

ACADEMY FOR URBAN LEADERSHIP CHARTER HIGH SCHOOL
PHYSICAL EDUCATION 9-12

MARKING PERIOD	ONE	TWO	THREE
2009 NJCCCS	2.5.12.A.1 2.5.12.A.2 2.5.12.A.3 2.5.12.A.4 2.5.12.B.1 2.5.12.B.2 2.5.12.B.3	2.5.12.C.1 2.5.12.C.2 2.5.12.C.3	2.6.12.A.1 2.6.12.A.2 2.6.12.A.3 2.6.12.A.4 2.6.12.A.5
ESSENTIAL QUESTION	How is movement skill performance influenced by quality of instruction, practice, assessment, feedback, and individual and team efforts?	What are the roles & responsibilities of players, referees, trainers, and other participants to improve their behavior and Performance?	What are some fitness goals/plans that I can make to help me stay healthy & committed to my personal wellness?
CONTENT	Movement skills, concepts, and strategy.	Sportsmanship, Rules, and Safety.	Lifelong fitness and physical activity.
SKILLS & TOPICS	<ol style="list-style-type: none"> 1. Explain and demonstrate ways to transfer movement skills from one game, sport, or recreational activity to another. 2. Analyze application of force & motion and adjust movement to impact performance. 3. Critique a movement skill/performance & discuss how each part can be transformed into something more creative, interesting, efficient, and effective. 4. Design a social, cultural, or fitness dance with variations in time, space, force, flow. 5. Demonstrate 	<ol style="list-style-type: none"> 1. Discuss & analyze the role, responsibilities, and preparation of players, officials, trainers, and other participants and suggest strategies to improve their behavior/performance. 2. Implement rule changes to improve the safety of the game, sport, and activity. 3. Discuss and decide the impact that technology and globalization have on the development of, participation in, and viewing of games, sports, dance, and other movement activities and predict future impact. 	<ol style="list-style-type: none"> 1. Compare the short & long term impact of physical activity on wellness. 2. Design, implement, and evaluate a fitness plan that reflects knowledge and application of FITT principles. 3. Decide the role that genetics, gender, age, nutrition, activity level, and exercise type has on body composition. 4. Compare & contrast the impact of health-related fitness components as a measure of fitness and health. 5. Discuss the effect that PES's have on athletic performance.

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	<p>offensive, defensive, and cooperative strategies.</p> <p>6. Utilize a variety of mental strategies to improve performance.</p> <p>7. Discuss, analyze, and employ factors, intrinsic & extrinsic, to enhance individual & team effectiveness.</p>		
INTEGRATION OF TECHNOLOGY	Use of Internet sites, YouTube, dvd's, Insanity, T25.		
ASSESSMENT	Quizzes, tests, teacher observations, performance tasks, final exam, Fitness Gram.		
RESOURCES	Fitness Gram, assorted equipment, gymnasium, locker room.		
SPORTS/ACTIVITIES	A variety of individual, team, team building, and lifetime sports/activities.		