

**LITCHFIELD PUBLIC SCHOOLS**  
**Core Curriculum Scope and Sequence**  
**Exercise Science 11<sup>th</sup> Grade (Quarter)**

*\*\*Students will have a combination of units depending on which quarter they have class, due to weather and facilities for that time of year.\*\**

	<b>CT Frameworks/ Standards</b>	<b>Content and Skill Objectives</b> Students will be able to:	<b>Assessments</b>	<b>Resources</b>
<b>Golf (3 weeks)</b>	<p>H.10.3. Demonstrate understanding of how rules, and safety practices and procedures need to be adjusted for different movement situations</p> <p>H.13.1. Apply safe practices, rules, procedures etiquette and good sportsmanship in all physical activity settings, and take initiative to encourage others to do the same</p> <p>H.11.2. Apply characteristics of performance in a variety of activities for purposeful, recreational, skill and fitness outcomes</p>	<p>Students will:</p> <ul style="list-style-type: none"> <li>• Understand game history, rules and regulations.</li> <li>• Be able to identify the difference between clubs.</li> <li>• Be able to demonstrate the proper grip.</li> <li>• Understand the terminology used for strokes.</li> </ul>	<p>Teacher Assessments</p> <p>Peer Assessments</p> <p>Quizzes and Exams</p> <p>Self Assessment</p>	<p>Physical Education A Guide to k-12 Program Development 2000</p>
<b>Table Tennis (3 weeks)</b>	<p>H.11.2. Apply characteristics of performance in a variety of activities for purposeful, recreational, skill and fitness outcomes</p>	<p>Students will:</p> <ul style="list-style-type: none"> <li>• Understand game history, rules and regulations.</li> <li>• Understanding the racquets</li> </ul>	<p>Teacher Assessments</p> <p>Peer Assessments</p> <p>Quizzes and Exams</p> <p>Self Assessment</p>	<p>Physical Education A Guide to k-12 Program Development 2000</p>

	<p>H.9.5. Participate in a wide variety of activities, including dance, games, sports and lifetime physical activities</p> <p>H.10.3. Demonstrate understanding of how rules, and safety practices and procedures need to be adjusted for different movement situations</p>	<ul style="list-style-type: none"> <li>• Demonstrate different shot techniques.</li> <li>• Understand the scoring.</li> <li>• Be able to use various strategies in singles and doubles play.</li> </ul>		
<p><b>Archery (3 weeks)</b></p>	<p>H.10.1. Demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that enable skilled performances</p> <p>H.13.1. Apply safe practices, rules, procedures etiquette and good sportsmanship in all physical activity settings, and take initiative to encourage others to do the same</p> <p>H.9.5. Participate in a wide</p>	<p>Students will:</p> <ul style="list-style-type: none"> <li>• Demonstrate how to properly string the bow.</li> <li>• Demonstrate the skills and knowledge necessary to load, draw and release the arrow from the bow accurately.</li> <li>• Recognize and understand the various ways to score in archery competition.</li> <li>• develop interpersonal skills and exhibit positive character traits</li> </ul>	<p>Teacher Assessments</p> <p>Peer Assessments</p> <p>Quizzes and Exams</p> <p>Self Assessment</p>	<p>Physical Education A Guide to k-12 Program Development 2000</p>

	variety of activities, including dance, games, sports and lifetime physical activities	during physical activity.		

	<b>CT Frameworks/ Standards</b>	<b>Content and Skill Objectives</b> Students will be able to:	<b>Assessments</b>	<b>Resources</b>
