



Revised: 09/03/19
Board Approved: June 2018

JC Schools Boys & Girls PE Yearly Standards

Unit order is subject to change based on season and gym availability.

| Overarching Standards | | |
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| 9-12.HM.2.A-1 1. Show personal etiquette, respect, and safety skills during physical activities | | |
| Units | Priority Standards | Supporting Standards |
| Unit FitnessGram Pre-Testing 4 days <i>During week 1</i> | 9-12.HM.1.A-1,2 1. Use the concepts of health-related and skill-related fitness to connect the benefits each offers to the development of total lifetime fitness 2. Analyze present fitness levels to create a long-term personal fitness plan which meets current and future needs necessary for the maintenance of health and fitness | |
| Unit Archery 6 days | 9-12.PA.2.A Analyze skill techniques of self and others, detect skill errors, and make corrections to show improvement (e.g., peer assessment) 9-12.PA.2.B-1-3 1. Summarize the history, rules, terminology, scoring and etiquette in a variety of individual, dual and team sports 2. Identify and apply rules of play, skill techniques and basic game strategies in a variety of individual, dual and team sports 3. Consistently demonstrate skill competency in a variety of individual, dual and team sports | |

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| | <p>9-12.PA.2.C-1,2 1. Summarize and apply rules, etiquette, skill techniques, and basic strategies in a variety of outdoor pursuits and recreational activities</p> <p>2. Consistently demonstrate skill competency in a variety of outdoor pursuits and recreational activities</p> | |
| <p>Unit</p> <p>Golf</p> <p>6 days</p> | <p>9-12.PA.2.A Analyze skill techniques of self and others, detect skill errors, and make corrections to show improvement (e.g., peer assessment)</p> <p>9-12.PA.2.B-1-3 1. Summarize the history, rules, terminology, scoring and etiquette in a variety of individual, dual and team sports</p> <p>2. Identify and apply rules of play, skill techniques and basic game strategies in a variety of individual, dual and team sports</p> <p>3. Consistently demonstrate skill competency in a variety of individual, dual and team sports</p> <p>9-12.PA.2.C-1,2 1. Summarize and apply rules, etiquette, skill techniques, and basic strategies in a variety of outdoor pursuits and recreational activities</p> <p>2. Consistently demonstrate skill competency in a variety of outdoor pursuits and recreational activities</p> | |
| <p>Unit</p> <p>Table Tennis</p> <p>6 days</p> | <p>9-12.PA.2.A Analyze skill techniques of self and others, detect skill errors, and make corrections to show improvement (e.g., peer assessment)</p> <p>9-12.PA.2.B-1-3 1. Summarize the history, rules, terminology, scoring and etiquette in a variety of individual, dual and team sports</p> <p>2. Identify and apply rules of play, skill techniques and basic game strategies in a variety of individual, dual and team sports</p> | |

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| | <p>3. Consistently demonstrate skill competency in a variety of individual, dual and team sports</p> <p>9-12.PA.2.C-1,2</p> <p>1. Summarize and apply rules, etiquette, skill techniques, and basic strategies in a variety of outdoor pursuits and recreational activities</p> <p>2. Consistently demonstrate skill competency in a variety of outdoor pursuits and recreational activities</p> | |
| <p>Unit</p> <p>Badminton</p> <p>6 days</p> | <p>9-12.PA.2.A Analyze skill techniques of self and others, detect skill errors, and make corrections to show improvement (e.g., peer assessment)</p> <p>9-12.PA.2.B-1-3</p> <p>1. Summarize the history, rules, terminology, scoring and etiquette in a variety of individual, dual and team sports</p> <p>2. Identify and apply rules of play, skill techniques and basic game strategies in a variety of individual, dual and team sports</p> <p>3. Consistently demonstrate skill competency in a variety of individual, dual and team sports</p> <p>9-12.PA.2.C-1,2</p> <p>1. Summarize and apply rules, etiquette, skill techniques, and basic strategies in a variety of outdoor pursuits and recreational activities</p> <p>2. Consistently demonstrate skill competency in a variety of outdoor pursuits and recreational activities</p> | |
| <p>Unit</p> <p>Pickleball</p> <p>6 days</p> | <p>9-12.PA.2.A Analyze skill techniques of self and others, detect skill errors, and make corrections to show improvement (e.g., peer assessment)</p> <p>9-12.PA.2.B-1-3</p> <p>1. Summarize the history, rules, terminology, scoring and etiquette in a variety of individual, dual and team sports</p> | |

