

**Name of Course** \_\_Physical Education\_\_  
**Grade Level** \_\_9th\_\_

<b>Time Frame</b>	<b>Unit</b>	<b>Common Core Standards Or Arkansas Standards</b>	<b>Essential Terms/Vocab</b>	<b>Resources</b>	<b>Assessments</b>
1(week)	Orientation	Standard 5: Personal and Social Behavior PSB.4.PEL.1, PSB.4.PEL.2, PSB.4.PEL.3, PSB.4.PEL.4, PSB.4.PEL.5	Hygiene, Peer Pressure, Bullying	State Curriculum Frameworks, Co-Workers/Collaboration, Professional Development, University of Arkansas interns/classes	Written/Skills Testing (5)
2	Fitness Testing				
3	Cardio/Strength	Standard 2: Movement Concepts HRF.2.PEL1, HRF.2.PEL3	FITT principle, Health-Related Fitness, Weight bearing activities, Specificity, Aerobic/Anaerobic		
4	“				
5	“	Standard 3: Health-Related Fitness MC.1.PEL2, MC.1.PEL3, MC.1.PEL5, MC.1.PEL6, MC.1.PEL7, MC.1.PEL8	Interpersonal Skills		
6	Team Sports				
7	“				
8	Individual/Lifetime	Standard 4: Lifetime Activities and Recreation MC.1 PEL1	Leisure Activities Lifetime Activities		Written/Skills Testing (9)
9	“				
10	Technology				
11	Team Sports		Target Heart Rate, Body Awareness, Spatial Awareness, Pedometer		
12	“				
13	Individual/Leisure	MC.1.PEL4, LAR.3.PEL.1, LAR.3.PEL2, LAR.3.PEL3, LAR.3.PEL4, LAR.3.PEL5, LAR.3.PEL6			Written/Skills Testing (15) Final Exam(16): Cumulative (essential vocabulary terms)
14	“				
15	Alternative Fitness	HRF.2.PEL2, HRF.2.PEL4	Stress Management, Emotional Health, Flexibility, Balance, Coordination		
16	Fitness Testing				

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