

LITCHFIELD PUBLIC SCHOOLS
Core Curriculum Scope and Sequence
Exercise Science 12th Grade (Semester)

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

	CT Frameworks/ Standards	Content and Skill Objectives Students will be able to:	Assessments	Resources
Archery (4 Weeks/10 Classes)	<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 variety of activities, including dance, games, sports and lifetime physical activities</p>	<p>Students will:</p> <ul style="list-style-type: none"> • Demonstrate how to properly string the bow. • Demonstrate the skills and knowledge necessary to load, draw and release the arrow from the bow accurately. • Recognize and understand the various ways to score in archery competition. • Develop interpersonal skills and exhibit positive character traits during physical activity. 	<p>Teacher Assessments</p> <p>Peer Assessments</p> <p>Quizzes and Exams</p> <p>Self-Assessment</p>	<p>Healthy and Balanced Living Curriculum Framework Comprehensive School Health Education Comprehensive Physical Education 2006</p>
Senior Fitness Portfolio (8 Weeks/ 20 Classes)	<p>H.12.1. Assess and adjust activities to maintain or improve personal level of health-related fitness</p> <p>H.12.2. Use physiological data to adjust levels of exercise and nutrient intake to promote</p>	<p>Students will:</p> <ul style="list-style-type: none"> • Demonstrate proper weight room etiquette. • Demonstrate proper equipment technique. 	<p>Power Point Presentation</p> <p>Pre-Post Tests</p> <p>Weekly Journals</p> <p>Final Summary</p>	<p>Healthy and Balanced Living Curriculum Framework Comprehensive School Health Education Comprehensive Physical Education 2006</p>

	<p>wellness</p> <p>H.12.3. Use the results of fitness assessments to guide changes in her or his personal programs of physical activity</p> <p>H.12.4. Design and implement a personal wellness program based upon information obtained from the fitness assessment and in accordance with appropriate training and nutritional principles</p>	<ul style="list-style-type: none"> • Formulate individual fitness plan to improve personal fitness levels. • Develop one pre and post test per fitness component. • Analyze how their post test results may have been influenced (positively/negatively) throughout the unit. • Monitor and adjust fitness plans accordingly. • Make fitness connections outside of the school setting. 	Individual Fitness Log	
<p>Tennis (4 Weeks/10 Classes</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 variety of activities, including dance, games, sports and lifetime physical activities</p>	<p>Students will:</p> <ul style="list-style-type: none"> • Volley with a partner using the forehand and backhand • Work responsibly in a self-directed station setting. • Compete in a singles and doubles tournament within the class setting. • Understand the proper scoring system in tennis. 	<p>Teacher Assessments</p> <p>Peer Assessments</p> <p>Quizzes and Exams</p> <p>Self-Assessment</p>	<p>Healthy and Balanced Living Curriculum Framework Comprehensive School Health Education Comprehensive Physical Education 2006</p>

	H.11.3. Apply, evaluate and analyze critical elements of physical activity concepts to increasingly complex game forms			
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