

Physical Education IV

UNIT/ Weeks	Timeline/Topics	Essential Questions
9	Fitness through Team Sports- Grade 12 <ul style="list-style-type: none"> • Becoming Fit • Regulating Team Sports • Performance Enhancing Drugs 	<ul style="list-style-type: none"> • How does having knowledge of an activity and a positive attitude impact your performance? • How can these activities be enjoyed within a healthy lifetime? • How can you work together as a team to reach a goal? • How can your ability to work with your classmates on basic skills lead to simple offenses and defenses?
9	Fitness through Individual/Dual Sports- Grade 12 <ul style="list-style-type: none"> • Improving Performance • Working with Partners • Evolving Activities 	<ul style="list-style-type: none"> • How does having knowledge of an activity and a positive attitude impact your performance? • How can these activities be enjoyed throughout a healthy lifetime? • How can you use the five components of health-related fitness to set short and long term goals? • Why is it important to make physical activity a part of your daily routine?
9	Fitness through Cooperative Activities- Grade 12 <ul style="list-style-type: none"> • Effective Teamwork • Communicating with Non Verbal Cues • Fitness with Friends 	<ul style="list-style-type: none"> • How is cooperation a life skill? • How does having knowledge of an activity and a positive attitude impact your performance? • What motivates you to be fit?
9	Fitness through Movement- Grade 12 <ul style="list-style-type: none"> • Speed Walking • Fitness and FITT Principles • Movement Skills • Movement in Sports and Games 	<ul style="list-style-type: none"> • How can these activities be enjoyed throughout a healthy lifetime? • What factors should be considered when designing a personal wellness plan? • How can you use the five components of health-related fitness to set short and long term goals? • Why is it important to make physical activity a part of your daily routine?