

**Union County Educational Services Commission
High School Course Syllabus**

Title: Health/Physical Education IV

Timeline: Full Year; 5 Credits

Course Description:

Physical Education IV will continue to enable students to understand the components of health-related fitness, motor skills, flexibility, endurance, strength, coordination, and a plan to support a healthy lifestyle. The knowledge of physical education is an always evolving field and it is important that our students understand the importance of living a healthy and active lifestyle. This course encourages students to develop an individual fitness style with which they feel comfortable. Students will be able to incorporate fitness related technology into their physical fitness routine. In addition, physical fitness testing will continue to take place.

Health IV covers mental and emotional health including forming and maintaining healthy relationships, dating violence, domestic abuse, and healthy conflict resolution. In addition, CPR and First Aid will be reviewed per New Jersey Department of Education Statute.

Scope and Sequence (PE):

- I. Fitness
- II. Team Sports
- III. Individual Sports
- IV. Cooperative Games

Scope and Sequence (Health):

- I. Healthy and Safe Relationships
- II. Abusive Relationships
- III. Mental and Emotional Health
- IV. CPR
- V. First Aid

Refer to the attached curriculum map for a detailed outline of course objectives.

Curriculum Alignment:

NJ Student Learning Standards - Comprehensive Health and Physical Education

Grading Procedures:

Do Now	10%
Participation	20%
Class Assignments	50%
Assessments	20%

Adoption Date:

Union County Educational Services Commission
Curriculum Mapping Format: Health IV

	Unit 1	Unit 2	Unit 3	Unit 5	Unit 6
Length of Unit	12 Weeks	6 Weeks	6 Weeks	6 Weeks	6 Weeks
Topic	Healthy and Safe Relationships	Abusive Relationships	Mental and Emotional Health	CPR	First Aid
Standards	<p>2.1.12.E.1 - Predict the short- and long-term consequences of unresolved conflicts.</p> <p>2.1.12.E.2 - Analyze how new technologies (i.e. social media) may positively or negatively impact the incidence of conflict or crisis.</p> <p>2.2.12.A.1 - Employ skills for communicating with family, peers, and people from other backgrounds and cultures that may impact the health of oneself and others.</p> <p>2.2.12.A.2 - Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts.</p>	<p>2.4.12.A.5 - Determine effective prevention and intervention strategies to address domestic or dating violence (e.g., rules of consent, warning signs of dating violence).</p>	<p>2.1.12.C.3 - Determine the emotional, social, and financial impact of mental illness on the family, community, and state.</p> <p>2.1.12.C.4 - Relate advances in medicine and technology to the diagnosis and treatment of mental illness.</p>	<p>2.1.12.D.6 - Demonstrate first-aid procedures, including Basic Life Support and automatic external defibrillation, caring for head trauma, bone and joint emergencies, caring for cold and heat injuries, and responding to medical emergencies.</p>	<p>2.1.12.D.6 - Demonstrate first-aid procedures, including Basic Life Support and automatic external defibrillation, caring for head trauma, bone and joint emergencies, caring for cold and heat injuries, and responding to medical emergencies.</p>
Content	Dating Relationships Family Relationships Relationships Peer Relationships Relationship with Self Conflict Resolution	Domestic Abuse Self Harm Dating Violence	Self Esteem Stress Mental Illness Diagnosis and Treatment of Mental Illness	In a medical emergency, a victim’s life depends on a specific series of actions called the chain of survival The 4 main links include, a call to emergency services, CPR, defibrillation and advanced care “Hands Only” CPR	The first steps in an emergency are to check, call, and care (3 C’s) Universal precautions are taken to prevent the spread of disease through blood or other body fluids (Ex: wearing gloves and washing hands immediately after

					providing first aid) Different types of wounds including: abrasions, lacerations, punctures and avulsions
Skills	Identifying and utilizing skills for a healthy relationship	Identifying: <ul style="list-style-type: none"> • Where to get help • How to get help Prevention of Abuse Overcoming Abuse	Understanding and Managing Stress	Students will be able to identify an unconscious person and be able to properly perform Hands Only CPR until a professional arrives (Push hard and fast in the center of the chest at a pace of 100 beats per minute) Successfully demonstrated by each student.	Students will be able to demonstrate first-aid procedures, including Basic Life Support and automatic external defibrillation, caring for head trauma, bone and joint emergencies, caring for cold and heat injuries, and responding to medical emergencies

Union County Educational Services Commission
Curriculum Mapping Format: Physical Education

