Rogers Public Schools Instructional Alignment
Physical Education - Tennis

Q1	Q2	Essential Learning	SLE Number	AR Department of Education Student Learning Expectations (SLE)	Objective	Task Analysis	Essential Vocabulary	Materials/Resources	Assessment
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	Direct ObservationAccompli Tasks
X		Orientation	PSB.4.PEL.4	Discuss and model positive social behaviors associated with physical activity (e.g., peer interaction, team work, sportsmanship, avoid bullying)	Develop a sense of trust and security in the group.	Summarize and apply positive social behaviors associated with physical activity. - Hellison Model	Social behaviors Peer Interaction Sportsmanship	Physical Dimensions Notebook pg. 18-38	Group DiscussionObservatic
X		Assessment	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)	Self-assess and understand personal health-related fitness components.	Digital analysis of players' matches.	Split Steps, Lateral movement, Early stroke preparation	Video Camera	Heart Rate MonitorsStop Watch
X		Assessment	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 exercise and be assessed based on national standards.	Evaluate personal fitness status after participation in a variety of fitness tests. - Pre-tests - Goal Setting - Post-test	Cardio-respriatory Muscular strength Endurance Flexibility Body Composition	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) (e.g., President's Challenge, other nationally recognized health-related fitness tests)
X		Assessment	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.	Students will learn the value of fitness through goals setting and self-reflection.	Cardiovascular, competition, agility, coordination, reactivity, balance, speed, and power.		Class discussion
X		Walking / Jogging	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)	Perform correct walking technique while utilizing the pedometers.	Assessment of proper footwork through video analysis of tennis drills.	cross steps, shuffle steps, drop steps, split steps	Physical Dimensions Notebook pg. 182-183	Heart Rate Monitors

X		Walking / Jogging	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)	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	Teacher Observation							
X		Walking / Jogging	HRF.2.PEL.2	Create a personal fitness plan based on a variety of physical activities, fitness profiles, nutritional guidelines, and fitness principles	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 - 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. 182-183	Pedometers							
X		Walking / Jogging	HRF.2.PEL.4	Explore a variety of stress-relief strategies (e.g., relaxation techniques, laughing, deep breathing, imagery, exercise)	Begin charting walking distances working toward class walking goals.	Compare, analyze, and evaluate updated fitness data with previously recorded fitness data.	Endurance, heart rate, blood pressure, stamina, weight control, flexibility	Physical Dimensions Notebook pg. 198-199	Million Dollar Worksheet							
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.	Students will research tennis facilities which provide fitness and skill-based tennis training.	internet search, newspaper, fliers, personal references	Physical Dimensions Notebook pg. 193-194	Journal							
X		Strength and Conditionin	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.	Demonstrate a variety of traditional and adventure activities - Assessment of activity Check list of different activites	Adventure activities Strategy tactics Fundamental movement Patterns Complex skill	Physical Dimensions Notebook pg. 70-80	Observation							
X		Strength and Conditionin	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.	Students will participate in a warmup activity comprised of fitness activities which promote the dynamic movements in stretching.	Dynamic stretching, static stretching, flexibility drills, anaerobic activities	Physical Dimensions Notebook pg. 70-80	Verbal QuizWorksheet Observation							

X		Strength and Conditionin	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 exercise and be assessed based on national standards.	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 compsition	Presidential Fitness Test Fitnessgram Healthstar Manager	Self-assess and understand personal health-related fitness components.							
X		Strength and Conditionin	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 understand the importance of fitness activities through a variety of fitness methodologies.	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		Perform activities related to the fitness components							
X		Strength and Conditionin	PSB.4.PEL.5	Recognize the impact of peer pressure on physical activity, participation, and performance	Demonstrate understanding of how maintaining a healthy lifestyle could affect economic factors.			Physical Dimensions Notebook pg. 75-80	Group Discussion							
	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 - My Pyramid - Caloriesperhour.com - Food Diary	Fitness profiles Nutritional guidelines	Physical Dimensions Notebook pg. 434-440	Student Log							

	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	Students will keep a fitness log to monitor their fitness level	Keep up with a fitness log on a daily basis	Liftetime fitness	Physical Dimensions Notebook pg. 453-454	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.	Students will do research on how steroids affect the body	anabolic steroids performance enhancing	Physical Dimensions Notebook pg. 446-447	Written Test							
	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	Students will understand that regular physical activity has positive health benefits	Students will write letter stating why physical education is beneficial	lipids, blood pressure, stress	Physical Dimensions Notebook								
	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	Students will understand the benefits of lifetime participation	Students will maintain body weight and muscle mass by lifting weights and exercising on a daily basis	maintain cardiovascular·	Physical Dimensions Notebook	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	Students will understand personal health and fitness as it relates to different activities	Students will log daily activity	daily activitieseconomic impact (healthcare costs)	Physical Dimensions Notebook								
	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)	Identify the consequences of using performance-enhancing supplements.	Students will do a research paper on how steroids affect the body	Performance enhancing	Physical Dimensions Notebook pg. 446-447	Quiz							
	X	Line and Social Dance	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 a variety of line dances.	Demonstrate a variety of traditional and adventure activities. - Assessment of activity - Check list of different activities	Activities Strategy Tactics Fundamental Complex Skill	Physical Dimensions Notebook pg. 210-219	Teacher ObservationSkill Checklist							

