

# Reading Public Schools

*Instilling a joy of learning and inspiring the innovative leaders of tomorrow*



**Curriculum Guide for Course: Physical Education**

**Grade: 9**

## Program of Studies

This course is designed to introduce students to the benefits, methods and safety precautions relative to musculoskeletal growth and development. Very basic anatomy and physiology of muscles and their response to training will be covered. Students will learn to assess, achieve, and maintain an appropriate level of muscular fitness. Using properly applied progressive resistance training, students will learn the correct form and technique when training with selected machines and free weights. Through this course, students will be able to further assess and develop their personal health related fitness plan from their middle school experience (Certification for use of the RMHS Fitness Center is also be offered during this course). Some traditional physical education experiences will also be provided for students in this course.

## National Standards

**Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

**Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

**Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others.

**Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

<https://www.shapeamerica.org/standards/pe/>

## Skills

Students will be able to:

- demonstrate competency in a variety of motor skills and movement patterns.
- apply the concepts, principles, strategies and tactics related to movement and performance.
- demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness
- exhibit responsible personal and social behavior that respects self and others.





<b>Units</b>	<b>Essential Questions</b>	<b>Key Activities</b>
1. Fitness Center Unit: In this unit of instruction all students will be able to demonstrate proper form and technique while performing a variety of strength and conditioning exercises.	<ul style="list-style-type: none"> <li>• How can I use Selectorized-plated machines, free-weight, and cardiovascular equipment in a safe and healthy way to improve and maintain my health?</li> <li>• How can I create a healthy and personalized fitness plan, incorporating healthy exercises and exercise equipment, to help maintain and improve my health?</li> </ul>	Key activities may include body weight exercises, free weights and cardiovascular machines.
2. The Tennis Unit: This unit will provide students with the fundamental skills of tennis enabling them to play a game.	<ul style="list-style-type: none"> <li>• How does participation in tennis improve physical fitness?</li> <li>• How do tennis skills transfer to other racket sports?</li> </ul>	Key activities may include serving, court position and scoring a game.
3. The Striking Unit: In this unit students will use a variety of implements to strike at stationary and mobile objects.	<ul style="list-style-type: none"> <li>• What are common skills that transfer from one striking game to another?</li> </ul>	Key activities may include using long or short implements in games.
4. The Target Unit: In this unit students will be able to decipher between accuracy and power aim towards a stationary target.	<ul style="list-style-type: none"> <li>• How does body control improve success in target games?</li> </ul>	Key activities may include using implements or the body to send an object toward a target.
5. The Invasion Games Unit: In this unit students will learn how to create and defend space in a variety of games.	<ul style="list-style-type: none"> <li>• What key concepts or game strategies apply to all invasion games?</li> </ul>	Key activities may include games where you try to invade your opponents space to score.
6. The Net Games Unit: In this unit students will send an object over a net by striking with an implement or hand in order to score on their opponent.	<ul style="list-style-type: none"> <li>• What are common strategies found in all net games?</li> </ul>	Key activities may include hitting a ball or shuttlecock over the net.
7. The Backyard Games Unit: In this unit students will learn the rules and scoring of common backyard games.	<ul style="list-style-type: none"> <li>• Why do we play games?</li> </ul>	Key activities may include throwing, tossing or catching many different objects.