic

Social skills

Standard Number

5.1.01

Grade Level

7

Applies problem solving techniques when working with another person in physical activity settings.

Unit Name

Tumbling/Gymnasti

Topic

Social skills

Standard Number

5.1.02

Applies problem-solving techniques when working with another person in cooperative activities.

Applies problem-solving techniques when working with another person in tumbling activities.

Grade Standard

Unit Standard

Grade Level

7

Unit Name

Orienteering

Topic

Social skills

Standard Number

5.1.03

Applies problem solving techniques when working with another person in physical activity settings.

Applies problem-solving techniques when working with another person in orienteering activities.

Grade Level

7

Unit Name

Tennis

Topic

Social skills

Standard Number

5.1.04

Applies problem solving techniques when working with another person in physical activity settings.

Applies problem-solving techniques when working with another person in tennis activities.

Grade Level

7

Unit Name

Aquatics

Topic

Social skills

Standard Number

5.1.05

Applies problem solving techniques when working with another person in physical activity settings.

Applies problem-solving techniques when working with another person in aquatic activities.

Grade Standard

Unit Standard

Grade Level

7

Unit Name

Golf

Topic

Social skills

Standard Number

5.1.06

Applies problem solving techniques when working with another person in physical activity settings.

Applies problem solving techniques when working with another person in golf activities.

Grade Level

7

Unit Name

Self-Defense

Topic

Social skills

Standard Number

5.1.07

Applies problem solving techniques when working with another person in physical activity settings.

Applies problem solving techniques when working with another person in self-defense activities.

Grade Level

7

Unit Name

Medieval

Topic

Social skills

Standard Number

5.1.08

Applies problem solving techniques when working with another person in physical activity settings.

Applies problem-solving techniques when working with a person who is differently-abled in medieval times activities.

Grade Standard

Unit Standard

Grade Level

7

Unit Name

Closure

Topic

Social skills

Standard Number

5.1.09

Applies problem-solving techniques when working with another person in physical activity settings.

Applies problem-solving techniques when working with another person in physical activity settings.

Grade Level

7

Unit Name

Topic

Responsibility

Standard Number

5.2

Accepts responsibility for individual improvement during challenging physical activity.

Grade Level

7

Unit Name

Introduction

Topic

Responsibility

Standard Number

5.2.01

Accepts responsibility for individual improvement during challenging physical activity.

Accepts responsibility for individual improvement in fitness.

Grade Standard

Unit Standard

Grade Level **7**
Unit Name **Tumbling/Gymnasti**
Topic **Responsibility**
Standard Number **5.2.02**

Accepts responsibility for individual improvement during challenging physical activity.

Accepts responsibility for individual improvement during tumbling and gymnastics activities.

Grade Level **7**
Unit Name **Orienteering**
Topic **Responsibility**
Standard Number **5.2.03**

Accepts responsibility for individual improvement during challenging physical activity.

Accepts responsibility for individual improvement during orienteering activities.

Grade Level **7**
Unit Name **Tennis**
Topic **Responsibility**
Standard Number **5.2.04**

Accepts responsibility for individual improvement during challenging physical activity.

Accepts responsibility for individual improvement during tennis activities.

Grade Standard

Unit Standard

Grade Level **7**
Unit Name **Aquatics**
Topic **Responsibility**
Standard Number **5.2.05**

Accepts responsibility for individual improvement during challenging physical activity.

Accepts responsibility for individual improvement during aquatic activities.

Grade Level **7**
Unit Name **Golf**
Topic **Responsibility**
Standard Number **5.2.06**

Accepts responsibility for individual improvement during challenging physical activity.

Accepts responsibility for individual improvement during golf activities.

Grade Level **7**
Unit Name **Self-Defense**
Topic **Responsibility**
Standard Number **5.2.07**

Accepts responsibility for individual improvement during challenging physical activity.

Accepts responsibility for individual improvement during self-defense activities.

Grade Standard

Unit Standard

Grade Level **7**
Unit Name **Medieval**
Topic **Responsibility**
Standard Number **5.2.08**

Accepts responsibility for individual improvement during challenging physical activity.

Accepts responsibility for individual improvement during medieval times activities.

Grade Level **7**
Unit Name **Closure**
Topic **Responsibility**
Standard Number **5.2.09**

Accepts responsibility for individual improvement during challenging physical activity.

Accepts responsibility for individual improvement during challenging physical activities.

Grade Level **7**
Unit Name
Topic **History**
Standard Number **6.1**

Describes the development and role of movement-related activities in the medieval times and their influences on physical activities today.

Grade Standard

Unit Standard

Grade Level

7

Unit Name

Introduction

Topic

History

Standard Number

6.1.01

Describes the development and role of movement-related activities in the medieval times and their influences on physical activities today.

Describes fitness activities during medieval times.

Grade Level

7

Unit Name

Tumbling/Gymnasti

Topic

History

Standard Number

6.1.02

Describes the development and role of movement-related activities in the medieval times and their influences on physical activities today.

Describes recreational activities during medieval times.

Grade Level

7

Unit Name

Orienteering

Topic

History

Standard Number

6.1.03

Describes the development and role of movement-related activities in the medieval times and their influences on physical activities today.

Describes outdoor activities during medieval times.

Grade Standard

Unit Standard

Grade Level

7

Unit Name

Tennis

Topic

History

Standard Number

6.1.04

Describes the development and role of movement-related activities in the medieval times and their influences on physical activities today.

Describes ball games during medieval times.

Grade Level

7

Unit Name

Aquatics

Topic

History

Standard Number

6.1.05

Describes the development and role of movement-related activities in the medieval times and their influences on physical activities today.

Describes swimming activities during medieval times.

Grade Level

7

Unit Name

Golf

Topic

History

Standard Number

6.1.06

Describes the development and role of movement-related activities in the medieval times and their influences on physical activities today.

Describes golf during medieval times and the Renaissance.

Grade Standard

Unit Standard

Grade Level

7

Unit Name

Self-Defense

Topic

History

Standard Number

6.1.07

Describes the development and role of movement-related activities in the medieval times and their influences on physical activities today.

Describes combative activities during medieval times.

Grade Level

7

Unit Name

Medieval

Topic

History

Standard Number

6.1.08

Describes the development and role of movement-related activities in the medieval times and their influences on physical activities today.

Describes games, activities, and physical education during medieval times.

Grade Level

7

Unit Name

Closure

Topic

History

Standard Number

6.1.09

Describes the development and role of movement-related activities in the medieval times and their influences on physical activities today.

Describes the development and role of movement-related activities in the medieval times and their influences on physical activities today.

Grade Standard

Unit Standard

Grade Level

7

Appreciates one's own stylistic approach to creating a routine.

Unit Name

Topic

Aesthetics

Standard Number

6.2

Grade Level

7

Appreciates one's own stylistic approach to creating a routine.

Unit Name

Introduction

Topic

Aesthetics

Standard Number

6.2.01

Appreciates one's own stylistic approach to movement.

Grade Level

7

Appreciates one's own stylistic approach to creating a routine.

Unit Name

Tumbling/Gymnastics

Topic

Aesthetics

Standard Number

6.2.02

Appreciates one's own stylistic approach to creating a tumbling or gymnastics routine.

Grade Standard

Unit Standard

Grade Level

7

Appreciates one's own stylistic approach to creating a routine.

Not applicable

Unit Name

Orienteering

Topic

Aesthetics

Standard Number

6.2.03

Grade Level

7

Appreciates one's own stylistic approach to creating a routine.

Not applicable

Unit Name

Tennis

Topic

Aesthetics

Standard Number

6.2.04

Grade Level

7

Appreciates one's own stylistic approach to creating a routine.

Not applicable

Unit Name

Aquatics

Topic

Aesthetics

Standard Number

6.2.05

Grade Standard

Unit Standard

Grade Level

7

Appreciates one's own stylistic approach to creating a routine.

Not applicable

Unit Name

Golf

Topic

Aesthetics

Standard Number

6.2.06

Grade Level

7

Appreciates one's own stylistic approach to creating a routine.

Not applicable

Unit Name

Self-Defense

Topic

Aesthetics

Standard Number

6.2.07

Grade Level

7

Appreciates one's own stylistic approach to creating a routine.

Appreciates one's own stylistic approach to dance.

Unit Name

Medieval

Topic

Aesthetics

Standard Number

6.2.08

Grade Standard

Unit Standard

Grade Level

7

Appreciates one's own stylistic approach to creating a routine.

Appreciates one's own stylistic approach to creating a routine.

Unit Name

Closure

Topic

Aesthetics

Standard Number

6.2.09

Grade Level

7

Chooses to engage in activities at the appropriate level of physical challenge.

Unit Name

Topic

Challenge/success

Standard Number

6.3

Grade Level

7

Chooses to engage in activities at the appropriate level of physical challenge.

Chooses to engage in fitness and cooperative activities.

Unit Name

Introduction

Topic

Challenge/success

Standard Number

6.3.01

Grade Standard

Unit Standard

Grade Level **7**
Unit Name **Tumbling/Gymnastics**
Topic **Challenge/success**
Standard Number **6.3.02**

Chooses to engage in activities at the appropriate level of physical challenge.

Chooses to engage in tumbling and gymnastics activities at the appropriate level of personal challenge.