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| | <p>2. Identify and apply rules of play, skill techniques and basic game strategies in a variety of individual, dual and team sports</p> <p>3. Consistently demonstrate skill competency in a variety of individual, dual and team sports</p> <p>9-12.PA.2.C-1,2</p> <p>1. Summarize and apply rules, etiquette, skill techniques, and basic strategies in a variety of outdoor pursuits and recreational activities</p> <p>2. Consistently demonstrate skill competency in a variety of outdoor pursuits and recreational activities</p> | |
| <p>Unit</p> <p>Bowling</p> <p>4 days</p> | <p>9-12.PA.2.A</p> <p>Analyze skill techniques of self and others, detect skill errors, and make corrections to show improvement (e.g., peer assessment)</p> <p>9-12.PA.2.B-1-3</p> <p>1. Summarize the history, rules, terminology, scoring and etiquette in a variety of individual, dual and team sports</p> <p>2. Identify and apply rules of play, skill techniques and basic game strategies in a variety of individual, dual and team sports</p> <p>3. Consistently demonstrate skill competency in a variety of individual, dual and team sports</p> <p>9-12.PA.2.C-1,2</p> <p>1. Summarize and apply rules, etiquette, skill techniques, and basic strategies in a variety of outdoor pursuits and recreational activities</p> <p>2. Consistently demonstrate skill competency in a variety of outdoor pursuits and recreational activities</p> | |
| <p>Unit</p> <p>FitnessGram</p> | <p>9-12.HM.1.A-1,2</p> <p>1. Use the concepts of health-related and skill-related fitness to connect the benefits each offers to the development of total lifetime fitness</p> | |

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| <p>Mid-Testing</p> <p>4 days</p> <p><i>During week 9</i></p> | <p>2.Analyze present fitness levels to create a long-term personal fitness plan which meets current and future needs necessary for the maintenance of health and fitness</p> | |
| <p>Unit</p> <p>Wiffle Ball</p> <p>6 days</p> | <p>9-12.PA.2.A Analyze skill techniques of self and others, detect skill errors, and make corrections to show improvement (e.g., peer assessment)</p> <p>9-12.PA.2.B-1-3 1.Summarize the history, rules, terminology, scoring and etiquette in a variety of individual, dual and team sports</p> <p>2.Identify and apply rules of play, skill techniques and basic game strategies in a variety of individual, dual and team sports</p> <p>3.Consistently demonstrate skill competency in a variety of individual, dual and team sports</p> <p>9-12.PA.2.C-1,2 1.Summarize and apply rules, etiquette, skill techniques, and basic strategies in a variety of outdoor pursuits and recreational activities</p> <p>2.Consistently demonstrate skill competency in a variety of outdoor pursuits and recreational activities</p> | |
| <p>Unit</p> <p>Basketball</p> <p>6 days</p> | <p>9-12.PA.2.A Analyze skill techniques of self and others, detect skill errors, and make corrections to show improvement (e.g., peer assessment)</p> <p>9-12.PA.2.B-1-3 1.Summarize the history, rules, terminology, scoring and etiquette in a variety of individual, dual and team sports</p> <p>2.Identify and apply rules of play, skill techniques and basic game strategies in a variety of individual, dual and team sports</p> <p>3.Consistently demonstrate skill competency in a variety of individual,</p> | |

