

BERTHA-HEWITT HIGH SCHOOL

18-Week Curriculum Map

Fall Semester

2014-2015

Instructor - - - Kenny Miller

Academic Standard Area: Physical Education Course Title: 9th Grade Physical Education

Grade Level: 9th

Textbook & Copyright date: Several

WEEK #	TIMELINE	CONTENT	SKILLS	ASSESSMENT	RESOURCES
1 – 3	8 Class Periods	Ultimate Frisbee	Throwing, catching, running, agility, strategy, rules of game	Written Test Skills Test	Teaching Cues for Sport Skills: 1997 by Allyn and Bacon
4 - 5	5 Class Periods	Presidential Fitness Testing	Fitness Testing that measures muscular strength/endurance, cardio respiratory endurance, speed agility, and flexibility	Presidential Fitness Tests (Pull ups, shuttle run, endurance run, curl ups, sit and reach)	Presidential Fitness Challenge Program
6 – 9	10 Class Periods	Speed Ball	Passing, catching, shooting, foot dribbling, strategy, rules of game.	Written Test and observation of skills	On – line resources
10	3 Class Periods	Ball Skills	Tag Trench, Trench Ball, Eliminator (Dodge Ball Games)	Observation of Skills	On – line resources
11-14	10 Class Periods	Volleyball	Forearm Pass, Overhead Pass, Spike, Volley, Strategy, Team Work, Rules of the game	Written Test Skills Test	The Sport Rules Book: 1998 Human Kinetics Publishers
15 – 18	10 Class Periods	Basketball	Dribbling, Passing, Free throws, Lay ups, Jump Shot, Team Work, Strategy, Rules of the game.	Written Test Skills Test	The Sport Rules Book: 1998 Human Kinetics Publishers

Check the MN Dept of Ed website for Academic Standard information

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Spring Semester 2014-2015

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WEEK #	TIMELINE	CONTENT	SKILLS	ASSESSMENT	RESOURCES
19 - 21	8 Class Periods	Team Handball	Throwing, Catching, Dribbling, Team Work, Rules of the Game.	Observation of Skills./Written Test	On-Line Resources
22 - 24	8 Class Periods	Mat Ball/One Wall Mat Ball	Throwing, Team Work, Strategy, Rules of the game	Observation of Skills	On – line resources
25 - 28	10 Class Periods	Pickle Ball	Racquet Skills, Team Work, Strategy, Rules of the Game, Serving, Tournament play.	Written Test/Skills Test	The Sport Rules Book: 1998 Human Kinetics Publishers
29 - 30	5 Class Periods	Presidential Fitness Testing	Fitness Testing that measures muscular strength/endurance, cardio respiratory endurance, speed agility, and flexibility	Presidential Fitness Tests (Pull ups, shuttle run, endurance run, curl ups, sit and reach)	Presidential Fitness Challenge Program
31-32	5 Class Periods	Kickball	Kicking, Throwing, Catching, Rules of the Game, Team work.	Observation of Skills	On – Line Resources, PE Rules Book
33 – 35	7 Class Periods	Flag Football	Punting, throwing, teamwork, Rules of the Game.	Observation of Skills	PE Big Book, PE Rules Book.
36	3 Class Periods	Review all Games: Speedball, Ultimate Frisbee, Basketball, and Floor Hockey.	Throwing, catching, running, agility, strategy, puck Dribbling, Passing, Shooting, Team Work, Dribbling, Passing, Free throws, Lay ups, Jump Shot, etc.	Observation of Skills	PE Big Book, PE Rules Book.

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