Grade Level **7**
Unit Name **Orienteering**
Topic **Challenge/success**
Standard Number **6.3.03**

Chooses to engage in activities at the appropriate level of physical challenge.

Chooses to engage in orienteering activities at the appropriate level of personal challenge.

Grade Level **7**
Unit Name **Tennis**
Topic **Challenge/success**
Standard Number **6.3.04**

Chooses to engage in activities at the appropriate level of physical challenge.

Chooses to engage in tennis activities at the appropriate level of personal challenge.

Grade Standard

Unit Standard

Grade Level **7**
Unit Name **Aquatics**
Topic **Challenge/success**
Standard Number **6.3.05**

Chooses to engage in activities at the appropriate level of physical challenge.

Chooses to engage in aquatic activities at the appropriate level of personal challenge.

Grade Level **7**
Unit Name **Golf**
Topic **Challenge/success**
Standard Number **6.3.06**

Chooses to engage in activities at the appropriate level of physical challenge.

Chooses to engage in golf activities at the appropriate level of personal challenge.

Grade Level **7**
Unit Name **Self-Defense**
Topic **Challenge/success**
Standard Number **6.3.07**

Chooses to engage in activities at the appropriate level of physical challenge.

Chooses to engage in self-defense activities at the appropriate level of personal challenge.

Grade Standard

Unit Standard

Grade Level **7**
Unit Name **Medieval**
Topic **Challenge/success**
Standard Number **6.3.08**

Chooses to engage in activities at the appropriate level of physical challenge.

Choose to engage in medieval times activities at the appropriate level of personal challenge.

Grade Level **7**
Unit Name **Closure**
Topic **Challenge/success**
Standard Number **6.3.09**

Chooses to engage in activities at the appropriate level of physical challenge.

Chooses to engage in activities at the appropriate level of personal challenge.

Grade Level **7**
Unit Name
Topic **Benefits**
Standard Number **6.4**

Describes the social benefits of regular participation in physical activity.

Grade Standard

Unit Standard

Grade Level

7

Describes the social benefits of regular participation in physical activity.

Unit Name

Introduction

Topic

Benefits

Standard Number

6.4.01

Defines physical activity and sociology.

Grade Level

7

Describes the social benefits of regular participation in physical activity.

Unit Name

Tumbling/Gymnastics

Topic

Benefits

Standard Number

6.4.02

Explains that in many societies physical activity is a shared intergenerational experience.

Grade Level

7

Describes the social benefits of regular participation in physical activity.

Unit Name

Orienteering

Topic

Benefits

Standard Number

6.4.03

Describes the social benefits of regular participation in orienteering.

Grade Standard

Unit Standard

Grade Level

7

Describes the social benefits of regular participation in physical activity.

Unit Name

Tennis

Describes the social benefits of regular participation in tennis.

Topic

Benefits

Standard Number

6.4.04

Grade Level

7

Describes the social benefits of regular participation in physical activity.

Unit Name

Aquatics

Describes the social benefits of regular participation in aquatic activities.

Topic

Benefits

Standard Number

6.4.05

Grade Level

7

Describes the social benefits of regular participation in physical activity.

Unit Name

Golf

Describes the social benefits of regular participation in golf.

Topic

Benefits

Standard Number

6.4.06

Grade Standard

Unit Standard

Grade Level

7

Describes the social benefits of regular participation in physical activity.

Unit Name

Self-Defense

Topic

Benefits

Standard Number

6.4.07

Describes the social benefits of regular participation in self-defense.

Grade Level

7

Describes the social benefits of regular participation in physical activity.

Unit Name

Medieval

Topic

Benefits

Standard Number

6.4.08

Describes the social benefits of regular participation in physical activity.

Grade Level

7

Describes the social benefits of regular participation in physical activity.

Unit Name

Closure

Topic

Benefits

Standard Number

6.4.09

Refines description of the social benefits of regular participation in physical activity.

Grade Standard

Unit Standard

Grade Level

8

Unit Name

Topic

Motor skill and

Standard Number

1.0

Demonstrates the mature form for specialized skills and combinations during modified team and dance activities.

Grade Level

8

Unit Name

Introduction

Topic

Motor skill and

Standard Number

1.0.01

Demonstrates the mature form for specialized skills and combinations during modified team and dance activities.

Grade Level

8

Unit Name

Problem-Solving

Topic

Motor skill and

Standard Number

1.0.02

Demonstrates the mature form for specialized skills and combinations during modified team and dance activities.

Demonstrates the mature form for the forearm pass.

Demonstrate tumbling skills.

Grade Standard

Unit Standard

Grade Level **8**
Unit Name **Invasion Sports**
Topic **Motor skill and**
Standard Number **1.0.03**

Demonstrates the mature form for specialized skills and combinations during modified team and dance activities.

Demonstrates the mature form for: chest pass, one-handed overhead pass, two-handed overhead pass, bounce pass, two-step stop, pivot, catching, jump stop, hand dribbling, basketball set shot, team handball set shot, team handball jump

Grade Level **8**
Unit Name **Net Sports**
Topic **Motor skill and**
Standard Number **1.0.04**

Demonstrates the mature form for specialized skills and combinations during modified team and dance activities.

Demonstrates the mature form for forearm pass, underhand serve, overhand pass, overhand serve, standing spike, jumping spike, and block.

Grade Level **8**
Unit Name **Field Sports**
Topic **Motor skill and**
Standard Number **1.0.05**

Demonstrates the mature form for specialized skills and combinations during modified team and dance activities.

Demonstrates the mature form for pitch, bat, bunt, sidearm whip throw, fielding ground balls and flies, and baserunning.

Grade Standard

Unit Standard

Grade Level **8**
Unit Name **Square Dance**
Topic **Motor skill and**
Standard Number **1.0.06**

Demonstrates the mature form for specialized skills and combinations during modified team and dance activities.

Demonstrates the mature form for circle left, right, shuffle step, do-si-do, swing, promenade, right-hand star, allemande left, single-file promenade, split ring, grade right and left, courtesy turn, forearm turn, right and left through, pass partner, circle

Grade Level **8**
Unit Name **Closure**
Topic **Motor skill and**
Standard Number **1.0.07**

Demonstrates the mature form for specialized skills and combinations during modified team and dance activities.

Demonstrates the mature form for specialized skills and combinations during modified team and dance activities.

Grade Level **8**
Unit Name
Topic **Motor learning**
Standard Number **2.1**

Analyzes the effect of positive transfer on specialized skill improvement.

Grade Standard

Unit Standard

Grade Level

8

Analyzes the effect of positive transfer on specialized skill improvement.

Defines positive and negative transfer.

Unit Name

Introduction

Topic

Motor learning

Standard Number

2.1.01

Grade Level

8

Analyzes the effect of positive transfer on specialized skill improvement.

Describes the elements of positive transfer.

Unit Name

Problem-Solving

Topic

Motor learning

Standard Number

2.1.02

Grade Level

8

Analyzes the effect of positive transfer on specialized skill improvement.

Applies transfer of learning principles to the learning of skills used in invasion sports.

Unit Name

Invasion Sports

Topic

Motor learning

Standard Number

2.1.03

Grade Standard

Unit Standard

Grade Level

8

Analyzes the effect of positive transfer on specialized skill improvement.

Unit Name

Net Sports

Topic

Motor learning

Standard Number

2.1.04

Applies transfer of learning principles to the learning of skills used in net sports.

Grade Level

8

Analyzes the effect of positive transfer on specialized skill improvement.

Unit Name

Field Sports

Topic

Motor learning

Standard Number

2.1.05

Applies transfer of learning principles to the learning of skills used in field sports.

Grade Level

8

Analyzes the effect of positive transfer on specialized skill improvement.

Unit Name

Square Dance

Topic

Motor learning

Standard Number

2.1.06

Applies transfer of learning principles to the learning of steps in new dances.

Grade Standard

Unit Standard

Grade Level

8

Analyzes the effect of positive transfer on specialized skill improvement.

Analyzes the effect of positive transfer on specialized skill improvement.

Unit Name

Closure

Topic

Motor learning

Standard Number

2.1.07

Grade Level

8

Explains how force can be used to alter the outcome of a skill performance.

Unit Name

Topic

Biomechanics

Standard Number

2.2

Grade Level

8

Explains how force can be used to alter the outcome of a skill performance.

Describes the external forces that impact physical performance.

Unit Name

Introduction

Topic

Biomechanics

Standard Number

2.2.01

Grade Standard

Unit Standard

Grade Level

8

Explains how force can be used to alter the outcome of a skill performance.

Explains the impact of gravity on skill performance.

Unit Name

Problem-Solving

Topic

Biomechanics

Standard Number

2.2.02

Grade Level

8

Explains how force can be used to alter the outcome of a skill performance.

Explains the impact of collision (rebound) on skill performance.

Unit Name

Invasion Sports

Topic

Biomechanics

Standard Number

2.2.03

Grade Level

8

Explains how force can be used to alter the outcome of a skill performance.

Explains the impact of air resistance on skill performance.

Unit Name

Net Sports

Topic

Biomechanics

Standard Number

2.2.04

Grade Standard

Unit Standard

Grade Level

8

Explains how force can be used to alter the outcome of a skill performance.

Explains the impact of friction on skill performance.

