

BCCS
High School PHYSICAL EDUCATION Curriculum Map
 (Revised 5-08)

Month	Content What topic(s) is being covered and what is the important vocabulary? What do students need to know		Skills What do students have to be able to do connected to the Content?	Essential Questions What are fundamental, enduring questions that will guide study and instruction?	Standards/ Benchmarks What benchmarks are met through this topic?	Instruction What activities are used to develop the skills and knowledge?	Resources What materials, texts, videos, internet, software, or human resources support instruction?	Assessment What evidence (products and/or performances) is collected to establish that the Content and Skills have been learned?
September	Topic: Army Football	Vocabulary: Blocking Offside Interference Goal Line Out of bounds Holding Passing Catching	Students must master these skills. The student will be able to explain and demonstrate each of the skills presented. The student will be able to explain the rules and objective of the sport.	What is the proper technique in blocking, passing, and catching? What are the key components to receiving a football? Key components to throwing a ball? Blocking techniques?	1 2 3 4 6	- Group / partner drill work - Demonstration by topic by teacher - Catching / throwing drills - Blocking drills	Teacher Demonstration Student Demonstration Study Guide Videos Books Library Sources Equipment in football Cones	Teacher will observe students. Written Test for knowledge of rules – evaluation.
	Archery	Anchor Point Draw Arm Guard Cock Feather Hen Feathers Grouping Sight Release Round Bow Arrow	Know the safety rules of using the equipment both at practice and in the file. I.e., shoot at only the target, Always be sure of the target & what is behind the target, follow all directions of instructor, nocking, drawing, shooting, retrieving, signals – ready, draw shoot; archery set is not a toy, but a weapon and it can injure or kill someone. The student will be able to explain and demonstrate each of the skills presented	What is the proper technique in nocking the arrow, target sighting the arrow, aiming the arrow? What is the difference in a right eye or left eye dominance in shooting?	1 5 6	Teacher demonstration Student demonstration Tournament format shoot	Teacher Demonstration Student Demonstration Study Guide Videos Books Guest Speaker Equipment bows, arrows, targets, backstops	Teacher will observe students. Written Test for knowledge of techniques and rules of usage – evaluation. Tournament format for skills test.

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October	Topic: Soccer	Vocabulary: Indirect Direct Free Kick Throw In Penalty Kick Corner Kick	Students must master these skills. The student will be able to explain and demonstrate each of the skills presented. The student will be able to explain the rules and objective of the sport.	What is the proper technique to dribble properly? What techniques can be used to improve passing, and shooting on goal? What are key components offense / defense?	1 2 3 4 5 6	- Demonstration by teacher - Demonstration by student - Group / Partner Drill work	Teacher Demonstration Student Demonstration Study Guide Videos Books Library Sources Equipment ie soccer balls, cones, and soccer field	Teacher will observe students. Written Test for knowledge of rules – evaluation.
	Cross Country	Running Cardio Heart Rate Techniques Strategies	Students must master these skills. The student will be able to explain the rules and objective of the sport.	What is the proper technique to run properly? What techniques are used to increase conditioning & distance? Why is heart rate monitoring important to conditioning and how is it measured with the goal to increase stamina?	1 2 3 4 5 6	Demonstration by student Group / Partner Drill work	Teacher Demonstration Student Demonstration Videos Books Library Sources Equipment ie stopwatch, distance course	Teacher will observe students. Skills Test of timed activity pre and post training.

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November	Topic: Speed Ball	Vocabulary: Over head Dribble Kick up passing Foot dribbling Catching	The students will be able to explain the rules and objectives of the sport. The student will be able to play a regulation game. The student will be able to explain and demonstrate each skill presented.	What is the proper technique in passing, catching and dribbling? What techniques can be used to improve shooting on the goal.	1 2 3 4 5 6	Demonstration by teacher. Demonstration by student Group partner drills Blocking Guarding Goal Keeping	Teacher Demonstration Student Demonstration Study Guide Videos Books Library Sources Equipment i.e. Speed ball, soccer field	The teacher will observe students during performance of drill work. A Written Test for knowledge of rules.

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December	Topic: Basketball	Vocabulary: Rebound Passing Shooting Dribbling Out of bounds Footwork Violation	The students will be able to explain the rules and objectives of the sport. The student will be able to play a regulation game. The student will be able to explain and demonstrate each skill presented.	What are the proper techniques in shooting, passing, and dribbling? Components to shooting, passing and dribbling? What are components for offense / defense? What are key components zone defenses man-to-man defense?	1 2 3 4 5 6	Demonstration by teacher Demonstration by student Group / Partner work Inside activity Lay ups & ball handling defense drills / offense drills passing, rebounding	Teacher Demonstration Student Demonstration Study Guide Videos Books Library Sources Equipment i.e. Soccer balls, cones and soccer field	The teacher will observe students during performance of drill work. A written test for knowledge of the rules.

