

Bath High School

Physical Education & Health Curriculum Overview

PE9/Advanced PE Overview

Standards: [Physical Education Standards](#)

Topics Covered
One Semester Class
Fitness Testing
Jump Rope
Airforce football
Soccer/Boccer/Speedball
Softball/whiffleball
Basketball
Pickleball
Volleyball
Handball
Floor Hockey
Badminton
Lacrosse

Focus Skills and Concepts

PE 9 is an introduction to these skills. Advanced PE students will be expected to perform these skills at a mastery level.

- Display a positive attitude, work ethic, and hustle.
- Explain rules and scoring for each sport listed.
- Understand game strategies for football.
- Throw/catch a football accurately.
- Kick/punt a football.
- Run a route.
- Dribble/pass, trap soccer ball accurately.
- Correct offensive/defensive player positioning during games.
- Throw/catch and field softball accurately.
- Hit and run the bases.
- Play different positions and understand responsibilities of each position.
- Dribble and pass a basketball.
- Play zone or man-to-man defense.
- Box out/rebound while playing basketball.
- Perform proper shooting form/lay-ups.

- Serve badminton birdie.
- Understand game strategy for playing badminton.
- Demonstrate proper forehand/backhand strokes.
- Perform a drop shot with correct form.
- Pass and set a volleyball accurately.
- Serve a volleyball.
- Explain player positions.
- Understand defensive/offensive strategies for handball.
- Throw a handball accurately.
- Demonstrate correct form when handling a hockey stick, passing a puck, or shooting on goal in floor hockey.
- Demonstrate puck control.
- Play lacrosse with proper stick handling form.
- Catch/cradle/throw in lacrosse.
- Understand defensive/offensive strategies in lacrosse.
- Motivate classmates.
- Demonstrate good movement prep, technique and effort during various aerobic activities.
- Run a mile.
- Lead warm ups/cool downs.

Essential questions students can answer at the end of the course:

- What does team work look like?
- What are offensive/defensive strategies for each sport played?
- How do the skills from PE9/Advanced PE apply outside of school?

Prerequisite skills critical for success:

- PE9: no prerequisites
- Advanced PE: Successful completion of 9th Grade Physical Education, Weight Training or Aerobics, skilled in sports, competitive attitude

Assessments:

Jump Rope

1 Minute Timed Push-Ups

1 Minute Timed Sit-Ups

Mile Run

Pre/Post Surveys

Bath High School

Physical Education & Health Curriculum Overview

Aerobics

Standards: [Physical Education Standards](#)

Topics Covered
One Semester Class
Fitness Testing
Jump Rope
Warm Ups
Aerobics
Step Aerobics
Walks
Runs
Games
Videos
Relay Races
Boot Camp
Scavenger Hunt
Weight Room

Focus Skills and Concepts

- Demonstrate movement prep (warm up).
- Use good technique and effort during various aerobic activities.
- Follow safety protocols in the gym, track and weight room.
- Perform cool down activities/static stretches.
- Calculate target heart rate.
- Assess/evaluate heart rate and adjust activity level accordingly.
- Use good technique and effort during various anaerobic activities.
- Recognize, locate and explain exercises for muscles groups.
- Follow weight room rules.
- Identify the muscles used by the different equipment in the weight room.
- Work cooperatively by spotting partner.
- Name three exercises for each major muscle.
- Jump rope, walk for fitness, and run a mile.
- Display positive attitude, work ethic, and hustle.
- Lead warm ups/cool downs.

Essential questions students can answer at the end of the course:

- How can I adjust my workout to increase/decrease target heart rate?
- How can I work each muscle group with weight or no weights?
- How do the skills from aerobics apply outside of school?