Unit Name

Field Sports

Topic

Biomechanics

Standard Number

2.2.05

Grade Level

8

Explains how force can be used to alter the outcome of a skill performance.

Explains how force can be used to alter the outcome of dance performance.

Unit Name

Square Dance

Topic

Biomechanics

Standard Number

2.2.06

Grade Level

8

Explains how force can be used to alter the outcome of a skill performance.

Refines explanation of how force can be used to alter the outcome of a skill performance.

Unit Name

Closure

Topic

Biomechanics

Standard Number

2.2.07

Grade Standard

Unit Standard

Grade Level **8** Explains offensive/defensive strategies for invasion and field sports.

Unit Name

Topic **Game tactics**

Standard Number **2.3**

Grade Level **8** Explains offensive/defensive strategies for invasion and field sports.

Unit Name **Introduction**

Topic **Game tactics**

Standard Number **2.3.01**

Grade Level **8** Explains offensive/defensive strategies for invasion and field sports.

Unit Name **Problem-Solving**

Topic **Game tactics**

Standard Number **2.3.02**

Explains the elements of a team sport.

Explains the use of strategy in problem-solving situations.

Grade Standard

Unit Standard

Grade Level

8

Explains offensive/defensive strategies for invasion and field sports.

Unit Name

Invasion Sports

Topic

Game tactics

Standard Number

2.3.03

Explains offensive and defensive strategies for invasion sports.

Grade Level

8

Explains offensive/defensive strategies for invasion and field sports.

Unit Name

Net Sports

Topic

Game tactics

Standard Number

2.3.04

Explains offensive and defensive strategies for net sports.

Grade Level

8

Explains offensive/defensive strategies for invasion and field sports.

Unit Name

Field Sports

Topic

Game tactics

Standard Number

2.3.05

Explains offensive and defensive strategies for field sports.

Grade Standard

Unit Standard

Grade Level

8

Explains offensive/defensive strategies for invasion and field sports.

Not applicable

Unit Name

Square Dance

Topic

Game tactics

Standard Number

2.3.06

Grade Level

8

Explains offensive/defensive strategies for invasion and field sports.

Refines explanation of offensive/defensive strategies for invasion and field sports.

Unit Name

Closure

Topic

Game tactics

Standard Number

2.3.07

Grade Level

8

Analyzes the role of physical abilities in the performance of specialized skills.

Unit Name

Topic

Motor development

Standard Number

2.4

Grade Standard

Unit Standard

Grade Level

8

Analyzes the role of physical abilities in the performance of specialized skills.

Defines the areas of skill-related fitness.

Unit Name

Introduction

Topic

Motor development

Standard Number

2.4.01

Grade Level

8

Analyzes the role of physical abilities in the performance of specialized skills.

Describes the variables of physical development/abilities that affect motor performance.

Unit Name

Problem-Solving

Topic

Motor development

Standard Number

2.4.02

Grade Level

8

Analyzes the role of physical abilities in the performance of specialized skills.

Describes how differences in height and weight affect one's performance.

Unit Name

Invasion Sports

Topic

Motor development

Standard Number

2.4.03

Grade Standard

Unit Standard

Grade Level

8

Analyzes the role of physical abilities in the performance of specialized skills.

Unit Name

Net Sports

Topic

Motor development

Standard Number

2.4.04

Describes how longer limbs provide better leverage if accompanied by increases in strength.

Grade Level

8

Analyzes the role of physical abilities in the performance of specialized skills.

Unit Name

Field Sports

Topic

Motor development

Standard Number

2.4.05

Explains why different positions require different physical abilities.

Grade Level

8

Analyzes the role of physical abilities in the performance of specialized skills.

Unit Name

Square Dance

Topic

Motor development

Standard Number

2.4.06

Analyzes the role of physical abilities in the performance of specialized skills.

Grade Standard

Unit Standard

Grade Level

8

Analyzes the role of physical abilities in the performance of specialized skills.

Refines analysis of the role of physical abilities in the performance of specialized skills.

Unit Name

Closure

Topic

Motor development

Standard Number

2.4.07

Grade Level

8

Explains critical elements of specialized skills and combinations in team sports.

Unit Name

Topic

Critical elements

Standard Number

2.5

Grade Level

8

Explains critical elements of specialized skills and combinations in team sports.

Explains the critical elements of the forearm pass.

Unit Name

Introduction

Topic

Critical elements

Standard Number

2.5.01

Grade Standard

Unit Standard

Grade Level **8**
Unit Name **Problem-Solving**
Topic **Critical elements**
Standard Number **2.5.02**

Explains critical elements of specialized skills and combinations in team sports.

Not applicable

Grade Level **8**
Unit Name **Invasion Sports**
Topic **Critical elements**
Standard Number **2.5.03**

Explains critical elements of specialized skills and combinations in team sports.

Explains the critical elements of chest pass, one-handed overhead pass, two-handed overhead pass, bounce pass, two-step stop, pivot, catching, jump stop, hand dribbling, basketball set shot, team handball set shot, team handball jump

Grade Level **8**
Unit Name **Net Sports**
Topic **Critical elements**
Standard Number **2.5.04**

Explains critical elements of specialized skills and combinations in team sports.

Explains the critical elements of forearm pass, underhand serve, overhand pass, overhand serve, standing spike, jumping spike, and block.

Grade Standard

Unit Standard

Grade Level **8**
Unit Name **Field Sports**
Topic **Critical elements**
Standard Number **2.5.05**

Explains critical elements of specialized skills and combinations in team sports.

Explains the critical elements of pitch, bat, bunt, sidearm whip throw, fielding ground balls and flies, and baserunning.

Grade Level **8**
Unit Name **Square Dance**
Topic **Critical elements**
Standard Number **2.5.06**

Explains critical elements of specialized skills and combinations in team sports.

Explains critical elements of specialized skills and combinations for circle left/right, shuffle step, do-si-do, swing, promenade, right-hand star, allemande left, single-file promenade, split ring, grand right and left, courtesy turn, forearm turn,

Grade Level **8**
Unit Name **Closure**
Topic **Critical elements**
Standard Number **2.5.07**

Explains critical elements of specialized skills and combinations in team sports.

Explains critical elements of specialized skills and combinations in team sports.

Grade Standard

Unit Standard

Grade Level

8

Engages in moderate and vigorous physical activity for 5/60 minutes 5/6 days each week.

Unit Name

Topic

Participate in

Standard Number

3.1

Grade Level

8

Engages in moderate and vigorous physical activity for 60 minutes 6 days each week.

Unit Name

Introduction

Topic

Participate in

Standard Number

3.1.01

Grade Level

8

Engages in moderate and vigorous physical activity for 60 minutes 6 days each week.

Unit Name

Problem-Solving

Topic

Participate in

Standard Number

3.1.02

Engages in moderate and vigorous physical activity for 60 minutes 6 days each week.

Engages in moderate and vigorous physical activity for 60 minutes 6 days each week.

Grade Standard

Unit Standard

Grade Level

8

Engages in moderate and vigorous physical activity for 60 minutes 6 days each week.

Engages in moderate and vigorous physical activity for 60 minutes 6 days each week.

Unit Name

Invasion Sports

Topic

Participate in

Standard Number

3.1.03

Grade Level

8

Engages in moderate and vigorous physical activity for 60 minutes 6 days each week.

Engages in moderate and vigorous physical activity for 60 minutes 6 days each week based on personal goals.

Unit Name

Net Sports

Topic

Participate in

Standard Number

3.1.04

Grade Level

8

Engages in moderate and vigorous physical activity for 60 minutes 6 days each week.

Engages in moderate and vigorous physical activity for 60 minutes 6 days each week based on personal goals.

Unit Name

Field Sports

Topic

Participate in

Standard Number

3.1.05

Grade Standard

Unit Standard

Grade Level

8

Engages in moderate and vigorous physical activity for 60 minutes 6 days each week.

Engages in moderate and vigorous physical activity for 60 minutes 6 days each week.

Unit Name

Square Dance

Topic

Participate in

Standard Number

3.1.06

Grade Level

8

Engages in moderate and vigorous physical activity for 60 minutes 6 days each week.

Engages in moderate and vigorous physical activity for 60 minutes on 6 days each week.

Unit Name

Closure

Topic

Participate in

Standard Number

3.1.07

Grade Level

8

Explains ways of increasing physical activity in routine daily activities.

Unit Name

Topic

Opportunities

Standard Number

3.2

Grade Standard

Unit Standard

Grade Level

8

Explains ways of increasing physical activity in routine daily activities.

Unit Name

Introduction

Topic

Opportunities

Standard Number

3.2.01

Explains ways to take physical activity breaks during the day.

Grade Level

8

Explains ways of increasing physical activity in routine daily activities.

Unit Name

Problem-Solving

Topic

Opportunities

Standard Number

3.2.02

Explains ways to avoid labor-saving devices in order to increase daily physical activity.

Grade Level

8

Explains ways of increasing physical activity in routine daily activities.

Unit Name

Invasion Sports

Topic

Opportunities

Standard Number

3.2.03

Explains ways to get more walking in daily activities.

Grade Standard

Unit Standard

Grade Level

8

Explains ways of increasing physical activity in routine daily activities.

Unit Name

Net Sports

Topic

Opportunities

Standard Number

3.2.04

Explains ways to exercise while playing video games.

