

# HUDSONVILLE HIGH SCHOOL COURSE FRAMEWORK



**COURSE / SUBJECT**

**Physical Education II**

<b>KEY COURSE OBJECTIVES/ ENDURING UNDERSTANDINGS</b> (Important ideas and core processes)	<b>UNIT PACING</b> (names of units and approximate pacing)	<b>UNIT LEARNING TARGETS</b> (By the end of the unit, students will be able to. . . )	<b>STANDARD</b> (Which standards (i.e. common core, MMC, etc.) does this address?)
The student will show competence in various team and individual sports.	All students will apply appropriate rules and strategies when participating in physical activity.	Students will be introduced to rules, offensive and defensive strategies, and etiquette in various sports.	Standard 3 - A physically educated person participates regularly in lifelong physical activity.  Standard 6 - A physically educated person values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
	All students will describe the effects of activity and inactivity and formulate lifestyle choices that result in the development and maintenance of health-related fitness.	Students will write at least one paper on the value of various life long sports to their lives.	Standard 2 - A physically educated person demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

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<b>OVERARCHING/ESSENTIAL SKILLS OR QUESTIONS</b> (ideas/skills that transcend discipline-specific learning)	All students will value physical activity and its contribution to lifelong health and well-being.	The students will be instructed and evaluated on sportsmanship. They will be held to a standard of excellence by his/her teacher.	Standard 3 - A physically educated person participates regularly in lifelong physical activity.  Standard 6 - A physically educated person values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
Any team or individual sport can be used. Past choices: basketball, swimming, AirForce football, volleyball, indoor soccer, badminton, tennis, softball, bowling, golf, pickle ball, floor hockey, weight training, track and field events, etc.			