

PE Grade 9 (Master)

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Content	Skills	Learning Targets	Standards	Assessment	Resources & Technology
CEQ: <ul style="list-style-type: none"> WHAT DOES IT MEAN TO BE PHYSICALLY FIT? 	Cardiorespiratory Endurance & Bone Strengthening	Cardiorespiratory Endurance & Bone Strengthening	9.1.1.1 9.1.1.2	Cardiorespiratory Endurance & Bone Strengthening	Cardiorespiratory Endurance & Bone Strengthening
UEQ: <ul style="list-style-type: none"> <i>What are ways to measure fitness?</i> <i>What are ways to achieve fitness?</i> <i>What are ways to be a good teammate/competitor?</i> 	1a. Good Teammate/Competitor 1b. Strategy 1c. Proper Etiquette 1d. Rules 2a. Correctly use the heart rate monitors 2b. Pacing 2c. Measure Fitness (recovery heart rate) 3a. Pacing 3b. Breathing 3c. Record Keeping 3d. Challenge yourself/compete	1a. Know <ul style="list-style-type: none"> - Playing area - Basic Rules 2a. Know <ul style="list-style-type: none"> - Zone training - Benefits (hard, moderate, light) - Exercise without monitor 3a. Know <ul style="list-style-type: none"> - What area of fitness is being measured. - Testing procedure - Strategy - Benefits 	9.1.2.1 9.1.3.1 9.2.1.1 9.2.1.2 9.2.1.3 9.2.1.4 9.3.1.1 9.3.1.2 9.3.1.3 9.3.1.4 9.3.1.5	CA = Mile fitness test CA - Fitness Runs CA - Use of HRM during fitness activities. Muscle Strength & Endurance CA = Sit-ups, Pull-ups, Push-ups, Wall sit fitness tests CA = Written bone and muscle test CA = weight room logs	Polar Heart Rate Monitors Polar Software Presidential Fitness Standards rubric Muscle Strength & Endurance PE 9 Booklets Presidential Fitness Standards rubric Google Classroom
Cardiorespiratory Endurance & Bone Strengthening	Muscle Strength & Endurance	Muscle Strength & Endurance			
1. Fitness Games <ul style="list-style-type: none"> - Team Handball - Pin Hockey - Quad Ball - Ultimate Frisbee - Pin Guard 	1a. Proper form/technique 1b. Perfect Repetition 1c. Perfect Set 1d. Challenge yourself	1. Know <ul style="list-style-type: none"> - Supersets - Record keeping 			

<ul style="list-style-type: none"> - Eclipse Ball - Capture the Flag - Nitro Ball - Soccer - Dance <p>2. Fitness Runs</p> <ul style="list-style-type: none"> - Zone Training <p>3. Mile Run</p> <p><i>UEQ:</i></p> <ul style="list-style-type: none"> • <i>What are ways to measure fitness?</i> • <i>What are ways to achieve fitness?</i> <p>Muscle Strength & Endurance</p> <ol style="list-style-type: none"> 1. Resistance Training 2. Push-ups 3. Pull-ups 4. Wall Sit 5. Sit-ups 	<p>1e. Record what you do</p> <p>1f. Pacing/tempo</p> <p>1g. Organization</p> <p>1h. Make adjustments</p> <p>2-5a. Form/Technique</p> <p>2-5b. Record/Grade Effort</p>	<ul style="list-style-type: none"> - Identify exercises & muscle groups - Individualize Workout <p>2-5. Know</p> <ul style="list-style-type: none"> - Major Muscles (Name & Location) - Assisting/Supporting Muscle(s) - Skill Ques - Exercises to help strengthen - Benefits 	<p>9.3.1.6</p> <p>9.3.2.1</p> <p>9.3.2.2</p> <p>9.3.3.1</p> <p>9.3.3.2</p> <p>9.3.3.3</p> <p>9.3.3.4</p> <p>9.3.3.5</p> <p>9.3.4.1</p> <p>9.3.4.2</p> <p>9.3.5.1</p> <p>9.3.6.1</p> <p>9.4.1.1</p> <p>9.4.2.1</p> <p>9.4.3.1</p> <p>9.4.3.2</p>	<p>Written Work</p> <p>CA = Google classroom skill cue/muscle assessment</p> <p>CA = Goal Setting</p> <p>CA = Written bone and muscle test</p>	
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			9.5.1.1		
			9.5.2.1		
			9.5.3.1		