Grade Level

8

Explains ways of increasing physical activity in routine daily activities.

Unit Name

Field Sports

Topic

Opportunities

Standard Number

3.2.05

Explains ways to exercise while watching television.

Grade Level

8

Explains ways of increasing physical activity in routine daily activities.

Unit Name

Square Dance

Topic

Opportunities

Standard Number

3.2.06

Explains ways of increasing physical activity in routine daily activities.

Grade Standard

Unit Standard

Grade Level

8

Explains ways of increasing physical activity in routine daily activities.

Unit Name

Closure

Topic

Opportunities

Standard Number

3.2.07

Refines explanation regarding ways of increasing physical activity in routine daily activities.

Grade Level

8

Works toward a health-enhancing level of physical fitness.

Unit Name

Topic

Self assessment

Standard Number

4.1

Grade Level

8

Works toward a health-enhancing level of physical fitness.

Unit Name

Introduction

Topic

Self assessment

Standard Number

4.1.01

Participates in fitness pre-assessment.

Grade Standard

Unit Standard

Grade Level

8

Works toward a health-enhancing level of physical fitness.

Unit Name

Problem-Solving

Topic

Self assessment

Standard Number

4.1.02

Works toward a health-enhancing level of physical fitness.

Grade Level

8

Works toward a health-enhancing level of physical fitness.

Unit Name

Invasion Sports

Topic

Self assessment

Standard Number

4.1.03

Works toward a health-enhancing level of physical fitness.

Grade Level

8

Works toward a health-enhancing level of physical fitness.

Unit Name

Net Sports

Topic

Self assessment

Standard Number

4.1.04

Works toward a health-enhancing level of physical fitness.

Grade Standard

Unit Standard

Grade Level

8

Works toward a health-enhancing level of physical fitness.

Unit Name

Field Sports

Topic

Self assessment

Standard Number

4.1.05

Works toward a health-enhancing level of physical fitness.

Grade Level

8

Works toward a health-enhancing level of physical fitness.

Unit Name

Square Dance

Topic

Self assessment

Standard Number

4.1.06

Works toward a health-enhancing level of physical fitness.

Grade Level

8

Works toward a health-enhancing level of physical fitness.

Unit Name

Closure

Topic

Self assessment

Standard Number

4.1.07

Participates in fitness post-assessment.

Grade Standard

Unit Standard

Grade Level

8

Unit Name

Topic

Principles/plans

Standard Number

4.2

Designs a 2-week personal health-related fitness plan taking into account the possibility of inclement weather, minor injury, and/or travel.

Grade Level

8

Unit Name

Introduction

Topic

Principles/plans

Standard Number

4.2.01

Designs a 2-week personal health-related fitness plan taking into account the possibility of inclement weather, minor injury, and/or travel.

Grade Level

8

Unit Name

Problem-Solving

Topic

Principles/plans

Standard Number

4.2.02

Designs a 2-week personal health-related fitness plan taking into account the possibility of inclement weather, minor injury, and/or travel.

Analyzes 1-week health-related fitness plan.

Creates a 2-week warm-up, cool-down, and flexibility plan.

Grade Standard

Unit Standard

Grade Level

8

Unit Name

Invasion Sports

Topic

Principles/plans

Standard Number

4.2.03

Designs a 2-week personal health-related fitness plan taking into account the possibility of inclement weather, minor injury, and/or travel.

Creates 2-week cardiorespiratory plan.

Grade Level

8

Unit Name

Net Sports

Topic

Principles/plans

Standard Number

4.2.04

Designs a 2-week personal health-related fitness plan taking into account the possibility of inclement weather, minor injury, and/or travel.

Creates a 2-week muscular endurance and muscular strength plan.

Grade Level

8

Unit Name

Field Sports

Topic

Principles/plans

Standard Number

4.2.05

Designs a 2-week personal health-related fitness plan taking into account the possibility of inclement weather, minor injury, and/or travel.

Creates a 2-week body composition plan.

Grade Standard

Unit Standard

Grade Level

8

Unit Name

Square Dance

Topic

Principles/plans

Standard Number

4.2.06

Designs a 2-week personal health-related fitness plan taking into account the possibility of inclement weather, minor injury, and/or travel.

Designs a 2-week personal health-related fitness plan.

Grade Level

8

Unit Name

Closure

Topic

Principles/plans

Standard Number

4.2.07

Designs a 2-week personal health-related fitness plan taking into account the possibility of inclement weather, minor injury, and/or travel.

Refines a 2-week personal health-related fitness plan.

Grade Level

8

Unit Name

Topic

Social skills

Standard Number

5.1

Collaborates with others to solve group problems in physical activity settings.

Grade Standard

Unit Standard

Grade Level **8**
Unit Name **Introduction**
Topic **Social skills**
Standard Number **5.1.01**

Collaborates with others to solve group problems in physical activity settings.

Demonstrates collaboration with a partner.

Grade Level **8**
Unit Name **Problem-Solving**
Topic **Social skills**
Standard Number **5.1.02**

Collaborates with others to solve group problems in physical activity settings.

Demonstrates the steps for conflict resolution.

Grade Level **8**
Unit Name **Invasion Sports**
Topic **Social skills**
Standard Number **5.1.03**

Collaborates with others to solve group problems in physical activity settings.

Collaborates with team members during invasion sports.

Grade Standard

Unit Standard

Grade Level

8

Collaborates with others to solve group problems in physical activity settings.

Unit Name

Net Sports

Topic

Social skills

Standard Number

5.1.04

Collaborates with team members to solve problems during nets sports.

Grade Level

8

Collaborates with others to solve group problems in physical activity settings.

Unit Name

Field Sports

Topic

Social skills

Standard Number

5.1.05

Collaborates with team members to solve problems during field sports.

Grade Level

8

Collaborates with others to solve group problems in physical activity settings.

Unit Name

Square Dance

Topic

Social skills

Standard Number

5.1.06

Collaborates with others to solve group problems in physical activity settings.

Grade Standard

Unit Standard

Grade Level **8**
Unit Name **Closure**
Topic **Social skills**
Standard Number **5.1.07**

Collaborates with others to solve group problems in physical activity settings.

Collaborates with others to solve group problems in physical activity settings.

Grade Level **8**
Unit Name
Topic **Responsibility**
Standard Number **5.2**

Accepts responsibility for one's own actions and decisions during physical activity.

Grade Level **8**
Unit Name **Introduction**
Topic **Responsibility**
Standard Number **5.2.01**

Accepts responsibility for one's own actions and decisions during physical activity performed in groups.

Accepts responsibility for one's own actions.

Grade Standard

Unit Standard

Grade Level

8

Unit Name

Problem-Solving

Topic

Responsibility

Standard Number

5.2.02

Accepts responsibility for one's own actions and decisions during physical activity performed in groups.

Accepts responsibility for one's own actions and decisions during problem-solving activities.

Grade Level

8

Unit Name

Invasion Sports

Topic

Responsibility

Standard Number

5.2.03

Accepts responsibility for one's own actions and decisions during physical activity performed in groups.

Accepts responsibility for one's own actions and decisions during invasion sports.

Grade Level

8

Unit Name

Net Sports

Topic

Responsibility

Standard Number

5.2.04

Accepts responsibility for one's own actions and decisions during physical activity performed in groups.

Accepts responsibility for one's own actions and decisions during net sports.

Grade Standard

Unit Standard

Grade Level

8

Unit Name

Field Sports

Topic

Responsibility

Standard Number

5.2.05

Accepts responsibility for one's own actions and decisions during physical activity performed in groups.

Accepts responsibility for one's own actions and decisions during field sports.

Grade Level

8

Unit Name

Square Dance

Topic

Responsibility

Standard Number

5.2.06

Accepts responsibility for one's own actions and decisions during physical activity performed in groups.

Accepts responsibility for one's own actions and decisions during square dancing.

Grade Level

8

Unit Name

Closure

Topic

Responsibility

Standard Number

5.2.07

Accepts responsibility for one's own actions and decisions during physical activity performed in groups.

Accepts responsibility for one's own actions and decisions during physical activity performed in groups.

Grade Standard

Unit Standard

Grade Level

8

Unit Name

Topic

History

Standard Number

6.1

Explains the development and role of movement-related activities in the United States (19th-20th centuries) and their influence on physical activities today.

Grade Level

8

Unit Name

Introduction

Topic

History

Standard Number

6.1.01

Explains the development and role of movement-related activities in the United States (19th-20th centuries) and their influence on physical activities today.

Grade Level

8

Unit Name

Problem-Solving

Topic

History

Standard Number

6.1.02

Explains the development and role of movement-related activities in the United States (19th-20th centuries) and their influence on physical activities today.

Describes fitness activities in the United States during the 19th and 20th centuries.

Describes modern Olympic movements in the United States during the 19th and 20th centuries.

Grade Standard

Unit Standard

Grade Level

8

Unit Name

Invasion Sports

Topic

History

Standard Number

6.1.03

Explains the development and role of movement-related activities in the United States (19th-20th centuries) and their influence on physical activities today.

Describes invasion sports in the United States during the 19th and 20th centuries.

Grade Level

8

Unit Name

Net Sports

Topic

History

Standard Number

6.1.04

Explains the development and role of movement-related activities in the United States (19th-20th centuries) and their influence on physical activities today.

