

Rogers Public Schools Instructional Alignment PE/Health -- Basketball													
Q1	Q2	Q3	Q4	Essential Learning	SLE Number	AR Department of Education Student Learning Expectations (SLE)	Objective	Task Analysis	Essential Vocabulary	Materials/Resources	Instructional Strategies	Assessment	
	X	X		Basketball Skills	MC.1.PEL.4	Examine a variety of fitness and adventure activities to perform complex skills (e.g., dance, team and individual sports, aerobics, strength training, casting a fishing rod, canoeing, hiking, cycling)	Students will employ a variety of basketball skills including dribbling, passing, shooting, defensive footwork.	Students will employ a variety of basketball skills including dribbling, passing, shooting, defensive footwork.	BEEF, Heel/Toe, Follow-through, elbow alignment	Physical DimensionsBane McCracken - It's not gym anymorePE CentralProject Adventure - High School Adventure Curriculum	Explanation, Demonstration, Repetition, Correction	Direct Observation	
X			X	Cardio Fitness Games	MC.1.PEL.1	Critique movement in a variety of activities by utilizing technology (e.g., videos, digital cameras, stop watches, heart monitors, pedometers, computer programs)	Students will use variety of Technology to evaluate fitness level in various basketball skill drills	Students will use stopwatch, heart rate monitors, and pedometers during basketball drills to evaluate fitness level	Heart Rate Monitor, Stopwatch, FITT Model	Heart Rate Monitor, Stopwatch, Pedometer	Explanation, Demonstration, Repetition, Correction	Heart Monitor, Pedometers, Stop Watch, and Health star program	
	X	X		Weight Training Techniques and Safety	MC.1.PEL.2	Identify and apply proper concepts associated with participation in a variety of activities (e.g., weightlifting, stretching, running, breathing, warm-ups)	Students will be able to name and demonstrate safety principles associated with weight training. Demonstrate proper stretching techniques. Sequence activities present in a healthy workout routine.	Be able to demonstrate proper technique in the bench press and squat. Proper spotting techniques. Apply safe spotting techniques during workouts.	Spotting Stretching Warm-up Cool-down Clothing for activities Safety gear	Physical DimensionsBane McCracken - It's not gym anymorePE CentralProject Adventure - High School Adventure Curriculum	Explanation, Demonstration, Repetition, Correction	Teacher and student check listTeacher Observation	
X			X	Cardio Respiratory and Strength Training	MC.1.PEL.3	Participate in a variety of activities that promote fitness (e.g., traditional activities, adventure activities, competitive activities, recreational activities)	Students will watch video of technique drills and be able to demonstrate based off the drills in the video	Be able to demonstrate proper drill technique from video	Video Dependent Vocabulary	DVD, TV, DVD PLAYER, VIDEO CAMERA	WATCH, EXPLANATION, DEMONSTRATION, REPETITION, CORRECTION	Video Tape Evaluation	
	X	X		Fitness Testing / Assessments	HRF.2.PEL.1	Participate in a nationally recognized fitness assessment at various times throughout the year to determine the initial level of fitness and to determine individual progress (e.g., President's Challenge, other nationally recognized health-related fitness tests): • cardio-respiratory (e.g., mile run, step test, recovery rate, pacer) • muscular strength (e.g., pull-ups, push-ups, modified push-ups, flexed arm hang, grip and bicep strength) • muscular endurance (e.g., curl-ups, push-ups, step-ups, grip endurance) • Flexibility (e.g., V-sit, sit and reach, shoulder stretch, trunk lift, body rotation) • body composition (e.g., BMI, body fat percentage, waist-hip ratio, skin fold)	Students will analyze personal fitness status through participation in at least one nationally recognized fitness assessment test for each fitness component.	Relate personal physical health to testing and standards to ones present physical being to testing standards of fitness. Students will need to demonstrate and employ these tests for their own physical well being. This will give them a starting point on what they need to incorporate through the semester to improve there well being.	Cardiovascular Endurance Pacing Flexibility Muscular Strength BMI Blood Pressure Heart rate Circuit training Heart rate monitors	Physical DimensionsBane McCracken - It's not gym anymorePE CentralProject Adventure - High School Adventure Curriculum	WATCH, EXPLANATION, DEMONSTRATION, REPETITION, CORRECTION	Presidential Fitness TestFitnessgram	
