

INDIANA AREA SCHOOL DISTRICT
INDIANA, PA
Secondary

Course Title: HPE9 Fitness-Based

Grade Level: 9th

Course Number:

Core or Elective: Core Alternative

Periods Per Week: Five

Length of Time: 39 minutes

Length of Course: Semester

Units of Credit: .5

Course Description

PE:

This course will feature fitness activities such as fitness center, yoga, circuit training, etc. as well as individual sports such as badminton, pickleball, and rock climbing. Sports taught in this unit are sports geared more towards lifetime enjoyment. Students will learn how to use the fitness center properly and how to develop their own personal fitness plan. This course can best be described as a blend of traditional PE along with fitness elements and non-traditional sports. Less emphasis is placed on competitive team based sports (basketball, soccer, football) and more emphasis is placed on personal fitness as well as developing interest in activities that keep you physically active for a lifetime.

Health:

This course is designed to develop an awareness of healthy active living through a combination of physical activity and appropriate lifestyle choices. Students will acquire the knowledge about a wide variety of health-related topics and develop relevant skills to apply their learning to make positive healthy decisions. By studying growth and development, injury prevention and safety, mental and emotional health, family living, nutrition, alcohol, tobacco and other drugs, communicable and chronic diseases and injury, consumer and community health, and environmental health, students will become aware of how their actions and decisions affect their health, fitness, and personal well-being.

Expected Level of Achievements (District Grading Scale)

- A (4): 93% - 100%**
- B (3): 85% - 92%**
- C (2): 77% - 84%**
- D (1): 69% - 76%**
- F (0): 68% and below**

Subject Area: HPE

Course Title: HPE9 Fitness-Based

Grade: 9

Strand: 10.1.12.A

Academic/Content Standards/ Benchmarks	Objectives	Instructional Strategies	Assessment Strategies
<p>The student will:</p> <p>10.1.12. A</p> <p>Evaluate factors that impact growth and development during adulthood and late adulthood</p>	<p>The student will:</p> <p>Identify and use conflict resolution skills.</p> <p>Evaluate current disease patterns and how to keep oneself healthy.</p>	<p>Smart Board Work</p> <p>Brainstorming</p> <p>Class Discussion</p> <p>Cooperative Learning</p> <p>Guided Reading</p> <p>Independent Reading</p> <p>Teacher Read Aloud</p>	<p>Active daily participation</p> <p>Computer-generated tests</p> <p>Essays</p> <p>Homework assignments</p> <p>Notebooks</p> <p>Oral presentations</p> <p>Projects</p> <p>Teacher observation</p> <p>Teacher-made tests</p>

--	--	--	--

(over)

Materials/Resources	Reteaching	Enrichment
Promethean Board Chrome Books Current health websites: http://www.medicinenet.com/latest_health_news/article.htm , http://www.cnn.com/health , http://www.medicalnewstoday.com/	The student will: Use hand signals to assess understanding. Participate in online surveys to check for understanding (Google Classroom) Participate in tasks with visual, auditory, and kinesthetic learners in mind. Participate in small group instruction.	The student will: Complete independent projects to gain a better understanding of the subject matter. Participate in small group activities and projects.

--	--	--

Subject Area: HPE

Course Title: HPE9 Fitness-Based

Grade: 9

Strand: 10.1.12.B

Academic/Content Standards/ Benchmarks The student will:	Objectives The student will:	Instructional Strategies	Assessment Strategies
10.1.12. B Evaluate factors that impact the body systems and apply protective/preventive strategies.	2. Review basic nutrients in foods. 3. Identify the recommended number of daily servings for My Plate. 4. Be able to plan a healthful diet that reduces the risk of disease. 5. Discuss ways to determine desirable weight and body composition. 6. Evaluate the following weight loss strategies: Fad diets Liquid diets	Smart Board Work Brainstorming Class Discussion Cooperative Learning Guided Reading Independent Reading Teacher Read Aloud	Active daily participation Computer-generated tests Essays Homework assignments Notebooks Oral presentations Projects

