

Physical Education III

UNIT/ Weeks	Timeline/Topics	Essential Questions
9	Fitness through Team Sports- Grade 11 <ul style="list-style-type: none"> • Offensive and Defensive Strategies • Sportsmanship • Evolution of Team Sports and Activities • Fitness • Performance Enhancing Drugs 	<ul style="list-style-type: none"> • How can your ability to work with your classmates on basic skills lead to simple offenses and defenses? • How can you work together as a team to reach a goal? • How can these activities be enjoyed within a healthy lifetime?
9	Fitness through Dual/Individual Sports- Grade 11 <ul style="list-style-type: none"> • Improving Performance • Respecting the Game 	<ul style="list-style-type: none"> • How can the ability to perform basic skills help you in any activity? • How does having knowledge of an activity and a positive attitude impact your performance? • How do mind and body work together for athletic or fitness success?
9	Fitness through Cooperative Activities- Grade 11 <ul style="list-style-type: none"> • Communicating as a Team • Cooperation in Activities • Strategies to Improve Performance 	<ul style="list-style-type: none"> • Why is it important to make physical activity a part of your daily routine? • How does having knowledge of an activity and a positive attitude impact your performance? • How can the ability to perform basic skills help you in any activity?
9	Fitness through Movement- Grade 11 <ul style="list-style-type: none"> • FITT Principles • Fitness Gram • Speed Walking • Technology and Fitness 	<ul style="list-style-type: none"> • How can you use the five components of health-related fitness to set short and long term goals? • What factors should be considered when designing a personal wellness plan? • How does effective and appropriate movement affect wellness? • How can one be fit for life?