

Frederick County Public Schools
Fitness For Life
Secondary Physical Education Curriculum

Essential Discipline Goals

Develop an acceptable level of fitness and an understanding of the components of fitness and an appreciation of the life-long value of fitness through personalized physical education activities

Develop through a purposeful physical education experience a more positive self-concept appropriate to social and emotional behaviors, self-direction and an appreciation of individual differences

Develop physical skills and acquire knowledge of efficient and creative movement through participation in a sequential program of varied activities and develop an appreciation for the value of this type of movement

Develop an awareness of safety practices and procedures

Ninth Grade

PE.10: Skillfulness - Students will demonstrate the ability to enhance their performance of a variety of physical skills by developing fundamental movement skills, combining skills effectively, and applying skills.

900.10.01 Apply fundamental movement skills in a variety of physical education activities.

900.10.01.a Categorize and perform a selection of activities that improve or maintain skill-related components of fitness.

900.10.02 Evaluate the performance and strategies used to solve tactical game problems.

900.10.02.a Justify and use different concepts and strategies for the categories of strategic games (net/wall, invasion, striking/fielding, and target activities) such as: offensive and defensive strategies or on and off the ball movements.

PE.20: Biomechanical Principles - Students will demonstrate an ability to use the principles of biomechanics to generate and control force to improve their movement effectiveness and safety.

900.20.01 Demonstrate how muscles influence movement mechanics.

900.20.01.a Implement a muscle fitness workout by applying force with movement.

900.20.01.b Analyze and demonstrate how the distance through which a muscle contracts affects the force produced

900.20.01.c Demonstrate appropriate mechanics in a variety of activities.

900.20.01.d Investigate and demonstrate how forcefully stretching a muscle immediately before a concentric contraction increases the force of that contraction such as in plyometrics.

900.20.02 Analyze how force is effectively applied to projectiles.

900.20.02.a Distinguish and demonstrate how projection speed and projection angle are related to accuracy such as: striking a tennis ball using a smash or a lob to have it land in the back corner of the court.

900.20.02.b Calculate and demonstrate the concept of projection angles such as changing the projection angle to discover the influence on distance achieved.

900.20.02.c Demonstrate and apply the effect of spin referring to ball trajectory and movement For example in tennis when topspin rebounds on a higher trajectory and backspin rebounds on a lower trajectory.

900.20.02.d Investigate and demonstrate how balls can generate lift by spinning such as in soccer.

PE.30: Motor Learning Principles – Students will demonstrate the ability to use motor skill principles to learn and develop proficiency through frequent practice opportunities in which skills are repeatedly performed correctly in a variety of situations.

900.30.01 Practice self-evaluation and feedback in the improvement of motor skills.

900.30.01.a Perform a self and peer evaluation for skill improvement using an appropriate assessment tool such as a checklist or rubric.

Please note it is important not to use the assessment tools to compare peer performance. Rather the assessment tools are used to provide specific feedback on individual performance.

PE.40: Exercise Physiology - Students will demonstrate the ability to use scientific principles to design and participate in a regular, moderate to vigorous physical activity program that contributes to personal health and enhances cognitive and physical performance on a variety of academic, recreational, and life tasks.

900.40.01 Evaluate the effects of moderate to vigorous physical activity on the body systems.

900.40.01.a Defend a fitness plan using knowledge of the body systems and principles of overload, progression, specificity, regularity, and individuality.

900.40.02 Evaluate the components of the FITT guidelines to adjust levels of physical activity.

900.40.02.a Align personal fitness goals based on fitness assessments.

900.40.02.b Apply the use of components of the FITT guidelines to a personal fitness plan for consistency with fitness levels and goals.

900.40.03 Evaluate the various components necessary to design a personal fitness plan.

900.40.03.a Assess the physiological changes and benefits achieved through the implementation of a personal fitness plan.

900.40.03.b Create and implement a personal fitness plan based on an assessment of the health-related fitness components and personal fitness goals.

900.40.03.c Justify activities chosen to improve or maintain specific health-related fitness components as part of a personal fitness plan.

900.40.03.d Design, justify and adhere to a personalized, outside-of-school physical activity program, consistent with one's own health performance, interests and fitness goals.

900.40.04 Justify the benefits of physical activity.

- 900.40.04.a Assess the benefits of physical activity as a motivating factor to positively affect exercise adherence.
- 900.40.04.b Evaluate the advantages of physical activity for lifelong health and wellness.

900.40.05 Evaluate the factors influencing daily physical activity.

- 900.40.05.a Assess the effectiveness of strategies for overcoming personal, environmental, and/or social factors affecting physical activity level and revise those strategies that have been ineffective.
- 900.40.05.b Examine personal motivating factors for adhering to a physically active lifestyle.