Describes nets sports in the United States during the 19th and 20th centuries.

Grade Level

8

Unit Name

Field Sports

Topic

History

Standard Number

6.1.05

Explains the development and role of movement-related activities in the United States (19th-20th centuries) and their influence on physical activities today.

Describes field sports in the United States during the 19th and 20th centuries.

Grade Standard

Unit Standard

Grade Level **8**
Unit Name **Square Dance**
Topic **History**
Standard Number **6.1.06**

Explains the development and role of movement-related activities in the United States (19th-20th centuries) and their influence on physical activities today.

Describes dancing in the United States during the 19th and 20th centuries.

Grade Level **8**
Unit Name **Closure**
Topic **History**
Standard Number **6.1.07**

Explains the development and role of movement-related activities in the United States (19th-20th centuries) and their influence on physical activities today.

Explains the development and role of movement-related activities in the United States (19th-20th centuries) and their influence on physical activities today.

Grade Level **8**
Unit Name
Topic **Aesthetics**
Standard Number **6.2**

Appreciates other's stylistic approach to creating a dance or routine.

Grade Standard

Unit Standard

Grade Level

8

Appreciates other's stylistic approach to creating a dance or routine.

Not applicable

Unit Name

Introduction

Topic

Aesthetics

Standard Number

6.2.01

Grade Level

8

Appreciates other's stylistic approach to creating a dance or routine.

Not applicable

Unit Name

Problem-Solving

Topic

Aesthetics

Standard Number

6.2.02

Grade Level

8

Appreciates other's stylistic approach to creating a dance or routine.

Not applicable

Unit Name

Invasion Sports

Topic

Aesthetics

Standard Number

6.2.03

Grade Standard

Unit Standard

Grade Level

8

Appreciates other's stylistic approach to creating a dance or routine.

Not applicable

Unit Name

Net Sports

Topic

Aesthetics

Standard Number

6.2.04

Grade Level

8

Appreciates other's stylistic approach to creating a dance or routine.

Not applicable

Unit Name

Field Sports

Topic

Aesthetics

Standard Number

6.2.05

Grade Level

8

Appreciates other's stylistic approach to creating a dance or routine.

Appreciates other's stylistic approach to creating a dance.

Unit Name

Square Dance

Topic

Aesthetics

Standard Number

6.2.06

Grade Standard

Unit Standard

Grade Level

8

Appreciates other's stylistic approach to creating a dance or routine.

Appreciates other's stylistic approach to creating a dance or routine.

Unit Name

Closure

Topic

Aesthetics

Standard Number

6.2.07

Grade Level

8

Chooses to engage in physical activities at the appropriate level of social, physical, and emotional challenge.

Unit Name

Topic

Challenge/success

Standard Number

6.3

Grade Level

8

Chooses to engage in physical activities at the appropriate level of social, physical, and emotional challenge.

Chooses to engage in fitness and cooperative activities.

Unit Name

Introduction

Topic

Challenge/success

Standard Number

6.3.01

Grade Standard

Unit Standard

Grade Level

8

Unit Name

Problem-Solving

Topic

Challenge/success

Standard Number

6.3.02

Chooses to engage in physical activities at the appropriate level of social, physical, and emotional challenge.

Chooses to engage in problem-solving activities at the appropriate level of social, physical, and emotional challenge.

Grade Level

8

Unit Name

Invasion Sports

Topic

Challenge/success

Standard Number

6.3.03

Chooses to engage in physical activities at the appropriate level of social, physical, and emotional challenge.

Chooses to engage in invasion sports at the appropriate level of social, physical, and emotional challenge.

Grade Level

8

Unit Name

Net Sports

Topic

Challenge/success

Standard Number

6.3.04

Chooses to engage in physical activities at the appropriate level of social, physical, and emotional challenge.

Chooses to engage in net sports at the appropriate level of social, physical, and emotional challenge.

Grade Standard

Unit Standard

Grade Level

8

Unit Name

Field Sports

Topic

Challenge/success

Standard Number

6.3.05

Chooses to engage in physical activities at the appropriate level of social, physical, and emotional challenge.

Chooses to engage in field sports at the appropriate level of social, physical, and emotional challenge.

Grade Level

8

Unit Name

Square Dance

Topic

Challenge/success

Standard Number

6.3.06

Chooses to engage in physical activities at the appropriate level of social, physical, and emotional challenge.

Chooses to engage in square dance activities at the appropriate level of social, physical, and emotional challenge.

Grade Level

8

Unit Name

Closure

Topic

Challenge/success

Standard Number

6.3.07

Chooses to engage in physical activities at the appropriate level of social, physical, and emotional challenge.

Chooses to engage in physical activities at the appropriate level of social, physical, and emotional challenge.

Grade Standard

Unit Standard

Grade Level **8**
Unit Name
Topic **Benefits**
Standard Number **6.4**

Explains the cognitive and psychological benefits of regular participation in physical activity.

Grade Level **8**
Unit Name **Introduction**
Topic **Benefits**
Standard Number **6.4.01**

Explains the cognitive and psychological benefits of regular participation in physical activity.

Grade Level **8**
Unit Name **Problem-Solving**
Topic **Benefits**
Standard Number **6.4.02**

Explains the cognitive and psychological benefits of regular participation in physical activity.

Defines physical activity, psychology, and cognition.

Describes the problem-solving benefits derived from participation in physical activity.

Grade Standard

Unit Standard

Grade Level **8**
Unit Name **Invasion Sports**
Topic **Benefits**
Standard Number **6.4.03**

Explains the cognitive and psychological benefits of regular participation in physical activity.

Describes the stress-reduction and relaxation benefits derived from regular participation in physical activity.

Grade Level **8**
Unit Name **Net Sports**
Topic **Benefits**
Standard Number **6.4.04**

Explains the cognitive and psychological benefits of regular participation in physical activity.

Describes the psychological benefits derived from regular participation in physical activity.

Grade Level **8**
Unit Name **Field Sports**
Topic **Benefits**
Standard Number **6.4.05**

Explains the cognitive and psychological benefits of regular participation in physical activity.

Describes the cognitive benefits derived from regular participation in physical activity.

Grade Standard

Unit Standard

Grade Level **8**
Unit Name **Square Dance**
Topic **Benefits**
Standard Number **6.4.06**

Explains the cognitive and psychological benefits of regular participation in physical activity.

Explains the cognitive and psychological benefits of regular participation in physical activity.

Grade Level **8**
Unit Name **Closure**
Topic **Benefits**
Standard Number **6.4.07**

Explains the cognitive and psychological benefits of regular participation in physical activity.

Refines explanation regarding the cognitive and psychological benefits of regular participation in physical activity.

Grade Level **9**
Unit Name
Topic **Motor Skill and**
Standard Number **1.0**

Demonstrates proficiency for specialized skills and combinations during rhythms and dance, aquatics, and individual and dual sports.

Grade Standard

Unit Standard

Grade Level

9

Unit Name

Aquatics

Topic

Motor Skill and

Standard Number

1.0.02

Demonstrates proficiency for specialized skills and combinations during rhythms and dance, aquatics, and individual and dual sports.

Demonstrates proficiency for specialized skills and combinations during aquatics; strategies.

Grade Level

9

Unit Name

Dance

Topic

Motor Skill and

Standard Number

1.0.03

Demonstrates proficiency for specialized skills and combinations during rhythms and dance, aquatics, and individual and dual sports.

Demonstrates proficiency for specialized skills and combinations during rhythms and dance.

Grade Level

9

Unit Name

Individual/Dual

Topic

Motor Skill and

Standard Number

1.0.05

Demonstrates proficiency for specialized skills and combinations during rhythms and dance, aquatics, and individual and dual sports.

Demonstrates proficiency for specialized skills and combinations during golf. Demo strategies.

Grade Standard

Unit Standard

Grade Level **9**
Unit Name
Topic **Motor Learning**
Standard Number **2.1**

Creates a practice plan for aquatics, rhythms/dance, and individual and dual activities.

Grade Level **9**
Unit Name **Aquatics**
Topic **Motor Learning**
Standard Number **2.1.02**

Creates a practice plan for aquatics, rhythms/dance, and individual and dual activities.

Creates a practice plan for aquatics; analyze/eval feedback; goal setting.

Grade Level **9**
Unit Name **Dance**
Topic **Motor Learning**
Standard Number **2.1.03**

Creates a practice plan for aquatics, rhythms/dance, and individual and dual activities.

Creates a practice plan for rhythms/dance; analyze/eval feedback; independent learning; goal setting.

Grade Standard

Unit Standard

Grade Level **9**
Unit Name **Individual/Dual**
Topic **Motor Learning**
Standard Number **2.1.05**

Creates a practice plan for aquatics, rhythms/dance, and individual and dual activities.

Creates a practice plan for golf; analyze and eval feedback; set goals.

Grade Level **9**
Unit Name
Topic **Biomechanics**
Standard Number **2.2**

Explains the use of biomechanic principles in rhythm and dance, aquatics, and individual and dual sports.

Grade Level **9**
Unit Name **Aquatics**
Topic **Biomechanics**
Standard Number **2.2.02**

Explains the use of biomechanic principles in rhythm and dance, aquatics, and individual and dual sports.

Explains the use of biomechanics principles in aquatics; apply; evaluate.