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| | <p>dual and team sports</p> <p>9-12.PA.2.C-1,2 1.Summarize and apply rules, etiquette, skill techniques, and basic strategies in a variety of outdoor pursuits and recreational activities</p> <p>2.Consistently demonstrate skill competency in a variety of outdoor pursuits and recreational activities</p> | |
| <p>Unit</p> <p>Ultimate Frisbee</p> <p>6 days</p> | <p>9-12.PA.2.A Analyze skill techniques of self and others, detect skill errors, and make corrections to show improvement (e.g., peer assessment)</p> <p>9-12.PA.2.B-1-3 1.Summarize the history, rules, terminology, scoring and etiquette in a variety of individual, dual and team sports</p> <p>2.Identify and apply rules of play, skill techniques and basic game strategies in a variety of individual, dual and team sports</p> <p>3.Consistently demonstrate skill competency in a variety of individual, dual and team sports</p> <p>9-12.PA.2.C-1,2 1.Summarize and apply rules, etiquette, skill techniques, and basic strategies in a variety of outdoor pursuits and recreational activities</p> <p>2.Consistently demonstrate skill competency in a variety of outdoor pursuits and recreational activities</p> | |
| <p>Unit</p> <p>Ultimate Football</p> <p>6 days</p> | <p>9-12.PA.2.A Analyze skill techniques of self and others, detect skill errors, and make corrections to show improvement (e.g., peer assessment)</p> <p>9-12.PA.2.B-1-3 1.Summarize the history, rules, terminology, scoring and etiquette in a variety of individual, dual and team sports</p> | |

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| | <p>2. Identify and apply rules of play, skill techniques and basic game strategies in a variety of individual, dual and team sports</p> <p>3. Consistently demonstrate skill competency in a variety of individual, dual and team sports</p> <p>9-12.PA.2.C-1,2</p> <p>1. Summarize and apply rules, etiquette, skill techniques, and basic strategies in a variety of outdoor pursuits and recreational activities</p> <p>2. Consistently demonstrate skill competency in a variety of outdoor pursuits and recreational activities</p> | |
| <p>Unit</p> <p>Speedball</p> <p>6 days</p> | <p>9-12.PA.2.A Analyze skill techniques of self and others, detect skill errors, and make corrections to show improvement (e.g., peer assessment)</p> <p>9-12.PA.2.B-1-3 1. Summarize the history, rules, terminology, scoring and etiquette in a variety of individual, dual and team sports</p> <p>2. Identify and apply rules of play, skill techniques and basic game strategies in a variety of individual, dual and team sports</p> <p>3. Consistently demonstrate skill competency in a variety of individual, dual and team sports</p> <p>9-12.PA.2.C-1,2 1. Summarize and apply rules, etiquette, skill techniques, and basic strategies in a variety of outdoor pursuits and recreational activities</p> <p>2. Consistently demonstrate skill competency in a variety of outdoor pursuits and recreational activities</p> | |
| <p>Unit</p> <p>Volleyball</p> | <p>9-12.PA.2.A Analyze skill techniques of self and others, detect skill errors, and make corrections to show improvement (e.g., peer assessment)</p> | |

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| 6 days | <p>9-12.PA.2.B-1-3 1.Summarize the history, rules, terminology, scoring and etiquette in a variety of individual, dual and team sports</p> <p>2.Identify and apply rules of play, skill techniques and basic game strategies in a variety of individual, dual and team sports</p> <p>3.Consistently demonstrate skill competency in a variety of individual, dual and team sports</p> <p>9-12.PA.2.C-1,2 1.Summarize and apply rules, etiquette, skill techniques, and basic strategies in a variety of outdoor pursuits and recreational activities.</p> <p>2.Consistently demonstrate skill competency in a variety of outdoor pursuits and recreational activities</p> | |
| <p>Unit</p> <p>Soccer</p> <p>6 days</p> | <p>9-12.PA.2.A Analyze skill techniques of self and others, detect skill errors, and make corrections to show improvement (e.g., peer assessment)</p> <p>9-12.PA.2.B-1-3 1.Summarize the history, rules, terminology, scoring and etiquette in a variety of individual, dual and team sports</p> <p>2.Identify and apply rules of play, skill techniques and basic game strategies in a variety of individual, dual and team sports</p> <p>3.Consistently demonstrate skill competency in a variety of individual, dual and team sports</p> <p>9-12.PA.2.C-1,2 1.Summarize and apply rules, etiquette, skill techniques, and basic strategies in a variety of outdoor pursuits and recreational activities</p> <p>2.Consistently demonstrate skill competency in a variety of outdoor pursuits and recreational activities</p> | |

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| Unit FitnessGram Post-Testing 4 days <i>During week 18</i> | 9-12.HM.1.A-1,2 1.Use the concepts of health-related and skill-related fitness to connect the benefits each offers to the development of total lifetime fitness 2.Analyze present fitness levels to create a long-term personal fitness plan which meets current and future needs necessary for the maintenance of health and fitness | |
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