Assessments:

Jump Rope

1 Minute Timed Push-Ups

1 Minute Timed Sit-Ups

Mile Run

Pre/Post Surveys

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Physical Education & Health Curriculum Overview

Competitive Sports and Weight Training

Standards: [Physical Education Standards](#)

Topics Covered
One Semester Class
Weight Training
Cross Fit Training
Cardiovascular Training
Plyometric Jump Training
Speed Training

Focus Skills and Concepts

- Follow all weight room safety procedures.
- Identify muscles that are used to perform a specific task.
- Self-assess muscular strength.
- Self-assess cardiovascular fitness level.
- Self-assess flexibility.
- Self-assess speed and endurance.
- Develop and implement a plan to improve strength and conditioning.
- Maintain a weekly electronically log.
- Understand cross fit and circuit training.
- Understand the push-pull concept.
- Understand running and explosive movements.
- Demonstrate proper running form.
- Work cooperatively with peers in a variety of ways.
- Demonstrate leadership skills during workouts.
- Design and follow nutrition goals for fitness plan.

Essential questions students can answer at the end of the course:

- What does great strength training form look like?
- What are some differences between a tough workout and easy workout?
- How do competitive sports skills apply to life outside of school?

Prerequisite skills critical for success:

- Prior weight lifting experience
- Successful completion of 9th grade Physical Education class

Assessments & Examinations:

Jump Rope

One-Minute Timed Push-Ups

Body Fat Testing

One-Minute Timed Sit-Ups

Vertical Jump Test

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Physical Education & Health Curriculum Overview

Health

Standards: [Physical Education Standards](#)

Students must have parental permission to participate in the reproductive education units.

Topics Covered

Semester 1
Foundation of Health: 7 Skills Social & Emotional Health Nutrition & Physical Activity Safety Alcohol, Tobacco and Other Drugs Healthy & Responsible Relationships Michigan Model Curriculum

Focus Skills and Concepts

- Define health/wellness.
- Identify different places to access reliable information and analyze internal and external influences that guide our decision making.
- Set SMART goals and practice using decision making skills learned in class.
- Practice interpersonal communication skills such as listening, responding to others, asking effective questions and refusal.
- Accurately identify your strengths and weaknesses and use them to improve your personal situation.
- Know the three types of communication: passive, aggressive and assertive.
- Advocate for a type of healthy behavior by persuading, promoting, and convincing with facts.
- Recognize stress, determine ways to manage it and be prepared for it.
- Identify the warning signs for depression and suicide.
- Locate different resources for depression and suicide prevention.
- Demonstrate different ways of showing empathy.
- Describe different conflict resolution skills and how to de-escalate a situation.
- Identify the characteristics of positive/negative relationships and their impact on personal, family and community health.
- Describe bullying/harassment and the effects on individuals and communities.
- Identify ways to avoid bullying and harassment.
- List ways to get help for self/others in different abusive situations.

- Recognize the warning signs of abuse.
- Identify situations that must be reported to authorities.
- Describe the role of friends/peers in the escalation of conflicts.
- Describe healthy and unhealthy ways to manage weight.
- Understand facts and myths regarding nutrition.
- Recognize and understand different resources for nutrition information.
- Analyze food labels to identify which foods are healthy.
- Design healthy meal plans that limit foods/beverages that are low in nutrients.
- List barriers to physical activity.
- Understand the health benefits and consequences of eating healthy and being physically active.
- Create a personal plan for improving healthy eating and physical activity.
- Advocate for nutritional food choices and physical activity.
- Explain the short/long term health consequence of different drugs.
- Identify resources for drug use prevention and cessation.
- Explain the financial, political, social and legal influences of different drugs.
- Identify different internal and external pressures to use drugs.
- Advocate for drug free environment.
- Explain ways to communicate care, love and respect without sexual intercourse.
- Understand the importance of decision making and communication regarding sexual limits.
- List qualities of healthy relationships.
- Describe the benefits of abstinence.
- Know the symptoms, modes of transmission, consequences and how to prevent sexually transmitted infections.
- Understand the different laws and consequences that regulate age of consent.
- Explain positive ways to influence peers and to escape risky situations.
- Describe the economic costs of pregnancy and teen parenting.
- Describe how adoption and a safe delivery works.

Essential questions students can answer at the end of the course:

- What decisions can affect your health now and in years to come?
- Name two decisions for each unit that will help you be healthier in years to come.
- How can I help my family be healthier?

Assessments:

Written Tests

Projects

Power Point Presentations and Papers on Various Topics