Unit	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
Length of Unit	3 Weeks	3 Weeks	3 Weeks	3 Weeks	3 Weeks	3 Weeks
Topic	Fitness	Football	Soccer	Floor Hockey	Volleyball	Basketball
Standards	<p>2.5.12.A.1: Explain and demonstrate ways to apply <u>movement skills</u> from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball).</p> <p>2.5.12.A.2: Analyze application of force and motion (weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.</p> <p>2.5.12.A.3: Design and lead a rhythmic activity that includes variations in time, space, force, flow, and relationships (creative, cultural, social, and fitness dance).</p> <p>2.5.12.A.4: Critique a movement skill/performance and discuss how each part can be made more interesting, creative, efficient, and effective.</p> <p>2.5.12.B.1: Demonstrate and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies.</p> <p>2.5.12.B.2: Apply a variety of mental strategies to improve performance.</p> <p>2.5.12.B.3: Analyze factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness.</p> <p>2.5.12.C.1: Analyze the role, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance and behavior.</p> <p>2.5.12.C.2: Develop rule changes to existing games, sports, and activities that enhance safety and enjoyment.</p> <p>2.5.12.C.3: Determine the current impact of globalization and technology on the development of, participation in, and viewing of games, sports, dance, and other movement activities, and predict future impact.</p> <p>2.6.12.A.2: Design, implement, and evaluate a fitness plan that reflects knowledge and application of fitness-training principals. (<u>FITT and additional training principles</u>)</p>					
Skills	<p><i>Students will know how and be able to:</i></p> <p>Know and understand the five components of health related physical fitness.</p> <p>Develop an individual fitness plan.</p> <p>Know how to measure heart rate and utilize a heart rate monitor.</p> <p>Know how to safely use various exercises that help develop the five</p>	<p><i>Students will know and be able to:</i></p> <p>Perform fundamental skills such as catching, passing, running, and kicking.</p> <p>Understand and implement basic offensive and defensive strategies, both as a team and as individuals.</p> <p>Implement basic offensive and</p>	<p><i>Students will know and be able to:</i></p> <p>Demonstrate proper kicking technique and control with a soccer ball in a group setting while keeping the ball below the waist level- ie. Dribbling.</p> <p>Demonstrate proper kicking technique and control with a soccer ball while lofting it into the air.</p>	<p><i>Students will know and be able to:</i></p> <p>Know and understand the rules and strategy to hockey.</p> <p>Demonstrate proper form while using a hockey stick to stick handle a puck/ball.</p> <p>Understand the different positions on the ice and the</p>	<p><i>Students will know and be able to:</i></p> <p>Perform fundamental skills such as bumping, setting, serving and blocking.</p> <p>Understand and implement basic offensive and defensive techniques, both as a team and as individuals.</p>	<p><i>Students will know and be able to:</i></p> <p>Facilitate the learning of the rules, playing regulations, and boundaries in the sport of basketball.</p> <p>Understand the different player positions on the court (ex. point guard, shooting guard, forward).</p> <p>Dribble a basketball</p>

	<p>components of health related fitness. Spot weight training exercises properly while working in the weight room. Use proper etiquette in the weight room and to respect fellow students while participating in various fitness activities.</p>	<p>defensive positions and formations. Implement basic scoring principles, rules and understand the penalties for violations of these rules. Understand the dimensions of the playing field, boundaries and other areas of importance. Identify potential risks and dangers associated with physical activity and describe how to minimize these risks. Understand the importance of physical conditioning and its relationship to participation in the sport of football.</p>	<p>Demonstrate proper short and long passing technique to a partner and teammates Demonstrate proper trapping technique in order to regain control of the ball. Demonstrate proper technique when heading the ball into the goal or to a teammate. Cooperate with each other and work in a group setting while learning/practicing soccer skills and proper technique. Work in modified teams while practicing soccer skills and proper technique during a facilitated game. Recite the basic rules of a soccer games. Demonstrate basic knowledge of a soccer field dimensions and recognize the following areas on the field: center circle, center-line, goal line, and corner arc.</p>	<p>importance of each one. Demonstrate proper goaltending skills. Demonstrate proper movement skills while performing different kinds of shots. Implement basic scoring principles, rules and understand the penalties for violations of these rules.</p>	<p>Implement basic offensive and defensive positions on the court. Implement basic scoring principles, rotation procedures, rules and regulations, safety concerns and understand the penalties for violations of these rules. Understand the dimensions of the playing court, boundaries and other areas of importance. Identify potential risks and dangers associated with physical activity and describe how to minimize these risks. Understand the importance of physical conditioning and its relationship to participation in the sport of volleyball.</p>	<p>correctly using both hands in a stationary position as well as while moving across the court with proper head and body position. Demonstrate the three types of passes used in basketball (ex. chest, bounce, overhead passes). Use proper form shooting from a stationary position. Demonstrate the understanding of the three basic shots in basketball (lay-up, foul shot, jump shot). Demonstrate the proper defensive stance and position used in a variety of defenses. Understand the differences between the different types of defenses used in the game of basketball (ex. zones and man to man). Develop the inclusion of lead up games and activities for the game of basketball. Develop etiquette, scoring and sportsmanship in a regulation game and tournament play.</p>
--	--	--	--	---	--	---