Grade Standard

Unit Standard

Grade Level

9

Unit Name

Dance

Topic

Biomechanics

Standard Number

2.2.03

Explains the use of biomechanic principles in rhythm and dance, aquatics, and individual and dual sports.

Explains the use of biomechanics principles in rhythm and dance; apply principles/eval results.

Grade Level

9

Unit Name

Individual/Dual

Topic

Biomechanics

Standard Number

2.2.05

Explains the use of biomechanic principles in rhythm and dance, aquatics, and individual and dual sports.

Explains the use of biomechanics principles in golf; apply; evaluate.

Grade Level

9

Unit Name

Topic

Game Tactics

Standard Number

2.3

Explains advanced offensive, defensive, and transition strategies in aquatics and individual and dual activities.

Grade Standard

Unit Standard

Grade Level **9**
Unit Name **Aquatics**
Topic **Game Tactics**
Standard Number **2.3.02**

Explains advanced offensive, defensive, and transition strategies in aquatics and individual and dual activities.

Explains advanced offensive, defensive, and transition strategies in aquatics.

Grade Level **9**
Unit Name **Individual/Dual**
Topic **Game Tactics**
Standard Number **2.3.05**

Explains advanced offensive, defensive, and transition strategies in aquatics and individual and dual activities.

Explains advanced offensive, defensive, and transition strategies in golf. [1.4]

Grade Level **9**
Unit Name
Topic **Motor**
Standard Number **2.4**

Explains the skill-related components that enhance performance levels in rhythms and dance, aquatics, and individual and dual sports.

Grade Standard

Unit Standard

Grade Level

9

Unit Name

Aquatics

Topic

Motor

Standard Number

2.4.02

Explains the skill-related components that enhance performance levels in rhythms and dance, aquatics, and individual and dual sports.

Explains the skill-related components that enhance performance levels in aquatics; identify; apply.

Grade Level

9

Unit Name

Dance

Topic

Motor

Standard Number

2.4.03

Explains the skill-related components that enhance performance levels in rhythms and dance, aquatics, and individual and dual sports.

Explains the skill-related components that enhance performance levels in rhythms and dance; identify and apply.

Grade Level

9

Unit Name

Individual/Dual

Topic

Motor

Standard Number

2.4.05

Explains the skill-related components that enhance performance levels in rhythms and dance, aquatics, and individual and dual sports.

Explains the skill-related components that enhance performance levels in golf; identify; apply.

Grade Standard

Unit Standard

Grade Level **9**
Unit Name
Topic **Critical elements**
Standard Number **2.5**

Analyzes performance strategies for improved performance in rhythms and dance, aquatics, and individual and dual sports.

Grade Level **9**
Unit Name **Aquatics**
Topic **Critical elements**
Standard Number **2.5.02**

Analyzes performance strategies for improved performance in rhythms and dance, aquatics, and individual and dual sports.

Analyzes performance strategies for improved performance in aquatics; analyze effect of strategy.

Grade Level **9**
Unit Name **Dance**
Topic **Critical elements**
Standard Number **2.5.03**

Analyzes performance strategies for improved performance in rhythms and dance, aquatics, and individual and dual sports.

Analyzes performance strategies for improved performance in rhythms and dance; assess effect.

Grade Standard

Unit Standard

Grade Level **9**
Unit Name **Individual/Dual**
Topic **Critical elements**
Standard Number **2.5.05**

Analyzes performance strategies for improved performance in rhythms and dance, aquatics, and individual and dual sports.

Analyzes performance strategies for improved performance in golf; assess outcome.

Grade Level **9**
Unit Name
Topic **Participate in**
Standard Number **3.1**

Participates in moderate to vigorous physical activities at least four days each week.

Grade Level **9**
Unit Name **Aquatics**
Topic **Participate in**
Standard Number **3.1.02**

Participates in moderate to vigorous physical activities at least four days each week.

Participates in moderate to vigorous physical activities at least four days each week.

Grade Standard

Unit Standard

Grade Level **9**
Unit Name **Dance**
Topic **Participate in**
Standard Number **3.1.03**

Participates in moderate to vigorous physical activities at least four days each week.

Participates in moderate to vigorous physical activities at least four days each week.

Grade Level **9**
Unit Name **Fitness**
Topic **Participate in**
Standard Number **3.1.04**

Participates in moderate to vigorous physical activities at least four days each week.

Participates in moderate to vigorous physical activities at least four days each week.

Grade Level **9**
Unit Name **Individual/Dual**
Topic **Participate in**
Standard Number **3.1.05**

Participates in moderate to vigorous physical activities at least four days each week.

Participates in moderate to vigorous physical activities at least four days each week. [2.1]

Grade Standard

Unit Standard

Grade Level **9**
Unit Name
Topic **Opportunities**
Standard Number **3.2**

Lists available fitness resources in the community.

Grade Level **9**
Unit Name **Dance**
Topic **Opportunities**
Standard Number **3.2.03**

Lists available fitness resources in the community.

Grade Level **9**
Unit Name **Fitness**
Topic **Opportunities**
Standard Number **3.2.04**

Lists available fitness resources in the community.

Lists available fitness resources in the community - dance resources.

Lists available fitness resources in the community.

Grade Standard

Unit Standard

Grade Level **9**
Unit Name
Topic **Self assessment**
Standard Number **4.1**

Works toward a health-enhancing level of physical fitness.

Grade Level **9**
Unit Name **Introduction**
Topic **Self assessment**
Standard Number **4.1.01**

Works toward a health-enhancing level of physical fitness.

Grade Level **9**
Unit Name **Aquatics**
Topic **Self assessment**
Standard Number **4.1.02**

Works toward a health-enhancing level of physical fitness.

Works toward a health-enhancing level of physical fitness.

Works toward a health-enhancing level of physical fitness.

Grade Standard

Unit Standard

Grade Level

9

Works toward a health-enhancing level of physical fitness.

Unit Name

Dance

Topic

Self assessment

Standard Number

4.1.03

Works toward a health-enhancing level of physical fitness.

Grade Level

9

Works toward a health-enhancing level of physical fitness.

Unit Name

Fitness

Topic

Self assessment

Standard Number

4.1.04

Works toward a health-enhancing level of physical fitness.

Grade Level

9

Works toward a health-enhancing level of physical fitness.

Unit Name

Individual/Dual

Topic

Self assessment

Standard Number

4.1.05

Works toward a health-enhancing level of physical fitness.

Grade Standard

Unit Standard

Grade Level **9**
Unit Name **Closure**
Topic **Self assessment**
Standard Number **4.1.06**

Works toward a health-enhancing level of physical fitness.

Works toward a health-enhancing level of physical fitness; meet health-related physical fitness standards.

Grade Level **9**
Unit Name
Topic **Principles/plans**
Standard Number **4.2**

Develops a one-month personal physical fitness plan.

Grade Level **9**
Unit Name **Introduction**
Topic **Principles/plans**
Standard Number **4.2.01**

Develops a one-month personal physical fitness plan.

Develops a one-month personal physical fitness plan (goal setting piece).

Grade Standard

Unit Standard

Grade Level

9

Develops a one-month personal physical fitness plan.

Unit Name

Fitness

Topic

Principles/plans

Standard Number

4.2.04

Develops a one-month personal physical fitness plan; fitness require occupation; implement plan; analyze consumer products/programs; explain inherent risks.

Grade Level

9

Uses the strengths of each individual in the group during physical activity.

Unit Name

Topic

Social skills

Standard Number

5.1

Grade Level

9

Uses the strengths of each individual in the group during physical activity.

Unit Name

Introduction

Topic

Social skills

Standard Number

5.1.01

Uses the strengths of each individual in the group during physical activity.

Grade Standard

Unit Standard

Grade Level **9**
Unit Name
Topic **Responsibility**
Standard Number **5.2**

Accepts personal responsibility to create and maintain a physically and emotionally safe and non-threatening environment for physical activity.

Grade Level **9**
Unit Name **Aquatics**
Topic **Responsibility**
Standard Number **5.2.02**

Accepts personal responsibility to create and maintain a physically and emotionally safe and non-threatening environment for physical activity.

Accepts personal responsibility to create and maintain a physically and emotionally safe and non-threatening environment for physical activity.

Grade Level **9**
Unit Name **Dance**
Topic **Responsibility**
Standard Number **5.2.03**

Accepts personal responsibility to create and maintain a physically and emotionally safe and non-threatening environment for physical activity.

Accepts personal responsibility to create and maintain a physically and emotionally safe and non-threatening environment for physical activity; act independent of negative peer pressure.

Grade Standard

Unit Standard

Grade Level **9**
Unit Name **Fitness**
Topic **Responsibility**
Standard Number **5.2.04**

Accepts personal responsibility to create and maintain a physically and emotionally safe and non-threatening environment for physical activity.

Accepts personal responsibility to create and maintain a physically and emotionally safe and non-threatening environment for physical activity.

Grade Level **9**
Unit Name **Individual/Dual**
Topic **Responsibility**
Standard Number **5.2.05**

Accepts personal responsibility to create and maintain a physically and emotionally safe and non-threatening environment for physical activity.

Accepts personal responsibility to create and maintain a physically and emotionally safe and non-threatening environment for physical activity.

