

Rogers Public Schools Instructional Alignment										
Physical Education - Softball										
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	Strength and Conditioning	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)	Perform activities using fundamental skills.	Players will demonstrate different stretching and agility skills such as: Plyometrics, High Knees, Glut Kicks, A-skips, B-skips, Karoke etc.	Arerobic, Anarerobic, Wrist Curls, Squats, Plyometrics, Agilities, High and Low Knees, A and B Skips	Physical Dimensions Notebook pg. 70-80	Perform individually and in small groups	Observation
X	X	Offensive 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)	Perform specific offensive skills such as: Baserunning, Hitting and Bunting	Players will demonstrate proper Stance, Grip, Weight Transfer and Follow Through to perform a proper swing	Align knuckles, stance, stay inside the ball, load, balance, linear, follow through, rotation, weight transfer.	Videos, Coaching Manual, Clinics etc.	Perform individually and in small groups	Teacher ObservationSkill Checklist
X	X	Defensive Skill	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)	Perform specific defensive skills such as: Throwing and Fielding	Players will demonstrate the proper grip, stance, rotation, and follow through in throwing a softball	Grip, stance, rotation, follow through, release point, for infield and outfield throws	Physical Dimensions Notebook pg. 343-347	non-linguistic representation	Scores/Court PositionObservation
	X	Score Keeping	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)	To demonstrate a proficiency in all aspects of scoring the game and recording the statistics	The students will watch a pre-recorded softball game and score a complete inning of a game.	position numbers, error, hit, bunt, sacrifice, left on base, rbi	Official Scorebook	Score-keeping Video	The students will be graded on their scorebook of the pre-recorded game
X		Assessments	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)	The student swings will be filmed and evaluated with a coach to understand each step of a swing	Self assess and understand the softball swing using a digital camera	Show understanding of the swing and bunting	Digital camera, softball program for swing analysis	Individual practice	Observation, rubric
X		Softball specific agilities	MC.1.PEL.3	Participate in a variety of activities that promote fitness (e.g., traditional activities, adventure activities, competitive activities, recreational activities)	Maintain and improve health-related fitness components through softball specific activities.	Demonstrate a variety of traditional softball activities. Assessment of activity. Check list of different activities.	Adventure activities, Strategy Tactics, Fundamental movement, Patterns, Complex skill.	Physical Dimensions Notebook	Individual journal entries	Teacher observations and journal checkpoints
X		Strength and Conditioning	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)	Understand the importance of correct lifting techniques.	Apply maintenance program that improves core strength during spring season.	weight program nutrition program	Physical Dimensions Notebook pg. 70-80	Complete small group workouts.	Verbal QuizWorksheet Observation
X		Walking / Jogging	MC.1.PEL.3	Participate in a variety of activities that promote fitness (e.g., traditional activities, adventure activities, competitive activities, recreational activities)	Maintain and improve health-related fitness components through walking activities.	Demonstrate a variety of traditional and adventure activities. - Assessment of activity - Check list of different activities	Adventure activites Strategy Tactics Fundamental movement Patterns Complex skill	Physical Dimensions Notebook pg. 184-200	Journal Checkpoints	Teacher Observation

	X	Aerobics	MC.1.PEL.3	Participate in a variety of activities that promote fitness (e.g., traditional activities, adventure activities, competitive activities, recreational activities)	Perform a variety of aerobic movements.	Demonstrate a variety of traditional and adventure activities. - Assessment of activity - Check list of different activities	Adventure activities Strategy tactics Fundamental movement patterns Complex skill	Physical Dimensions Notebook pg. 41-68	Journal Checkpoints	Observation Heart Rate Checks	
	X	Understanding your players abilities	MC.1.PEL.1	Evaluate movement in a variety of activities by utilizing technology(e.g., video, digital camera, stop watch, heart monitors, pedometers, computer programs)	Students will be timed in the 60 yard dash with a stop watch and they will understand how it relates to their times on a softball field	Perform proper technique: Elbows in, Relaxed, high knees	A Skip, B Skip technique, glute kickers, high knees	Physical Dimensions Notebook	Small group practice at short distance (15 yards) with peer evaluation	stop watch assessment	
X		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)	The students swings will be filmed and evaluate with a coach to understand each step of a swing	Evaluate personal fitness status after participation in a variety of fitness tests. - Pre-tests - Goal Setting - Post-test	Cardio-respiratory Muscular strength Endurance Flexibility Body Composition	flexibility (e.g., V-sit, sit and reach, shoulder stretch, trunk lift, body rotation)-	Individual practice	body composition (e.g., BMI, body fat percentage, waist-hip ratio, skin fold) (e.g., President's Challenge, other nationally recognized health-related fitness tests)	
X		Strength and Conditioning	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 be able to demonstrate safety principles associated with the game of softball, stretching techniques, player positioning, weather conditions	Evaluate personal fitness status after participation in a variety of fitness test - Pre-tests - Goal setting - Post-tests	Cardio-respiratory muscular strength endurance flexibility body compisition	Presidential Fitness Test Fitnessgram Healthstar Manager	Group stretches that are coach lead and monitored	Self-assess and understand personal health-related fitness components.	

