

Physical Education I

UNIT/ Weeks	Timeline/Topics	Essential Questions
9	Fitness through Team Sports- Grade 9 <ul style="list-style-type: none"> • Offensive and Defensive Strategy • Sportsmanship • Evolution of Team Sports and Activities • Fitness 	<ul style="list-style-type: none"> • How does fitness impact team activities? • Why is it essential to know the rules of the game? • How are communication and team strategy important for team activities?
9	Fitness through Individual/Dual Sports- Grade 9 <ul style="list-style-type: none"> • Training for Greatness • Applying Strategy • Promoting Safety 	<ul style="list-style-type: none"> • What can I do to improve my performance in fitness and in games? • How can strategy aid individual and group success? • How do mind and body work together for athletic or fitness success?
9	Fitness through Cooperative Activities- Grade 9 <ul style="list-style-type: none"> • Fitness and FITT Principle • Cooperative Activities • Strategy in Cooperation • Performance Evaluations 	<ul style="list-style-type: none"> • How do I work effectively as a member of a group? • How can practicing specific skills enhance one's ability in a game setting? • How can short and long-term goal setting affect an individual or team's performance?
9	Fitness through Movement- Grade 9 <ul style="list-style-type: none"> • Fitness and FITT Principle • Movement Skills • Movement and Rhythm 	<ul style="list-style-type: none"> • How can I plan for fitness at any age? • How can the transition of movement skills from isolated settings (skill practice) to applied settings (game, dance) occur?