Grade Level **9**
Unit Name
Topic **History**
Standard Number **6.1**

Describes the historical trends in physical fitness and their impact on physical fitness today.

Grade Standard

Unit Standard

Grade Level **9**
Unit Name **Fitness**
Topic **History**
Standard Number **6.1.04**

Describes the historical trends in physical fitness and their impact on physical fitness today.

Describes the historical trends in physical fitness and their impact on physical fitness today.

Grade Level **9**
Unit Name
Topic **Aesthetics**
Standard Number **6.2**

Creates a line dance routine.

Grade Level **9**
Unit Name **Dance**
Topic **Aesthetics**
Standard Number **6.2.03**

Creates a line dance routine.

Creates a line dance routine.

Grade Standard

Unit Standard

Grade Level **9**
Unit Name
Topic **Challenge/success**
Standard Number **6.3**

Describes the enjoyment, self-expression, challenge, multiculturalism, and social benefits experienced by achieving one's best in physical activities.

Grade Level **9**
Unit Name **Aquatics**
Topic **Challenge/success**
Standard Number **6.3.02**

Describes the enjoyment, self-expression, challenge, multiculturalism, and social benefits experienced by achieving one's best in physical activities.

Grade Level **9**
Unit Name **Dance**
Topic **Challenge/success**
Standard Number **6.3.03**

Describes the enjoyment, self-expression, challenge, multiculturalism, and social benefits experienced by achieving one's best in physical activities.

Describes the enjoyment, self-expression, challenge, multiculturalism, and social benefits experienced by achieving one's best in physical activities; identify; evaluate psych response.

Describes the enjoyment, self-expression, challenge, multiculturalism, and social benefits experienced by achieving one's best in physical activities.

Grade Standard

Unit Standard

Grade Level **9**
Unit Name **Fitness**
Topic **Challenge/success**
Standard Number **6.3.04**

Describes the enjoyment, self-expression, challenge, multiculturalism, and social benefits experienced by achieving one's best in physical activities.

Describes the enjoyment, self-expression, challenge, multiculturalism, and social benefits experienced by achieving one's best in physical activities; changing psych/soc needs of society in relation to physical activity.

Grade Level **9**
Unit Name **Individual/Dual**
Topic **Challenge/success**
Standard Number **6.3.05**

Describes the enjoyment, self-expression, challenge, multiculturalism, and social benefits experienced by achieving one's best in physical activities.

Describes the enjoyment, self-expression, challenge, multiculturalism, and social benefits experienced by achieving one's best in physical activities; recognize/eval role of coop and positive interactions.

Grade Level **9**
Unit Name **Closure**
Topic **Challenge/success**
Standard Number **6.3.06**

Describes the enjoyment, self-expression, challenge, multiculturalism, and social benefits experienced by achieving one's best in physical activities.

Describes the enjoyment, self-expression, challenge, multiculturalism, and social benefits experienced by achieving one's best in physical activities.

Grade Standard

Unit Standard

Grade Level

9

Explains the role of physical activity in the prevention of disease and the reduction of health care costs.

Unit Name

Topic

Benefits

Standard Number

6.4

Grade Level

9

Explains the role of physical activity in the prevention of disease and the reduction of health care costs.

Unit Name

Fitness

Topic

Benefits

Standard Number

6.4.04

Grade Level

10

Demonstrates proficiency for specialized skills and combinations during tumbling and gymnastics, combatives, and team sports.

Unit Name

Topic

Motor skill and

Standard Number

1.0

Grade Standard

Unit Standard

Grade Level

10

Unit Name

Combatives

Topic

Motor skill and

Standard
Number

1.0.03

Demonstrates proficiency for specialized skills and combinations during tumbling and gymnastics, combatives, and team sports.

Demonstrates proficiency for specialized skills and combinations during combatives; demo strategies.

Grade Level

10

Unit Name

Team Sports

Topic

Motor skill and

Standard
Number

1.0.04

Demonstrates proficiency for specialized skills and combinations during tumbling and gymnastics, combatives, and team sports.

Demonstrates proficiency for specialized skills and combinations during team sports; demo strategy.

Grade Level

10

Unit Name

Gymnastics/Tumbli

Topic

Motor skill and

Standard
Number

1.0.05

Demonstrates proficiency for specialized skills and combinations during tumbling and gymnastics, combatives, and team sports.

Demonstrates proficiency for specialized skills and combinations during tumbling and gymnastics; demo strategies.

Grade Standard

Unit Standard

Grade Level **10**
Unit Name
Topic **Motor Learning**
Standard Number **2.1**

Creates a practice plan for combatives, gymnastics/tumbling, and team activities.

Grade Level **10**
Unit Name **Analysis**
Topic **Motor Learning**
Standard Number **2.1.02**

Creates a practice plan for combatives, gymnastics/tumbling, and team activities.

Evaluate independent learning of movement skills.

Grade Level **10**
Unit Name **Combatives**
Topic **Motor Learning**
Standard Number **2.1.03**

Creates a practice plan for combatives, gymnastics/tumbling, and team activities.

Creates a practice plan for combatives; analyze and evaluate feedback; set and eval goals.

Grade Standard

Unit Standard

Grade Level

10

Creates a practice plan for combatives, gymnastics/tumbling, and team activities.

Unit Name

Team Sports

Topic

Motor Learning

Standard Number

2.1.04

Creates a practice plan for team activities; analyze and eval feedback; eval/ref goals.

Grade Level

10

Creates a practice plan for combatives, gymnastics/tumbling, and team activities.

Unit Name

Gymnastics/Tumbli

Topic

Motor Learning

Standard Number

2.1.05

Creates a practice plan for gymnastics/tumbling; assess and eval feedback; evaluate and refine goals.

Grade Level

10

Explains the use of biomechanic principles in tumbling and gymnastics, combatives, and team sports.

Unit Name

Topic

Biomechanics

Standard Number

2.2

Grade Standard

Unit Standard

Grade Level

10

Unit Name

Analysis

Topic

Biomechanics

Standard Number

2.2.02

Explains the use of biomechanic principles in tumbling and gymnastics, combatives, and team sports.

Explains the use of biomechanics principles in tumbling and gymnastics, combatives, and team sports; and evaluate performance.

Grade Level

10

Unit Name

Combatives

Topic

Biomechanics

Standard Number

2.2.03

Explains the use of biomechanic principles in tumbling and gymnastics, combatives, and team sports.

Explains the use of biomechanics principles in combatives. Apply

Grade Level

10

Unit Name

Team Sports

Topic

Biomechanics

Standard Number

2.2.04

Explains the use of biomechanic principles in tumbling and gymnastics, combatives, and team sports.

Explains the use of biomechanics principles in team sports; applies.

Grade Standard

Unit Standard

Grade Level **10**
Unit Name **Gymnastics/Tumbli**
Topic **Biomechanics**
Standard Number **2.2.05**

Explains the use of biomechanic principles in tumbling and gymnastics, combatives, and team sports.

Explains the use of biomechanics principles in tumbling and gymnastics; apply.

Grade Level **10**
Unit Name
Topic **Game Tactics**
Standard Number **2.3**

Explains advanced offensive, defensive, and transition strategies in combatives, gymnastics/tumbling, and team sports.

Grade Level **10**
Unit Name **Combatives**
Topic **Game Tactics**
Standard Number **2.3.03**

Explains advanced offensive, defensive, and transition strategies in combatives, gymnastics/tumbling, and team sports.

Explains advanced offensive, defensive, and transition strategies in combatives; analyze situations.

Grade Standard

Unit Standard

Grade Level

10

Unit Name

Team Sports

Topic

Game Tactics

Standard Number

2.3.04

Explains advanced offensive, defensive, and transition strategies in combatives, gymnastics/tumbling, and team sports.

Explains advanced offensive, defensive, and transition strategies in team sports.

Grade Level

10

Unit Name

Gymnastics/Tumbli

Topic

Game Tactics

Standard Number

2.3.05

Explains advanced offensive, defensive, and transition strategies in combatives, gymnastics/tumbling, and team sports.

Explains advanced offensive, defensive, and transition strategies in gymnastics/tumbling; analyze situations.

Grade Level

10

Unit Name

Topic

Motor

Standard Number

2.4

Explains how to select and modify physical activities to allow for participation by younger children, the elderly, and individuals with special needs.

Grade Standard

Unit Standard

Grade Level

10

Unit Name

Introduction

Topic

Motor

Standard Number

2.4.01

Explains how to select and modify physical activities to allow for participation by younger children, the elderly, and individuals with special needs.

Identify the effects of individual differences, such as age, gender, ethnicity, socioeconomic status, and culture, on preferences for and participation in physical activity.

Grade Level

10

Unit Name

Combatives

Topic

Motor

Standard Number

2.4.03

Explains how to select and modify physical activities to allow for participation by younger children, the elderly, and individuals with special needs.

Explains how to select and modify physical activities to allow for participation by younger children, the elderly, and individuals with special needs.

Grade Level

10

Unit Name

Team Sports

Topic

Motor

Standard Number

2.4.04

Participates in moderate to vigorous physical activities at least four days each week.

Explains how to select and modify physical activities to allow for participation by younger children, the elderly, and individuals with special needs.

Grade Standard

Unit Standard

Grade Level

10

Unit Name

Gymnastics/Tumbli

Topic

Motor

Standard Number

2.4.05

Explains how to select and modify physical activities to allow for participation by younger children, the elderly, and individuals with special needs.