	<p>Prescription medications Over-the-counter diets pills Starvation diets</p> <p>7. Discuss reasons why some teens are at risk for developing eating disorders. Discuss anorexia nervosa, bulimia, binge eating disorder and obesity; the causes, symptoms, associated health problems, and treatment.</p>	<p>Teacher observation Teacher-made tests</p>
--	--	---

(over)

Materials/Resources	Reteaching	Enrichment
<p>Promethean Board Chrome Books Current health websites: http://www.medicinenet.com/latest_health_news/article.htm, http://www.cnn.com/health, http://www.medicalnewstoday.com/</p>	<p>The student will:</p> <p>Use hand signals to assess understanding.</p> <p>Participate in online surveys to check for understanding (Google Classroom)</p> <p>Participate in tasks with visual, auditory, and kinesthetic learners in mind.</p> <p>Participate in small group instruction.</p>	<p>The student will:</p> <p>Complete independent projects to gain a better understanding of the subject matter.</p> <p>Participate in small group activities and projects.</p>

--	--	--

Subject Area: HPE

Course Title: HPE9 Fitness-Based

Grade: 9

Strand: 10.1.12.D

Academic/Content Standards/ Benchmarks	Objectives	Instructional Strategies	Assessment Strategies
The student will: 10.1.12. D Evaluate issues relating to the use/non-use of drugs.	The student will: Discuss alcoholism; cause, health problems, effects on others, treatment.	Smart Board Work Brainstorming Class Discussion	Active daily participation Computer-generated tests

	<p>5. Outline resistance skills that can be used to resist pressure to drink alcohol.</p> <p>6. Discuss the harmful effects of nicotine.</p> <p>7. Explain how smoking, breathing secondhand smoke, and using smokeless tobacco harm health.</p> <p>Discuss ways tobacco companies try to get teens and young children to use tobacco products.</p> <p>9. Outline resistance skills that can be used to resist pressure to use tobacco products.</p> <p>10. Outline steps to take to quit using tobacco products.</p> <p>11. Explain how the illegal use of drugs harms health.</p> <p>12. Outline resistance skills that can be used to resist pressure to use illegal drugs.</p>	<p>Cooperative Learning</p> <p>Guided Reading</p> <p>Independent Reading</p> <p>Teacher Read Aloud</p>	<p>Essays</p> <p>Homework assignments</p> <p>Notebooks</p> <p>Oral presentations</p> <p>Projects</p> <p>Teacher observation</p> <p>Teacher-made tests</p>
--	--	--	---

(over)

Materials/Resources	Reteaching	Enrichment
<p>Promethean Board</p> <p>Chrome Books</p> <p>Current health websites:</p>	<p>The student will:</p> <p>Use hand signals to assess understanding.</p> <p>Participate in online surveys to check for</p>	<p>The student will:</p> <p>Complete independent projects to gain a better understanding of the subject matter.</p>

<p>http://www.medicinenet.com/latest_health_news/article.htm, http://www.cnn.com/health, http://www.medicalnewstoday.com/</p>	<p>understanding (Google Classroom)</p> <p>Participate in tasks with visual, auditory, and kinesthetic learners in mind.</p> <p>Participate in small group instruction.</p>	<p>Participate in small group activities and projects.</p>
--	---	--

Subject Area: HPE

Course Title: HPE9 Fitness-Based

Grade: 9

Strand: 10.2.12.D

Academic/Content Standards/ Benchmarks	Objectives	Instructional Strategies	Assessment Strategies
<p>The student will:</p> <p>10.2.12. D Examine and apply a decision-making process to the development of short and long-term health goals.</p>	<p>The student will:</p> <p>Create a personal fitness plan that includes short and long term health and fitness goals.</p>	<p>Smart Board Work Brainstorming Class Discussion Cooperative Learning Guided Reading Independent Reading Teacher Read Aloud</p>	<p>Active daily participation Computer-generated tests Essays Homework assignments Notebooks Oral presentations Projects Teacher observation Teacher-made tests</p>

(over)

Materials/Resources	Reteaching The student will:	Enrichment The student will:
Promethean Board Chrome Books Current health websites: http://www.medicinenet.com/latest_health_news/article.htm , http://www.cnn.com/health , http://www.medicalnewstoday.com/	Use hand signals to assess understanding. Participate in online surveys to check for understanding (Google Classroom) Participate in tasks with visual, auditory, and kinesthetic learners in mind. Participate in small group instruction.	Complete independent projects to gain a better understanding of the subject matter. Participate in small group activities and projects.