900.40.06 Evaluate the impact of cultural and media perceptions on physical activity.

- 900.40.06.a Assess various marketing practices and strategies that influence consumer decisions on the selection of exercise equipment, programs, and health clubs.
- 900.40.06.b Justify the benefits of current fitness trends.
- 900.40.06.c Discover community resources available to improve personal fitness.
- 900.40.06.d Determine a set of criteria to evaluate the validity of personal fitness products.
- 900.40.06.e Determine a set of criteria to evaluate health club facilities.

PE.50: Physical Activity - Students will demonstrate the ability to use the principles of exercise physiology, social psychology, and biomechanics to design and adhere to a regular, personalized, purposeful program of physical activity consistent with their health, performance, and fitness goals in order to gain health and cognitive/academic benefits.

900.50.01 Analyze and evaluate individual aerobic capacity/cardiorespiratory fitness.

- 900.50.01.a Participate in a variety of activities designed to enhance aerobic capacity/cardiorespiratory fitness.
- 900.50.01.b Assess personal levels of aerobic capacity/cardiorespiratory fitness using a standardized test.
- 900.50.01.c Design, execute and revise a personal plan for aerobic capacity/cardiorespiratory fitness based on a fitness assessment and incorporating the principles of overload, progression, specificity, regularity, and individuality.
- 900.50.01.d Use technology to monitor and assess individual heart rate.
- 900.50.01.e Calculate target heart rate to reflect personal activity goals.
- 900.50.01.f Investigate and assess sport/activity specific aerobic capacity/cardiorespiratory fitness programs.
- 900.50.01.g Defend the importance of maintaining a healthy level of cardiorespiratory fitness.

900.50.02 Analyze and evaluate individual muscular strength and muscular endurance.

- 900.50.02.a Participate in a variety of activities designed to enhance muscular strength and muscular endurance.
- 900.50.02.b Assess personal level of muscular strength and muscular endurance using a standardized test.
- 900.50.02.c Design, execute and revise a personal plan for muscular strength and muscular endurance based on principles of overload, progression, specificity, regularity and individuality.
- 900.50.02.d Examine concepts important for safe participation in everyday muscular strength and endurance activities.
- 900.50.02.e Investigate and assess sport/activity specific muscular strength and muscular endurance programs.

900.50.02.f Defend the importance of maintaining a healthy level of muscular strength and muscular endurance.

900.50.03 Analyze and evaluate individual flexibility.

900.50.03.a Participate in a variety of activities designed to enhance flexibility for various muscle groups.

900.50.03.b Assess personal level of flexibility using a standardized test.

900.50.03.c Design, execute and revise a personal plan for flexibility based on principles of overload, progression, specificity, regularity and individuality.

900.50.03.d Examine concepts important for safe participation in everyday flexibility activities.

900.50.03.e Investigate and assess a sport/activity specific flexibility programs.

900.50.03.f Defend the importance of maintaining a healthy level of flexibility.

900.50.04 Analyze and evaluate individual body composition.

900.50.04.a Participate in a variety of activities designed to improve body composition.

900.50.04.b Differentiate between body types and recognize personal strengths.

900.50.04.c Design, execute, and revise a personal plan for body composition based on principles of overload, progression, specificity, regularity, and individuality.

900.50.04.d Examine concepts important for safe weight management programs.

900.50.04.e Investigate and assess sport/activity specific body composition programs.

900.50.04.f Defend the importance of maintaining a healthy level of body composition.

PE.60: Social Psychological Principles - Students will demonstrate the ability to use skills essential for developing self-efficacy, fostering a sense of community, and working effectively with others in physical activity settings.

900.60.01 Support the understanding of safety in physical activity settings.

900.60.01.a Evaluate safe practices for a variety of physical activities.

900.60.01.b Discuss the relationship between core strength and proper posture in minimizing injury such as: lifting, carrying, and lower back care.

900.60.02 Predict the relationship between effort and improvement.

900.60.02.a Create challenging, attainable personal physical activity goals and make revisions based on personal values.

900.60.02.b Discuss how effort and motivation in a self-directed activity leads to attainment of a goal.

900.60.02.c Self evaluate, design, and revise a plan for attainment of personal goals.

900.60.03 Demonstrate compassion and inclusiveness in physical activity settings.

900.60.03.a Identify problems and create an action plan to work productively with others to achieve and maintain a peaceful, healthy environment

900.60.04 Evaluate time management strategies.

900.60.04.a Assess a daily physical activity plan and use appropriate solutions and strategies to overcome personal time barriers.