	x	Strength/Conditioning	MC.1.PEL.8	Evaluate the three basic principles of exercise as it relates to personal fitness: <ul style="list-style-type: none"> <li>• overload</li> <li>• progression</li> <li>• specificity</li> </ul>	Students will understand what overload, progression, and specificity means	Demonstrate overload, progression, and specificity when exercising	overload, progression, specificity	Physical Dimensions Notebook	non-linguistic represent	Observation
	X	Walking / Jogging	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: <ul style="list-style-type: none"> <li>• cardio-respiratory (e.g., target heart rate formula, bicycling, canoeing, dancing, jogging, hiking, running, swimming, walking)</li> <li>• muscular strength (e.g., pull-ups, push-ups, modified push-ups, flexed arm hang, grip and bicep strength, weight training)</li> <li>• muscular endurance (e.g., curl-ups, push-ups, step-ups, weight training)</li> <li>• flexibility (e.g., stretching, rotating, yoga, aerobics, Pilates)</li> <li>• body composition (e.g., balanced nutrition and physical activity)</li> </ul>	Distinguish among the various walking speeds and realize the effect of those speeds on fitness levels and weight control.	Demonstrate a variety of health enhancing activities <ul style="list-style-type: none"> <li>- Training log</li> <li>- Heart rate log</li> <li>- Food log</li> </ul>	cardio-respiratory muscular strength muscular endurance flexibility body composition circuit training heart-rate monitoring stretching nutrition logs	Physical Dimensions Notebook pg. 182-183	reinforcing effort and providing recognition	Pedometers
	X	Strength and Conditioning	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: <ul style="list-style-type: none"> <li>• cardio-respiratory (e.g., target heart rate formula, bicycling, canoeing, dancing, jogging, hiking, running, swimming, walking)</li> <li>• muscular strength (e.g., pull-ups, push-ups, modified push-ups, flexed arm hang, grip and bicep strength, weight training)</li> <li>• muscular endurance (e.g., curl-ups, push-ups, step-ups, weight training)</li> <li>• flexibility (e.g., stretching, rotating, yoga, aerobics, Pilates)</li> <li>• body composition (e.g., balanced nutrition and physical activity)</li> </ul>	Understand the importance of correct lifting techniques.	Demonstrate a variety of health enhancing activities <ul style="list-style-type: none"> <li>- Training log</li> <li>- Heart rate log</li> <li>- Food log</li> </ul>	Cardio-respiratory Muscular Strength Muscular Endurance Flexibility Body Composition Circuit Training Heart-rate Monitoring Stretching Nutrition logs	Physical Dimensions Notebook pg. 75-80	setting objectives and providing feedback	Perform activities related to the fitness components
	X	Nutrition	HRF.2.PEL.2	Create a personal fitness plan based on a variety of physical activities, fitness profiles, nutritional guidelines, and fitness principles	Set goals and maintain healthy habits through a nutritional log.	Design and analyze health fitness goals <ul style="list-style-type: none"> <li>- My Pyramid</li> <li>- Caloriesperhour.com</li> <li>- Food Diary</li> </ul>	Demonstrate a variety of health enhancing activities <ul style="list-style-type: none"> <li>- Training log</li> <li>- Heart rate log</li> <li>- Food log</li> </ul>	Physical Dimensions Notebook pg. 434-440	summarizing and notetaking	Student Log
	X	Walking / Jogging	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	Begin charting walking distances working toward class walking goals.	Demonstrate a variety of health enhancing activities <ul style="list-style-type: none"> <li>- Training log</li> <li>- Heart rate log</li> <li>- Food log</li> </ul>	cardio-respiratory muscular strength muscular endurance flexibility body composition circuit training heart-rate monitoring stretching nutrition logs	Physical Dimensions Notebook pg. 198-199	setting objectives and providing feedback	Million Dollar Worksheet

