

Southern York County School District Instructional Plan

Competitive Sports and Games

Grade Level: 10 - 12

Textbook(s)/Instructional Materials Used: Varied online resources to meet instructional and content needs.

Dates: Weeks 1 - 3

Unit #1: Fitness Assessment and Goal Setting

Stage 1 – Desired Results

PA Standard(s)/Assessment Anchors Addressed:

10.4.12.A: Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.

10.5.12.A: Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.

Understanding(s):

Students will understand

1. Their fitness levels compared to age and gender health standards.
2. The five components of fitness.
3. How to analyze data to make personal fitness goals.
4. The scope and sequence of the Welnet program.

Essential Question(s):

- How can Welnet Fitness Testing assess my physical strengths and weaknesses?
- How are the fitness tests related to the five components of fitness?
- How can I use assessment results to set personal fitness goals to improve my overall health?
- How is Welnet used to track personal growth?

Learning Objectives:

Students will know...

- The fitness testing parameters
- The Five Components of Fitness
- The SMART Goal-Setting Model

Students will be able to:

- Analyze their fitness scores.
- Associate a fitness test for each component of fitness.
- Create fitness goals based on their data.
- Navigate Welnet Fitness Module

Dates: Weeks 4 - 6

Unit #2: Individual Sports

Stage 1 – Desired Results

PA Standard(S)/Assessment Anchors Addressed:

10.4.9.A: Analyze and engage in physical activities that are developmentally/ individually appropriate and support achievement of personal fitness and activity goals.

10.5.12.F: Analyze the application of game strategies for different categories of physical activities.

- individual
- team
- lifetime
- outdoor

10.5.9.F: Describe and apply game strategies to complex games and physical activities.

- offensive strategies
- defensive strategies
- time management

<p>10.4.12.D. Evaluate factors that affect physical activity and exercise preferences of adults. • personal challenge</p> <ul style="list-style-type: none"> • physical benefits • finances • motivation • access to activity • self-improvement 	
<p>Understanding(s): <i>Students will understand</i></p> <ol style="list-style-type: none"> 1. Offensive and Defensive strategies for individual sports such as -Badminton, Pickleball, Table Tennis, Tennis, Golf, Frisbee, Golf, Archery, Bowling, Rec. Games. 2. A variety of motor skills and movement patterns are performed in physical activities 3. Strategies and tactics maximize performance 	<p>Essential Question(s):</p> <ul style="list-style-type: none"> • How will the application of offensive strategies improve success in various sports and games? • How will the application of defensive strategies improve success in various sports and games? • How will the application of time management strategies improve success in various sports and games? • How do rules for games impact sportsmanship?
<p>Learning Objectives: <i>Students will know...</i></p> <ul style="list-style-type: none"> • Offensive strategies of set up shots and finish shots. • The importance of moving an opponent to reduce an opponent's shot capabilities and increase energy expenditure. • Defensive posture and positioning on the court. • Efficient defensive movement to conserve energy expenditure and improve quickness. • Offensive formations and movement in relation to teammates and opponents. • Effective decision making in regards to passing, shooting, dribbling, etc. • Defensive formations and movement in relation to teammates and opponents. • Effective decision making in regards to blocking, tackling, stealing, containing, and supporting. • Fair and sportsmanlike time management strategies for beginning, middle and end of competition in relation to score. • Equipment and space needs for individual sports. 	<p>Students will be able to:</p> <ul style="list-style-type: none"> • Apply offensive/defensive strategies to a given sport or game. • Demonstrate posture and positioning during individual sports. • Demonstrate efficient defensive movement to conserve energy expenditure and improve quickness. • Analyze offensive formations and movement in relation to teammates and opponents. • Demonstrate effective decision making throughout the course of a competition. • Analyze defensive formations and movement in relation to teammates and opponents. • Apply fair and sportsmanlike time management strategies for beginning, middle and end of competition in relation to score. • Perform in all Individual sports at a skill level that is both personally challenging and enjoyable • Model safe practices and ethics within all individual and dual sports (5) • Model various motor skills and movement patterns in a variety of individual including but not limited to Badminton, Pickleball, Table Tennis, Tennis, Golf, Frisbee, Golf, Archery, Bowling, Rec. Games. • Compare and contrast appropriateness of individual sports based on season and availability. • Distinguish between health and skill related components of fitness needed to carry out specific individual sports.
<p>Dates: Weeks 7 - 9</p>	<p>Unit #3: Team Sports</p>
<p>Stage 1 – Desired Results</p>	
<p>PA Standard(S)/Assessment Anchors Addressed:</p> <p>10.4.9.A: Analyze and engage in physical activities that are developmentally/ individually appropriate and support achievement of personal fitness and activity goals.</p>	

10.5.12.F: Analyze the application of game strategies for different categories of physical activities.