	X	Badminton	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)	Utilize doubles strategy while playing badminton.	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. 343-347	Scores/Court PositionObservation							
	X	Aerobics	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)	Maintain THR throughout the aerobic activities with use of heart rate monitors.	Students will demonstrate how to check their heart rate after cardiovascular activity.	Stopwatch, heart rate self-monitoring formula	Physical Dimensions Notebook pg. 41-68	Heart Rate Monitors							
	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	Observation Heart Rate Checks							
	X	New Team Sports	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)	Cooperate with others when playing a new team game	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. 351-364	Checklist or rubric of sportsmanship /cooporation							
X		Tennis Competition	MC.1.PEL.3	Participate in a variety of activities that promote fitness (e.g., traditional activities, adventure activities, competitive activities, recreational activities)	Tennis players will compete in team and tournament play.	Players will learn from their tennis wins and losses.	wins, losses, tournaments brackets	Tennis Website	Tennis Tournament Record							
x		Fitness and Conditioning	HRF.2.PEL.2	Create a personal fitness plan based on a variety of physical activities, fitness profiles, nutritional guidelines, and fitness principles	Students will understand the importance of personal awareness about your individual fitness levels.	Students will keep a personal fitness journal to track their individual progress.	fitness log, goal setting, body mass index	Physical Dimensions Notebook	Tracking of players' fitness log.							
		Drug Awareness	PSB.4.PEL.3	Examine the potential dangers of anabolic steroids and performance-enhancing supplements (e.g., mood swings, liver damage, sterility, legalities)	Understand the dangers of performance enhancing products.	Students will watch drug awareness videos.	steroids, drug awareness, peer pressure, performance enhancing drugs	Newspaper, Magazine Articles	Yearly random drug tests.							
		Fitness and Conditioning	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 how diet and exercise affects lipids, blood pressure, stress, and cancer risks.	Students will complete exercise and diet logs to assess their fitness levels.	fitness log, goal setting, nutrition requirements, cardiovascular health	Physical Dimensions Notebook	Yearly physicals							
		Drug Awareness	PSB.4.PEL.3	Examine the potential dangers of anabolic steroids and performance-enhancing supplements (e.g., mood swings, liver damage, sterility, legalities)	Understand the negative impact of anabolic and performance-enhancing supplements.	Students will receive educational materials addressing the dangers of anabolic and performance-enhancing drugs.	anabolic steroids, performance enhancing drugs, supplements, mood swing, sterility, liver damage	Physical Dimensions Notebook	Yearly random drug tests.							

		Fitness and Conditioning	MC.1.PEL.5	Differentiate between anaerobic and aerobic activities for improvement in endurance	Understand the difference between anaerobic and aerobic	Students will participate in anaerobic and aerobic activities	Anaerobic, aerobic	Physical Dimensions Notebook	Observation Heart Rate Checks							
		Fitness and Conditioning	MC.1.PEL.6	Differentiate between isotonic and isometric activities for improvement in strength and flexibility	Understand the difference between isometric and isotonic	Students will try to improve strength and flexibility by stretching and lifting weights	isotonic, isometric	Physical Dimensions Notebook	Flexibility test, strength test							
		Fitness and Conditioning	MC.1.PEL.7	Differentiate between the components of the FITT formula: • Frequency • Intensity • Time • Type	Understand the definitions of what FITT stands for	Students will keep a log of how hard they work out, how often, how long, and what exercise they do	frequency, intensity, time, type	Physical Dimensions Notebook	Journal Check							
		Fitness and Conditioning	MC.1.PEL.8	Evaluate the three basic principles of exercise as it relates to personal fitness: • overload • progression • specificity	Understand principles of exercise	Students will demonstrate overload, progression, and specificity in their workout	overload, progression, specificity	Physical Dimensions Notebook	Observing							
		Fitness and Conditioning	HRF.2.PEL.4	Explore a variety of stress-relief strategies (e.g., relaxation techniques, laughing, deep breathing, imagery, exercise)	Understanding proper breathing techniques	Demonstrate how to breathe properly when exercising	imagery, exercise	Heart Rate Monitors	Observing							
x		Fitness and Conditioning	LAR.3.PEL.1	Engage in a variety of activities that promote improvement in each skill-related component of fitness: • agility • balance • coordination • power • reaction time • speed	Understand skill related fitness compared to health related fitness	Students will do drills emphasizing the skill related components	agility, balance, coordination, power, reaction time, speed	Physical Dimensions Notebook	Observing							
x		Morality	PSB.4.PEL.5	Recognize the impact of peer pressure on physical activity, participation, and performance	Students will understand how to interact with other athletes	Students will demonstrate how to do the right things by not giving into peer pressure	peer pressure	Physical Dimensions Notebook	Observing							
		Health	HRF.2.PEL.4	Explore a variety of stress-relief strategies (e.g., relaxation techniques, laughing, deep breathing, imagery, exercise)	Students will understand the proper techniques of breathing when exercising	Students will take heart rate before and after exercise	relaxation, stress relief	Heart Rate Monitor	Heart Rate Monitors							