	X	Nutrition	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	Recognize the impact of risky behaviors.	Design and analyze health fitness goals - My Pyramid - Caloriesperhour.com - Food Diary	Fitness profiles Nutritional guidelines	Physical Dimensions Notebook pg. 453-454	setting objectives and providing feedback	Fitness journals
	X	Nutrition	PSB.4.PEL.3	Examine the potential dangers of anabolic steroids and performance-enhancing supplements (e.g., mood swings, liver damage, sterility, legalities)	Recognize the impact of risky behaviors.	Demonstrate a variety of health enhancing activities - Training log - Heart rate log - Food log	Fitness profiles Nutritional guidelines	Physical Dimensions Notebook pg. 446-447	questions, cues, and advanced organizers	Written Test
	X	Walking / Jogging	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)	Maintain and improve health-related fitness components through walking activities outside the school setting.	Demonstrate a variety of health enhancing activities - Training log - Heart rate log - Food log	Cardio-respiratory Muscular Strength Muscular Endurance Flexibility Body Composition Circuit Training Heart-rate Monitoring Stretching Nutrition logs	Physical Dimensions Notebook pg. 193-194	summarizing and notetaking	Journal
	X	Assessments	LAR.3.PEL.3	Examine the benefits of lifetime participation in traditional, adventure, or leisure activities: • stress management • maintain muscle mass • maintain cardio-respiratory fitness • maintain body weight • promote social interaction	Understand the value of lifelong participation in physical activity.	Evaluate personal fitness status after participation in a variety of fitness tests. - Pre-tests - Goal Setting - Post-test	Cardio-respiratory Muscular strength Endurance Flexibility Body Composition	flexibility (e.g., V-sit, sit and reach, shoulder stretch, trunk lift, body rotation)	setting objectives and providing feedback	Class discussion
	X	Nutrition	LAR.3.PEL.2	Discuss the benefits of participating in regular physical activity to reduce chronic disease risks: • reduce blood lipids • lower blood pressure • appropriate weight loss • reduce stress • lessen colon cancer risk • lessen risk for diabetes	Recognize the impact of risky behaviors.	Design and analyze health fitness goals - My Pyramid - Caloriesperhour.com - Food Diary	Demonstrate a variety of health enhancing activities - Training log - Heart rate log - Food log	Physical Dimensions Notebook pg. 446-447	identify similarities and differences	Student Log
	X	Nutrition	LAR.3.PEL.3	Examine the benefits of lifetime participation in traditional, adventure, or leisure activities: • stress management • maintain muscle mass • maintain cardio-respiratory fitness • maintain body weight • promote social interaction	stress reduction	maintain muscle mass	maintain cardiovascular	maintain body weight	setting objectives and providing feedback	promote social interaction
	X	Nutrition	LAR.3.PEL.5	Evaluate personal health and fitness as it relates to: • leisure time • employment • daily activities • economic impact	leisure	employment	daily activities economic impact (healthcare costs)	Make personal choices regarding their wellness.	cooperative learning	discussion and observation
	X	Orientation	PSB.4.PEL.1	Demonstrate ability to act responsibly and independently in physical activity settings (e.g., accepts constructive feedback, displays courtesy to others, works independently, follows proper procedures, demonstrates fair play)	Cooperate with others in order to accomplish group tasks.Be familiar with the other students in the class.	Name and demonstrate responsible and considerate personal behaviors during physical activity. - Hellison behavior assessment - peer assessment	Responsible Considerate Personal behaviors Constructive feed back Courteous Independently	Physical Dimensions Notebook pg. 3-15	cooperative learning	Direct Observation Accomplishments Tasks

