

# Physical Education II

UNIT/ Weeks	Timeline/Topics	Essential Questions
9	Fitness through Team Sports- Grade 10 <ul style="list-style-type: none"> <li>• Movement in Skills</li> <li>• Cooperative Movement with Team Members</li> <li>• Identify Rules and Safety</li> <li>• Offensive and Defensive Strategies</li> </ul>	<ul style="list-style-type: none"> <li>• How do you stay fit?</li> <li>• How can your ability to work with your classmates on basic skills lead to simple offenses and defenses?</li> <li>• How can you work together as a team to reach a goal?</li> <li>• How does having knowledge of an activity and a positive attitude impact your performance?</li> </ul>
9	Fitness through Dual/Individual Sports- Grade 10 <ul style="list-style-type: none"> <li>• Factors for Lifelong Fitness</li> <li>• Personal Skills and Strategies in Game</li> <li>• Constructive Feedback</li> <li>• Assess Personal Fitness</li> <li>• Movement Skills in Games, Sports, and Recreational Activities</li> </ul>	<ul style="list-style-type: none"> <li>• How does having knowledge of an activity and a positive attitude impact your performance?</li> <li>• How can these activities be enjoyed throughout a healthy lifetime?</li> <li>• How can the ability to perform basic skills help you in any activity?</li> </ul>
9	Fitness through Cooperative Games- Grade 10 <ul style="list-style-type: none"> <li>• Movement Skills During Play</li> <li>• Team Strategies to Improve Performance and Behavior</li> <li>• Cooperation and Good Sportsmanship</li> </ul>	<ul style="list-style-type: none"> <li>• How can you work together as a team to reach a goal?</li> <li>• How can your ability to work with your classmates on basic skills lead to simple offenses and defenses?</li> <li>• How can activities be enjoyed within a healthy lifetime?</li> <li>• How does having knowledge of an activity and a positive attitude impact your performance?</li> </ul>
9	Fitness through Movement- Grade 10 <ul style="list-style-type: none"> <li>• Fitness Gram Test</li> <li>• Speed Walking</li> <li>• Applying Strategy</li> <li>• Promoting Safety</li> </ul>	<ul style="list-style-type: none"> <li>• How can activities be enjoyed within a healthy lifetime?</li> <li>• How does effective and appropriate movement effect wellness?</li> <li>• How does having knowledge of an activity and a positive attitude impact your performance?</li> <li>• How can the ability to perform basic skills help you in any activity?</li> </ul>