- individual
- team
- lifetime
- outdoor

10.5.9.F: Describe and apply game strategies to complex games and physical activities.

- offensive strategies
- defensive strategies
- time management

10.4.12.D: Evaluate factors that affect physical activity and exercise preferences of adults.

- personal challenge
- physical benefits
- finances
- motivation
- access to activity
- self-improvement

Understanding(s):
Students will understand...

1. Offensive strategies for team sports/activities such as basketball, soccer, football, ultimate, softball, floor hockey, handball, capture the flag, and kickball.
2. Defensive strategies for team sports/activities such as basketball, soccer, football, ultimate, softball, floor hockey, handball, capture the flag, and kickball.
3. Fair and sportsmanlike time management strategies for team sports/activities such as basketball, soccer, football, ultimate, softball, floor hockey, handball, capture the flag, and kickball.
4. How group dynamics impact success of a team or group.
5. Team Sports help promote acceptable personal and social behaviors that demonstrate respect for themselves and their peers.
6. There are unique movement concepts and strategies that apply to Team sports.
7. The movement concepts and strategies learned or refined in team sports sports will enhance or maintain one's personal fitness level.
8. The necessary components of being a teammate.

Essential Question(s):

- How will the application of offensive strategies improve success in various sports and games?
- How will the application of defensive strategies improve success in various sports and games?
- How will the application of time management strategies improve success in various sports and games?
- How can the assessment of dynamics within a group impact success?
- How do rules for games impact sportsmanship?
- Apply appropriate movement concepts, principles, tactics, and strategies for each sport.
- What skills are needed to be a successful teammate?
 - How can these skills help outside of sports?

Learning Objectives:
Students will know . . .

- Offensive strategies of set up shots and finish shots.
- The importance of moving an opponent to reduce an opponent's shot capabilities and increase energy expenditure.
- Defensive posture and positioning on the court.
- Efficient defensive movement to conserve energy expenditure and improve quickness.
- Offensive formations and movement in relation to teammates and opponents.
- Effective decision making in regards to passing, shooting, dribbling, etc.

Students will be able to:

- Apply offensive/defensive strategies to a given sport or game.
- Demonstrate posture and positioning during individual sports.
- Demonstrate efficient defensive movement to conserve energy expenditure and improve quickness.
- Analyze offensive formations and movement in relation to teammates and opponents.
- Demonstrate effective decision making throughout the course of a competition.

<ul style="list-style-type: none"> • Defensive formations and movement in relation to teammates and opponents. • Effective decision making in regards to blocking, tackling, stealing, containing, and supporting. • Fair and sportsmanlike time management strategies for beginning, middle and end of competition in relation to score. • Equipment and space needs for individual sports. 	<ul style="list-style-type: none"> • Analyze defensive formations and movement in relation to teammates and opponents. • Apply fair and sportsmanlike time management strategies for beginning, middle and end of competition in relation to score. • Perform in all Individual sports at a skill level that is both personally challenging and enjoyable • Model safe practices and ethics within all individual and dual sports (5) • Model various motor skills and movement patterns in a variety of sports. • Compare and contrast appropriateness of individual sports based on season and availability. • Distinguish between health and skill related components of fitness needed to carry out specific individual sports
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Dates: Weeks 10 - 12	Unit #4: Cooperative Games
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Stage 1 – Desired Results