Unit	Unit 7	Unit 8	Unit 9	Unit 10	Unit 11	Unit 12
Length of Unit	3 Weeks	3 Weeks	3 Weeks	3 Weeks	3 Weeks	3 Weeks
Topic	Badminton	Speedball	Pickleball	Softball/Baseball	Golf	Cooperative Games
Standards	<p>2.5.12.A.1: Explain and demonstrate ways to apply <u>movement skills</u> from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball).</p> <p>2.5.12.A.2: Analyze application of force and motion (weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.</p> <p>2.5.12.A.3: Design and lead a rhythmic activity that includes variations in time, space, force, flow, and relationships (creative, cultural, social, and fitness dance).</p> <p>2.5.12.A.4: Critique a movement skill/performance and discuss how each part can be made more interesting, creative, efficient, and effective.</p> <p>2.5.12.B.1: Demonstrate and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies.</p> <p>2.5.12.B.2: Apply a variety of mental strategies to improve performance.</p> <p>2.5.12.B.3: Analyze factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness.</p> <p>2.5.12.C.1: Analyze the role, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance and behavior.</p> <p>2.5.12.C.2: Develop rule changes to existing games, sports, and activities that enhance safety and enjoyment.</p> <p>2.5.12.C.3: Determine the current impact of globalization and technology on the development of, participation in, and viewing of games, sports, dance, and other movement activities, and predict future impact.</p> <p>2.6.12.A.2: Design, implement, and evaluate a fitness plan that reflects knowledge and application of fitness-training principals. (<u>FITT and additional training principles</u>)</p>					
Skills	<p><i>Students will know and be able to:</i></p> <p>Demonstrate a basic knowledge of safety while using equipment on the court.</p> <p>Demonstrate the basic skills of badminton: backhand stroke, forehand stroke, smash, and serve.</p> <p>Demonstrate the basic knowledge of rules of the game and keeping score. • Successfully</p>	<p><i>Students will know and be able to:</i></p> <p>Explain the safety rules of each activity.</p> <p>Effectively move safely through space while actively participating. This will benefit their development of spatial awareness.</p> <p>Demonstrate an understanding of movement concepts and the use of motor</p>	<p><i>Students will know and be able to:</i></p> <p>Demonstrate an understanding of movement concepts and the use of motor skills. • Demonstrate the ability to use effective interpersonal skills.</p> <p>Develop the understanding that challenge, enjoyment, creativity, and self/social expression are important, life-enhancing</p>	<p><i>Students will know and be able to:</i></p> <p>Proper throwing mechanics.</p> <p>Proper fielding mechanics.</p> <p>Proper hitting mechanics.</p> <p>Cognitive understanding of situational play.</p> <p>Understanding the rules and conventions of play.</p>	<p><i>Students will know and be able to:</i></p> <p>Explain the rules and scoring in Golf.</p> <p>Understand common golf terminology.</p> <p>Understand cause and effect factors that influence ball flight.</p> <p>Demonstrate pre- and in-swing</p>	<p><i>Students will know and be able to:</i></p> <p>Demonstrate an understanding of movement concepts and the use of motor skills.</p> <p>Effectively move safely through space while actively participating.</p> <p>Demonstrate responsible personal and social behavior.</p> <p>Demonstrate the ability to use effective interpersonal skills.</p>

	<p>play a game of tennis while observing the rules and etiquette of the court.</p>	<p>skills. Demonstrate the ability to use effective interpersonal skills. To learn and practice good sportsmanship and teamwork. To acquire self discipline, self-control, and self-confidence. Demonstrate an understanding and respect for themselves, each other, equipment, and the rules of the game. Demonstrate proper technique when converting the ball from the ground to the air. Play safe, play fair, and have fun!</p>	<p>experiences that are found in creative activities. Demonstrate an understanding and respect for themselves, each other, equipment, and the rules of the game. Demonstrate a basic knowledge of safety while using equipment on the court. Demonstrate the basic skills of Pickleball. Demonstrate basic knowledge of rules of the game.</p>		<p>fundamentals of the short and long game. Demonstrate pre- and in-swing fundamentals of putting.</p>	<p>Demonstrate the ability to use decision making skills of appropriate goal setting, risk-taking, and problem solving. Understand that challenge, enjoyment, creativity, self-expression and social interaction are important, life-enhancing experiences and are found in recreational activities. Demonstrate an understanding and respect for differences. Play hard, Play safe, Play fun.</p>
--	--	--	--	--	---	---