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January	Topic: Volleyball	Vocabulary: Forearm Pass Block Setting Bumping Spiking Serving	The student will be able to play a regulation game. The student will be able to explain and demonstrate each of the skills.	What are the important components of under / over hand serve? When should a bump, spike and set be used? What should you do to prevent a net foul when blocking?	1 2 3 4 5 6	Demonstration by teacher Partner / Group work Serving practice / blocking Drills, bumping drills, set drills on walls / nets.	Teacher Demonstration Student Demonstration Study Guide Videos Books Library Sources Equipment i.e. Volleyball	The teacher will observe students during performance of drill work. A written test for knowledge of the rules.
	Badminton	Rackets Birdies Court Net Ace Volley	The student will be able to play a regulation game. The student will be able to explain and demonstrate each of the skills.	What are the important components of the serve? What are the different strategies of the singles vs doubles game? What are the advantages of the different services?	1 2 3 4 5 6	Demonstration by teacher Partner / Group work Serving practice Net practices	Teacher Demonstration Student Demonstration Study Guide Videos Books Library Sources Equipment i.e. Rackets, birdies, nets, poles	The teacher will observe students during performance of drill work. A written test for knowledge of the rules. A skills test for knowledge of the activity.

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February	Topic: Wrestling	Vocabulary: Stand up Switch Sit out Chicken wing Nelson Pin	The student will be able to explain rules / objectives and be able to wrestle a 3 minute match. The student will be able to explain and demonstrate each of the skills.	What are the important components of stand-up, switch, sit-out, chicken wing, and the half Nelson? Identify the key components of each skill.	1 2 3 4 5 6	Demonstration by teacher Demonstration by student One on one drill work Drill on the Down Position Drill on the Up Position	Teacher Demonstration Student Demonstration Study Guide Videos Books Library Sources Equipment i.e. Mats, knee pads and head gear Current trends and opportunities for each gender	The teacher will observe students during performance of drill work. A written test for knowledge of the rules.

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March	Topic: Floor Hockey	Vocabulary: Forward Guard Center Goal Keeper	The student will be able to explain and demonstrate the skills. The student will explain the rules and objectives of floor hockey. The student will be able to play a regulation game.	What are the important components of skill positions? What techniques can be used in shooting? What are the defensives? Functions of the goalkeeper?	1 2 3 4 5 6	Demonstration by teacher. Demonstration by student. Passing Skills Strategy and Positioning Goal Keeper defense Shooting drill on net	Teacher Demonstration Student Demonstration Study Guide Videos Books Library Sources Equipment i.e. Nets, stick pucks	The teacher will observe students during performance of drill work. A written test for knowledge of the rules.
	Intro to CPR / AED Training	American Red Cross Artificial External Defibrillator Choking Conscious/Unconscious Chest Compression	The student will be able to explain and properly demonstrate the techniques and skills. Proper performance on an Resie - Annie.	Why is it important that these skills are taught, learned and practiced? What techniques are different for various ages? What are the different rates for child & adult? What is the function of the AED?	3 5 6	Teacher Demonstration Student Demonstration Practice of skills on Resie – Annie	American Red Cross Teacher Demonstration Student Demonstration Study Guide Videos Books Library Mannequins AED machine Guest Speakers Local Emergency Service Personnel	Written Test for Knowledge The teacher will observe students during performance of skill work. Skills Test

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April	Topic: Baseball Softball	Vocabulary: Hitting Pitching Catching Running Fielding Error	The student will be able to explain and demonstrate the skills. The student will explain the rules and objectives of floor hockey. The student will be able to play a regulation game.	What are the important components? What are important skills to catch a ball? What is the proper hitting style?	1 2 3 4 5 6	Group and partner work: throwing / catching drills include grip, stance, force absorption and tracking fielding ground balls, handling the ball. Transition from fielding to throwing Batting drills	Teacher Demonstration Student Demonstration Study Guide Videos Books Library Sources Gloves / partner work Equipment i.e. Bats, baseballs, bases	The teacher will observe students during performance of drill work. A written test for knowledge of the rules.

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May	Topic: Track and Field	Vocabulary: Sprints Relays Exchange Zones Long Jump High Jump Shot Put Discus Hurdles	<p>The student will be able to explain and demonstrate each of the skills presented.</p> <p>The student will be able to perform the events.</p> <p>The student will explain the rules and objectives of the sport.</p>	<p>What is an advantage for using blocks?</p> <p>What is the proper technique for jumping the hurdles?</p> <p>What happens if you drop the baton?</p> <p>How are jumps measured?</p> <p>What is an exchange zone?</p>	1 2 3 4 5 6	<p>Demonstration by Teacher</p> <p>Demonstration by student Group / Partner work in each event.</p> <p>After demonstration a time or distance will be recorded for each individual as they compete in the event against him or her self or against a classmate.</p>	<p>Teacher Demonstration</p> <p>Student Demonstration</p> <p>Study Guide</p> <p>Videos</p> <p>Books</p> <p>Library Sources</p> <p>Equipment i.e. Batons, hurdles, blocks, high jump pits, shot puts, discus, long jump pit, stop watches, tape measure</p>	<p>The teacher will observe students during performance of drill work.</p> <p>A written test for knowledge of the rules.</p>
Extra	Topic: Presidential physical testing is done in the Fall and Spring. Weight Lifting games played periodically: <i>Rugby</i> <i>Modified Dodge Ball</i> <i>Kickball</i> <i>Bowling</i>							