Subject Area: HPE

Course Title: HPE9 Fitness-Based

Grade: 9

Strand: 10.4.12.A

Academic/Content Standards/ Benchmarks The student will:	Objectives The student will:	Instructional Strategies	Assessment Strategies
10.4.12 A Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes lifelong participation.	Engage throughout the year in various warm-ups and activities to support health/skill related fitness goals. Develop a HIIT circuit that supports a health/skill related fitness goal.	Teacher led stretching and strengthening activities. Warm-up activities will be used at the beginning of each class to prepare students for the day's workout. health related fitness components <ul style="list-style-type: none">● cardiovascular endurance● muscular strength● muscular endurance● flexibility● agility● speed● coordination● reaction time● body composition	Written and verbal evaluations Students checklists and worksheets Observation of student performance Fitness testing - formal and informal

--	--	--

(over)

Materials/Resources	Reteaching	Enrichment
Instructional videos	<p>The student will:</p> <p>Use hand signals to assess understanding.</p> <p>Participate in online surveys to check for understanding (Google Classroom)</p> <p>Participate in tasks with visual, auditory, and kinesthetic learners in mind.</p> <p>Participate in small group instruction.</p>	<p>The student will:</p> <p>Complete independent projects to gain a better understanding of the subject matter.</p> <p>Participate in small group activities and projects.</p>

--	--	--

Subject Area: HPE

Course Title: HPE9 Fitness-Based

Grade: 9

Strand: 10.4.12.B

Academic/Content Standards/ Benchmarks	Objectives	Instructional Strategies	Assessment Strategies
<p>The student will:</p> <p>10.4.12 B</p> <p>Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p>	<p>The student will:</p> <p>Engage in yoga-based stretching and strengthening activities to support health related fitness goals.</p> <p>Demonstrate an understanding of the health benefits of participating in a yoga-based exercise program.</p> <p>Engage in life-time activities</p> <ul style="list-style-type: none"> -aerobic -anaerobic 	<p>Teacher led stretching and strengthening activities. Warm-up activities will be used at the beginning of each class to prepare students for the day's workout.</p> <p>Workout videos</p> <p>Progression for personal fitness</p> <ul style="list-style-type: none"> - more reps - less reps - more weight - less weight 	<p>Written and verbal evaluations</p> <p>Students checklists and worksheets</p> <p>Observation of student performance</p> <p>Fitness testing - formal and informal</p>

--	--	--

(over)

Materials/Resources	Reteaching	Enrichment
<p>Variety of workout videos</p>	<p>The student will:</p> <ul style="list-style-type: none"> Use hand signals to assess understanding. Participate in online surveys to check for understanding (Google Classroom) Participate in tasks with visual, auditory, and kinesthetic learners in mind. Participate in small group instruction. 	<p>The student will:</p> <ul style="list-style-type: none"> Complete independent projects to gain a better understanding of the subject matter. Participate in small group activities and projects.