<p>PA Standard(S)/Assessment Anchors Addressed:</p> <p>10.4.9.A: Analyze and engage in physical activities that are developmentally/ individually appropriate and support achievement of personal fitness and activity goals.</p> <p>10.5.12.F: Analyze the application of game strategies for different categories of physical activities.</p> <ul style="list-style-type: none"> • individual • team • lifetime • outdoor <p>10.4.12.D. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> • personal challenge • physical benefits • Finances • Motivation • access to activity • self-improvement <p>10.4.12.B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> • social • physiological • psychological <p>10.4.12 F. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> • shared responsibility • open communication • goal setting 	
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<p>Understanding(s): <i>Students will understand . . .</i></p> <ul style="list-style-type: none"> • Fair and sportsmanlike time management strategies. • How group dynamics impact success of a team or group. • Cooperative games help promote acceptable personal and social behaviors that demonstrate respect for themselves and their peers. 	<p>Essential Question(s):</p> <ul style="list-style-type: none"> • How will the application of time management strategies improve success in various sports and games? • How can the assessment of dynamics within a group impact success? • How do rules for games impact sportsmanship?
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<ul style="list-style-type: none"> ● The movement concepts and strategies learned or refined in team sports will enhance or maintain one's personal fitness level. ● The necessary components of being a teammate. ● Effective communication can lead to success. ● Responsible personal and social conduct used are expected ● Positive leadership and direction are necessary components in achieving a goal. ● Different cooperative activities positively impact your overall health ● Teamwork skills and strategy are essential in a group setting. 	<ul style="list-style-type: none"> ● How can you apply appropriate movement concepts, principles, tactics, and strategies for each sport? ● Does strategy influence performance in competitive games and activities? ● What skills are needed to be a successful teammate? <ul style="list-style-type: none"> ○ How can these skills help outside of sports? ● How does working as a team instead of an individual enhance your performance both socially and physically. ● How can skills from this unit enhance other aspects of my life and future?
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<p>Learning Objectives: Students will know . . .</p> <ul style="list-style-type: none"> ● Offensive formations and movement in relation to teammates and opponents. ● Effective decision making. ● Equipment and space needs for individual sports. ● cooperative games an integral part of Physical Education ● Roles change from passive to interactive. (Leader/Follower) ● Skills needed: listening, praising and encouraging/ communication, decision-making, conflict resolution, risk taking, and affirmation ● Communication affects the group <ul style="list-style-type: none"> ○ Verbal ○ Nonverbal ○ Listening 	<p>Students will be able to:</p> <ul style="list-style-type: none"> ● Demonstrate effective decision making throughout the course of a competition. ● Apply fair and sportsmanlike time management strategies for beginning, middle and end of activity ● Perform at a skill level that is both personally challenging and enjoyable ● Model safe practices and ethics within all activities ● Model various motor skills and movement patterns in a variety of activities. ● Distinguish between health and skill related components of fitness needed to carry out specific activities ● Increase sense of personal confidence and mutual support within a group ● Communicate effectively and appropriately <ul style="list-style-type: none"> ○ Verbal/Nonverbal ○ Listening ○ Decision making ○ Feedback
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Dates: Weeks 13 - 15	Unit #5: Yard Games
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Stage 1 – Desired Results

<p>PA Standard(S)/Assessment Anchors Addressed:</p> <p>10.4.9.A: Analyze and engage in physical activities that are developmentally/ individually appropriate and support achievement of personal fitness and activity goals.</p> <p>10.5.12.F: Analyze the application of game strategies for different categories of physical activities.</p> <ul style="list-style-type: none"> ● individual ● team ● lifetime ● outdoor <p>10.4.12.D. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> ● personal challenge ● physical benefits ● finances ● motivation ● access to activity ● self-improvement <p>10.4.12.B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p>
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- social
- physiological
- psychological

10.4.12 F. Assess and use strategies for enhancing adult group interaction in physical activities.

- shared responsibility
- open communication
- goal setting

10.5.12.A Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.

<p>Understanding(s): <i>Students will understand . . .</i></p> <ol style="list-style-type: none"> 1. Fair and sportsmanlike time management strategies. 2. How group dynamics impact success of a team or group. 3. Yard games help promote acceptable personal and social behaviors that demonstrate respect for themselves and their peers. 4. Effective communication can lead to success. 5. Responsible personal and social conduct used are expected. 6. Enjoyment of activity selection can lead to lifelong participation. 7. Yard games include, but are not limited to: Kan-Jam, Corn-hole, ladder golf, bocce ball, Spike ball, washers, croquet, horseshoes. 8. The value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. 	<p>Essential Question(s):</p> <ul style="list-style-type: none"> ● How will the application of time management strategies improve success in various sports and games? ● How can the assessment of dynamics within a group impact success? ● How do rules for games impact sportsmanship? ● How can you apply appropriate movement concepts, principles, tactics, and strategies for each sport? ● Does strategy influence performance in yard games and activities? ● What skills are needed to be an successful teammate? ● How does working as a team or an individual enhance your performance? Both socially and physically. ● How can skills from this unit enhance other aspects of my life and future? ● How does using opposition help me in games and in everyday life?
<p>Learning Objectives: <i>Students will know . . .</i></p> <ul style="list-style-type: none"> ● Effective decision-making. ● Equipment and space needs for individual sports. ● Yard games are an integral part of Physical Education. ● Skills needed: listening, praising and encouraging/ communication, decision-making, conflict resolution, risk taking, and affirmation ● Communication affects the group <ul style="list-style-type: none"> ○ Verbal ○ Nonverbal ○ Listening ● Rules and gameplay requirements for each sport/activity. ● The challenge, enjoyment, creativity, self-expression and social interaction are important, life enhancing experiences and are found in adventure activities. 	<p>Students will be able to:</p> <ul style="list-style-type: none"> ● Demonstrate effective decision making throughout the course of a competition. ● Apply fair and sportsmanlike time management strategies for beginning, middle and end of activity ● Perform at a skill level that is both personally challenging and enjoyable ● Model safe practices and ethics within all activities ● Model various motor skills and movement patterns in a variety of activities. ● Distinguish between health and skill related components of fitness needed to carry out specific activities ● Increase sense of personal confidence and mutual support within a group ● Communicate effectively and appropriately <ul style="list-style-type: none"> ○ Verbal/Nonverbal ○ Listening ○ Decision making ○ Feedback