

OLEAN HIGH SCHOOL

Course Name Physical Education
 Text _____
 Other Resources _____

Grades 9-12



(All Activities) Self Assessment Peer Assessment Skill Assessment Written Assessment Teacher Assessment
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Month	Topic Content	Skills	Concepts	Major Assessments	Learning Standards	Resource/Text Page
1 st quarter	Organization Table Tennis	Serve, slash, forehand, backhand, scoring	Placement of shots Use of all skills	Tournament record Skill development Serve /forehand	#1,2	
1 st quarter	Fitness	Running, walking, variable depending on activity	Target H.R. Pacing	Fitness levels Health & skill relates	#1,2	
1 st quarter	Volleyball	Set, pass, serve, spike	Teamwork Game strategy	Active participation Serves overhand/underhand Sets, spike Placement of volleyball Skills development	#1,2	
2 nd quarter	Basketball	Dribbling, passing, shooting	Teamwork Coordination Cooperation	Active participation Dribbling, passing, shooting	#1,2	
2 nd quarter	Weight Lifting	Lifting technique Proper technique	Individual fitness Safety Target H.R. Progressive wt.	Individual fitness program Proper technique Spotting, muscle strength/improvement Cardio endurance	#1,2	
2 nd quarter	Games	Throwing, Hitting, Eye hand Coordination	Teamwork Coordination Cooperation	Active participation	#1,2	
3 rd quarter	Pool					
3 rd quarter	Pass/Catch Football	Running, throwing, catching (hand-eye)	Teamwork Cooperation Interaction	Active participation, passing, catching (Hand-eye)	#1,2,3	

3rd quarter	Pickle ball	Serve, slash, forehand, backhand, scoring	Placement of shots Use of all skills	Tournament record Skill development Serve /forehand	#1,2	
3rd Quarter	Games	Throwing, Hitting, Eye hand Coordination	Teamwork Coordination Cooperation	Active participation	#1,2	
3rd quarter	Soccer Speedball	Dribble, pass, trap, shoot	Teamwork Strategies Rules application	Team play Cooperation	#1,2	
4th quarter	Badminton	Serve – Volley Forehand- backhand Drop shot-smash	Individual sport Strategy Shot placement	Individual program Win/loss record Forehand/backhand Serve, drop, shot, smash Placement of shuttle Rules interpretation	#1,2	
4th quarter	Fitness	Running, walking, variable depending on activity	Target H.R. Pacing	Fitness levels Health & skill relates	#1,2	
4th quarter	Softball Wiffle ball	Pitch, catch, throw, batting position	Team play Cooperation Strategy	Cooperation Effort in Class	#1,2	
4th quarter	Tennis Pickle ball	Serve, volley, forehand, backhand, scoring	Individual sport Strategy Shot placement	Active participation Use of skills	#1,2	