--	--	--

Subject Area: HPE

Course Title: HPE9 Fitness-Based

Grade: 9

Strand: 10.4.12.D

Academic/Content Standards/ Benchmarks	Objectives	Instructional Strategies	Assessment Strategies
<p>The student will:</p> <p>10.4.12.D Evaluate factors that affect physical activity and exercise preferences of adults.</p>	<p>The student will:</p> <p>Engage in personal fitness and strengthening activities to support health related fitness goals.</p> <p>Demonstrate an understanding of the health benefits of participating in a personalized exercise program.</p>	<p>Teacher led stretching and strengthening activities. Warm-up activities will be used at the beginning of each class to prepare students for the day's workout.</p> <p>Workout videos</p>	<p>Written and verbal evaluations</p> <p>Students checklists and worksheets</p> <p>Observation of student performance</p> <p>Fitness testing - formal and informal</p>

--	--	--

(over)

Materials/Resources	Reteaching	Enrichment
<p>Variety workout videos</p>	<p>The student will:</p> <ul style="list-style-type: none"> Use hand signals to assess understanding. Participate in online surveys to check for understanding (Google Classroom) Participate in tasks with visual, auditory, and kinesthetic learners in mind. Participate in small group instruction. 	<p>The student will:</p> <ul style="list-style-type: none"> Complete independent projects to gain a better understanding of the subject matter. Participate in small group activities and projects.

--	--	--

Subject Area: HPE

Course Title: HPE9 Fitness-Based

Grade: 9

Strand: 10.4.12.E

Academic/Content Standards/ Benchmarks	Objectives	Instructional Strategies	Assessment Strategies
<p>The student will:</p> <p>10.4.12.E Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p>	<p>The student will:</p> <p>Identify the elements of exercise physiology and biomechanics in the physical movements.</p> <p>Be encouraged to participate in after school activities that promote physical fitness and correlate with their PE strengths.</p>	<p>Teacher led stretching and strengthening activities. Warm-up activities will be used at the beginning of each class to prepare students for the day's workout.</p> <p>Individual sports</p>	<p>Written and verbal evaluations</p> <p>Students checklists and worksheets</p> <p>Observation of student performance</p>

		Skill related activities	Fitness testing - formal and informal
--	--	--------------------------	---------------------------------------

(over)

Materials/Resources	Reteaching	Enrichment
Variety of workout videos	<p>The student will:</p> <ul style="list-style-type: none"> Use hand signals to assess understanding. Participate in online surveys to check for understanding (Google Classroom) Participate in tasks with visual, auditory, and kinesthetic learners in mind. Participate in small group instruction. 	<p>The student will:</p> <ul style="list-style-type: none"> Complete independent projects to gain a better understanding of the subject matter. Participate in small group activities and projects.

--	--	--

Subject Area: HPE

Course Title: HPE9 Fitness-Based

Grade: 9

Strand: 10.4.12.E

Academic/Content Standards/ Benchmarks	Objectives	Instructional Strategies	Assessment Strategies
The student will: 10.5.12.A Apply knowledge of movement skills, skill-related fitness and	The student will: Participate in daily activities that will use skill-related components of fitness.	Teacher led stretching and strengthening activities. Warm-up activities will be used at the	Written and verbal evaluations

<p>movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p>	<p>Students will be able to demonstrate skill/fitness improvement in each unit.</p>	<p>beginning of each class to prepare students for the day's workout.</p> <p>Individual sports</p> <p>Skill related activities</p>	<p>Students checklists and worksheets</p> <p>Observation of student performance</p> <p>Fitness testing - formal and informal</p>
---	---	--	--

(over)

Materials/Resources	Reteaching	Enrichment
<p>Variety of workout videos</p>	<p>The student will:</p> <p>Use hand signals to assess understanding.</p> <p>Participate in online surveys to check for understanding (Google Classroom)</p>	<p>The student will:</p> <p>Complete independent projects to gain a better understanding of the subject matter.</p>

Participate in tasks with visual, auditory, and kinesthetic learners in mind.

Participate in small group instruction.

Participate in small group activities and projects.