	X	X		Principles of Exercise	HRF.2.PEL.3	Participate in a variety of appropriate activities in each area of fitness by incorporating the FITT formula and the three basic principles of exercising: • cardio-respiratory (e.g., target heart rate formula, bicycling, canoeing, dancing, jogging, hiking, running, swimming, walking) • muscular strength (e.g., pull-ups, push-ups, modified push-ups, flexed arm hang, grip and bicep strength, weight training) • muscular endurance (e.g., curl-ups, push-ups, step-ups, weight training) • flexibility (e.g., stretching, rotating, yoga, aerobics, Pilates) • body composition (e.g., balanced nutrition and physical activity)	Students will demonstrate a variety of health-enhancing activities.	Students will be tested on the different components of expations. They will be able to choose from a variety of health enhancing activities then demonstrate and practice them throughout the term.	Cardiovascular Endurance Flexibility Muscular Strength BMI Blood Pressure Heart rate Circuit training Heart rate monitors	Physical DimensionsBane McCracken - It's not gym anymorePE CentralProject Adventure - High School Adventure CurriculumHealth Star - MicrofitCaloriesperhour.com	WATCH, EXPLANATION, DEMONSTRATION, REPETITION, CORRECTION	CurriculumHealth Star - MicrofitCaloriesperhour.com Exercise Log Heart Rate Log	
	X	X		Fitness Testing / Assessments	HRF.2.PEL.2	Create a personal fitness plan based on a variety of physical activities, fitness profiles, nutritional guidelines, and fitness principles	The student will be able to self-assess and understand personal health related fitness components.	Students will need to apply nutritional guide lines to their daily habits so that they may be recorded and applied. They may set up a schedule and practice this on a daily basis.	Wellness Food pyramid RDA Minerals Vitamins Fiber Hydration Carbohydrates Proteins Activity log	Physical DimensionsBane McCracken - It's not gym anymorePE CentralProject Adventure - High School Adventure CurriculumHealth Star - MicrofitCaloriesperhour.com	WATCH, EXPLANATION, DEMONSTRATION, REPETITION, CORRECTION	Personal Fitness Plan	
	X	X		Principles of Exercise	LAR.3.PEL.6	Monitor personal fitness to include potential lifetime activities that promote health-related fitness, relieve tension, and maintain a healthy weight in both school and non-school settings	Create personal health and fitness plans that can be used for a lifetime.	Students will be able to illustrate and apply health related activities and record them in a personal journal.	Cardiovascular Endurance Flexibility Muscular Strength BMI Blood Pressure Heart rate Circuit training Heart rate monitors Goal setting Fitness program	Physical DimensionsBane McCracken - It's not gym anymorePE CentralProject Adventure - High School Adventure CurriculumHealth Star - MicrofitCaloriesperhour.com	WATCH, EXPLANATION, DEMONSTRATION, REPETITION, CORRECTION	Exercise Log, Heart Rate LogStress Rubric	
	X	X		Weight Training Techniques and Safety	PSB.4.PEL.3	Examine the potential dangers of anabolic steroids and performance-enhancing supplements (e.g., mood swings, liver damage, sterility, legalities)	Students will analyze the dangers of performance enhancing products.	Evaluate the long term affects " physical emotional, and/or social " from the use of performance enhancing products.	Death Research Data	Player Journal	WATCH, EXPLANATION, CORRECTION	Player Nutrition Journal, Drug Screening	
X			X	Public Health Organization	LAR.3.PEL.4	Research fitness and/or recreational opportunities available locally, statewide, or nationally (e.g., trails, wilderness areas, rivers, lakes, fitness clubs, community fitness organizations)	Students will be able to list 3 organizations that promote fitness and recreation activities.	List and describe recreational organizations.	Membership, Mission statement, Vision statement	Physical DimensionsBane McCracken - It's not gym anymorePE CentralProject Adventure - High School Adventure CurriculumHealth Star - MicrofitCaloriesperhour.com	WATCH, EXPLANATION, DEMONSTRATION, REPETITION, CORRECTION	Player Journal	