Explains how to select and modify physical activities to allow for participation by younger children, the elderly, and individuals with special needs.

Grade Level

10

Unit Name

Topic

Critical elements

Standard Number

2.5

Analyzes performance strategies for improved performance in tumbling and gymnastics, combatives, and team sports.

Grade Level

10

Unit Name

Analysis

Topic

Critical elements

Standard Number

2.5.02

Analyzes performance strategies for improved performance in tumbling and gymnastics, combatives, and team sports.

Evaluate the relationships of physical, emotional, and cognitive factors affecting individual and team performance.

Grade Standard

Unit Standard

Grade Level **10**
Unit Name **Combatives**
Topic **Critical elements**
Standard Number **2.5.03**

Analyzes performance strategies for improved performance in tumbling and gymnastics, combatives, and team sports.

Analyzes performance strategies for improved performance in combatives; explain skill-related components; assess outcome of strategy.

Grade Level **10**
Unit Name **Team Sports**
Topic **Critical elements**
Standard Number **2.5.04**

Analyzes performance strategies for improved performance in tumbling and gymnastics, combatives, and team sports.

Analyzes performance strategies for improved performance in team sports; explain skill-related components; assess outcome.

Grade Level **10**
Unit Name **Gymnastics/Tumbli**
Topic **Critical elements**
Standard Number **2.5.05**

Analyzes performance strategies for improved performance in tumbling and gymnastics, combatives, and team sports.

Analyzes performance strategies for improved performance in tumbling and gymnastics; explain skill related components; analyze and explain conditioning; assess outcomes.

Grade Standard

Unit Standard

Grade Level **10**
Unit Name
Topic **Participate in**
Standard Number **3.1**

Participates in moderate to vigorous physical activities at least four days each week.

Grade Level **10**
Unit Name **Analysis**
Topic **Participate in**
Standard Number **3.1.02**

Participates in moderate to vigorous physical activities at least four days each week.

Grade Level **10**
Unit Name **Combatives**
Topic **Participate in**
Standard Number **3.1.03**

Participates in moderate to vigorous physical activities at least four days each week.

Participates in moderate to vigorous physical activities at least four days each week.

Participates in moderate to vigorous physical activities at least four days each week.

Grade Standard

Unit Standard

Grade Level **10**
Unit Name **Team Sports**
Topic **Participate in**
Standard Number **3.1.04**

Participates in moderate to vigorous physical activities at least four days each week.

Participates in moderate to vigorous physical activities at least four days each week.

Grade Level **10**
Unit Name **Gymnastics/Tumbli**
Topic **Participate in**
Standard Number **3.1.05**

Participates in moderate to vigorous physical activities at least four days each week.

Participates in moderate to vigorous physical activities at least four days each week.

Grade Level **10**
Unit Name
Topic **Opportunities**
Standard Number **3.2**

Evaluates the availability and quality of fitness resources in the community.

Grade Standard

Unit Standard

Grade Level **10**
Unit Name **Analysis**
Topic **Opportunities**
Standard Number **3.2.02**

Evaluates the availability and quality of fitness resources in the community.

Evaluates the availability and quality of fitness resources in the community.

Grade Level **10**
Unit Name
Topic **Self assessment**
Standard Number **4.1**

Works toward a health-enhancing level of physical fitness.

Grade Level **10**
Unit Name **Introduction**
Topic **Self assessment**
Standard Number **4.1.01**

Works toward a health-enhancing level of physical fitness.

Works toward a health-enhancing level of physical fitness.

Grade Standard

Unit Standard

Grade Level

10

Works toward a health-enhancing level of physical fitness.

Unit Name

Analysis

Topic

Self assessment

Standard Number

4.1.02

Works toward a health-enhancing level of physical fitness.

Grade Level

10

Works toward a health-enhancing level of physical fitness.

Unit Name

Combatives

Topic

Self assessment

Standard Number

4.1.03

Works toward a health-enhancing level of physical fitness.

Grade Level

10

Works toward a health-enhancing level of physical fitness.

Unit Name

Team Sports

Topic

Self assessment

Standard Number

4.1.04

Works toward a health-enhancing level of physical fitness.

Grade Standard

Unit Standard

Grade Level

10

Works toward a health-enhancing level of physical fitness.

Unit Name

Gymnastics/Tumbli

Topic

Self assessment

Standard Number

4.1.05

Works toward a health-enhancing level of physical fitness.

Grade Level

10

Works toward a health-enhancing level of physical fitness.

Unit Name

Closure

Topic

Self assessment

Standard Number

4.1.06

Works toward a health-enhancing level of physical fitness; assess fitness.

Grade Level

10

Develops a one-month personal physical fitness for use as an adult.

Unit Name

Topic

Principles/plans

Standard Number

4.2

Grade Standard

Unit Standard

Grade Level **10**
Unit Name **Introduction**
Topic **Principles/plans**
Standard Number **4.2.01**

Develops a one-month personal physical fitness for use as an adult.

Develops a one-month personal physical fitness plan for use as an adult; assess self; justify activity choices.

Grade Level **10**
Unit Name **Analysis**
Topic **Principles/plans**
Standard Number **4.2.02**

Develops a one-month personal physical fitness for use as an adult.

Explain how to evaluate consumer physical fitness products and programs.

Grade Level **10**
Unit Name **Analysis**
Topic **Principles/plans**
Standard Number **4.2.02**

Develops a one-month personal physical fitness for use as an adult.

Identify and evaluate ergogenic aids that claim to enhance body composition, appearance, physical fitness, and performance.

Grade Standard

Unit Standard

Grade Level **10**
Unit Name **Closure**
Topic **Principles/plans**
Standard Number **4.2.06**

Develops a one-month personal physical fitness for use as an adult.

Develops a one-month personal physical fitness plan for use as an adult.

Grade Level **10**
Unit Name
Topic **Social skills**
Standard Number **5.1**

Displays leadership skills during physical activity.

Grade Level **10**
Unit Name **Combatives**
Topic **Social skills**
Standard Number **5.1.03**

Displays leadership skills during physical activity.

Displays leadership skills during physical activity.

Grade Standard

Unit Standard

Grade Level

10

Displays leadership skills during physical activity.

Unit Name

Team Sports

Topic

Social skills

Standard Number

5.1.04

Displays leadership skills during physical activity.

Grade Level

10

Displays leadership skills during physical activity.

Unit Name

Gymnastics/Tumbli

Topic

Social skills

Standard Number

5.1.05

Displays leadership skills during physical activity; encourage others to be supportive and inclusive.

Grade Level

10

Accepts personal responsibility for one's level of engagement in physical activities.

Unit Name

Topic

Responsibility

Standard Number

5.2

Grade Standard

Unit Standard

Grade Level **10**
Unit Name **Combatives**
Topic **Responsibility**
Standard Number **5.2.03**

Accepts personal responsibility for one's level of engagement in physical activities.

Accepts personal responsibility for one's level of engagement in physical activities.

Grade Level **10**
Unit Name **Team Sports**
Topic **Responsibility**
Standard Number **5.2.04**

Accepts personal responsibility for one's level of engagement in physical activities.

Accepts personal responsibility for one's level of engagement in physical activities.

Grade Level **10**
Unit Name **Gymnastics/Tumbli**
Topic **Responsibility**
Standard Number **5.2.05**

Accepts personal responsibility for one's level of engagement in physical activities.

Accepts personal responsibility for one's level of engagement in physical activities.

Grade Standard

Unit Standard

Grade Level **10**

Unit Name

Topic **History**

Standard Number **6.1**

Analyzes the influence of events in world history on sport, games, and modern Olympics in society today.

Grade Level **10**

Unit Name **Team Sports**

Topic **History**

Standard Number **6.1.04**

Analyzes the influence of events in world history on sport, games, and modern Olympics in society today.

Grade Level **10**

Unit Name

Topic **Aesthetics**

Standard Number **6.2**

Creates a tumbling/gymnastics routine.

Analyzes the influence of events in world history on sport, games, and modern Olympics in society today.

Grade Standard

Unit Standard

Grade Level **10** Creates a tumbling/gymnastics routine.

Unit Name **Gymnastics/Tumbli**

Topic **Aesthetics**

Standard Number **6.2.05**

Creates a tumbling/gymnastics routine.

Grade Level **10**

Unit Name

Topic **Challenge/success**

Standard Number **6.3**

Analyzes the role of individual attitude, motivation, and determination in achieving personal satisfaction from challenging physical activities.

Grade Level **10**

Unit Name **Analysis**

Topic **Challenge/success**

Standard Number **6.3.02**

Analyzes the role of individual attitude, motivation, and determination in achieving personal satisfaction from challenging physical activities.

Analyzes the role of individual attitude, motivation, and determination in achieving personal satisfaction from challenging physical activities.

Grade Standard

Unit Standard

Grade Level **10**
Unit Name
Topic **Benefits**
Standard Number **6.4**

Evaluates the psychological benefits derived from regular participation in physical activity.

Grade Level **10**
Unit Name **Analysis**
Topic **Benefits**
Standard Number **6.4.02**

Evaluates the psychological benefits derived from regular participation in physical activity.

Evaluates the psychological benefits derived from regular participation in physical activity.