Subject Area: HPE

Course Title: HPE9 Fitness-Based

Grade: 9

Strand: 10.4.12.E

Academic/Content Standards/ Benchmarks The student will:	Objectives The student will:	Instructional Strategies	Assessment Strategies
10.3.9.E Analyze factors that impact the relationship between regular participation in physical activity and motor skill improvement	<p>Students will be able to improve on the basic skills and fitness levels obtained in class and encourage continuation of development through outside activities.</p> <p>Understand the relationship between fitness components, physical growth and development and development, differences in PE in relationship to personal choice of activities.</p>	<p>Teacher led stretching and strengthening activities. Warm-up activities will be used at the beginning of each class to prepare students for the day's workout.</p> <p>Individual sports</p> <p>Skill related activities</p> <p>Skill technique and general understanding of the sport/activity to ensure success.</p>	<p>Written and verbal evaluations</p> <p>Students checklists and worksheets</p> <p>Observation of student performance</p> <p>Fitness testing - formal and informal</p>

(over)

Materials/Resources	Reteaching The student will:	Enrichment The student will:
Variety of videos	<p>Use hand signals to assess understanding.</p> <p>Participate in online surveys to check for understanding (Google Classroom)</p> <p>Participate in tasks with visual, auditory, and kinesthetic learners in mind.</p> <p>Participate in small group instruction.</p>	<p>Complete independent projects to gain a better understanding of the subject matter.</p> <p>Participate in small group activities and projects.</p>

Subject Area: HPE

Course Title: HPE9 Fitness-Based

Grade: 9

Strand: 10.4.12.E

Academic/Content Standards/ Benchmarks The student will:	Objectives The student will:	Instructional Strategies	Assessment Strategies
10.5.9 C Identify and apply practice strategies for skill improvement	Demonstrate basic skills needed for success in each PE unit. Be encouraged to participate in after school activities that promote physical fitness and correlate with their PE strengths.	Teacher led stretching and strengthening activities. Warm-up activities will be used at the beginning of each class to prepare students for the day's workout. Individual sports Skill related activities Repetition Step by step verbal cues	Written and verbal evaluations Students checklists and worksheets Observation of student performance Fitness testing - formal and informal

--	--	--

(over)

Materials/Resources	Reteaching	Enrichment
<p>Variety of workout videos</p>	<p>The student will:</p> <ul style="list-style-type: none"> Use hand signals to assess understanding. Participate in online surveys to check for understanding (Google Classroom) Participate in tasks with visual, auditory, and kinesthetic learners in mind. Participate in small group instruction. 	<p>The student will:</p> <ul style="list-style-type: none"> Complete independent projects to gain a better understanding of the subject matter. Participate in small group activities and projects.

--	--	--

Subject Area: HPE

Course Title: HPE9 Fitness-Based

Grade: 9

Strand: 10.4.12.E

Academic/Content Standards/ Benchmarks	Objectives	Instructional Strategies	Assessment Strategies
<p>The student will:</p> <p>10.2.9</p> <p>B. Analyze the relationship between health-related information and adolescent consumer choices.</p> <p>C. Analyze media health and safety messages and describe their impact on personal health and safety.</p> <p>D. Analyze and apply a decision-making process to adolescent health and safety issues.</p>	<p>The student will:</p> <p>Assess way to utilize criteria to evaluate health products.</p> <p>Analyze the physical, mental, social, and legal consequences of tobacco use.</p> <p>Demonstrate way to evaluate health products for appropriateness.</p>	<p>Cooperative activities</p> <p>Cooperative learning</p> <p>Demonstration</p> <p>Discussion</p> <p>Note taking</p> <p>Presenation</p>	<p>Written and verbal evaluations</p> <p>Students checklists and worksheets</p> <p>Observation of student performance</p> <p>Fitness testing - formal and informal</p>

--	--	--

(over)

Materials/Resources	Reteaching	Enrichment
Promethean Board Chrome Books Current health websites: http://www.medicinenet.com/latest_health_news/article.htm , http://www.cnn.com/health , http://www.medicalnewstoday.com/	The student will: Use hand signals to assess understanding. Participate in online surveys to check for understanding (Google Classroom) Participate in tasks with visual, auditory, and kinesthetic learners in mind. Participate in small group instruction.	The student will: Complete independent projects to gain a better understanding of the subject matter. Participate in small group activities and projects.

--	--	--