

LITCHFIELD PUBLIC SCHOOLS
Core Curriculum Scope and Sequence
Exercise Science 9th 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.

	CT Frameworks/ Standards	Content and Skill Objectives Students will be able to:	Assessments	Resources
Flag Football (3 Weeks)	<p>Demonstrate competence in basic locomotor, nonlocomotor and manipulative skills in the execution of more complex skills;</p> <p>Analyze complex skills, showing their connections with the fundamental movement skills;</p> <p>Develop advanced skills in selected physical activities; and</p> <p>Use basic movement skills to participate in a wide variety of leisure and work- related physical activities.</p>	<p>Students will:</p> <ul style="list-style-type: none"> • Understand game history, rules and regulations. • Understand player positions. • Develop passing and catching skills. • Perform the center snap. • Develop and understand pass patterns and how to defend against them. • Perform pass patterns (fly, square, and post) • Demonstrate the proper way to block on the offensive and defensive line. • Identify positions, offensive goals and offensive formations. • Develop and record team plays. 	<p>Teacher Assessments</p> <p>Peer Assessments</p> <p>Team play books</p> <p>Quizzes and Exams</p> <p>Self Assessment</p>	<p>Physical Education A Guide to k-12 Program Development 2006</p>

		<ul style="list-style-type: none"> • Demonstrate general defensive strategies. 		
<p>Soccer (3 Weeks)</p>	<p>Demonstrate competence in basic locomotor, nonlocomotor and manipulative skills in the execution of more complex skills;</p> <p>Analyze complex skills, showing their connections with the fundamental movement skills;</p> <p>Develop advanced skills in selected physical activities; and</p> <p>Use basic movement skills to participate in a wide variety of leisure and work- related physical activities.</p>	<p>Students will:</p> <ul style="list-style-type: none"> • Understand game history, rules and regulations. • Understand player positions. • Demonstrate proper dribbling techniques. • Demonstrate proper passing techniques. • Demonstrate proper trapping techniques. • Demonstrate proper heading techniques. • Demonstrate proper shooting techniques. • Demonstrate proper goalkeeping techniques. • Understand and demonstrate offensive and defensive strategies. 	<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 2006</p>

<p>Ultimate Frisbee (3 Weeks)</p>	<p>Demonstrate competence in basic locomotor, nonlocomotor and manipulative skills in the execution of more complex skills;</p> <p>Analyze complex skills, showing their connections with the fundamental movement skills;</p> <p>Develop advanced skills in selected physical activities; and</p> <p>Use basic movement skills to participate in a wide variety of leisure and work- related physical activities.</p>	<p>Students will:</p> <ul style="list-style-type: none"> • Understand game history, rules and regulations. • Understand player positions. • Demonstrate proper throwing and • Catching techniques including the backhand, sidearm, and underhand throws and one-handed and two- handed catches. • Demonstrate proper guarding, pivoting, and intercepting techniques. • Understand and demonstrate offensive and defensive strategies. 	<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 2006</p>
<p>Lacrosse (3 Weeks)</p>	<p>Demonstrate competence in basic locomotor, nonlocomotor and manipulative skills in the execution of more complex skills;</p>	<p>Students will:</p> <ul style="list-style-type: none"> • Understand game history rules and regulations. • Understand player positions. 	<p>Teacher Assessments</p> <p>Peer Assessments</p> <p>Quizzes and Exams</p>	<p>Physical Education A Guide to k-12 Program Development 2006</p>

	<p>Analyze complex skills, showing their connections with the fundamental movement skills;</p> <p>Develop advanced skills in selected physical activities;</p> <p>Use basic movement skills to</p> <p>Participate in a wide variety of leisure and work- related physical activities.</p>	<ul style="list-style-type: none"> • Demonstrate proper throwing and catching techniques. • Demonstrate proper cradling and scooping techniques. • Understand and demonstrate offensive and defensive strategies. 	Self Assessment	
<p>Team Handball (3 Weeks)</p>	<p>Demonstrate competence in basic locomotor, nonlocomotor and manipulative skills in the execution of more complex skills;</p> <p>Analyze complex skills, showing their connections with the fundamental movement skills;</p> <p>Develop advanced skills in selected physical activities; and</p>	<p>Students will:</p> <ul style="list-style-type: none"> • Understand game history rules and regulations. • Understand player positions. • Develop quick passing skills within the rules of the game. • Demonstrate shooting skills. • Demonstrate offensive and defensive team strategies. 	<p>Teacher Assessments</p> <p>Peer Assessments</p> <p>Team play books</p> <p>Quizzes and Exams</p> <p>Self Assessment</p>	<p>Physical Education A Guide to k-12 Program Development 2006</p>

	<p>Use basic movement skills to participate in a wide variety of</p> <p>Leisure and work- related physical activities.</p>			
Basketball (3 Weeks)	<p>Demonstrate competence in basic locomotor, nonlocomotor and manipulative skills in the execution of more complex skills;</p> <p>Analyze complex skills, showing their connections with the fundamental movement skills;</p> <p>Develop advanced skills in selected physical activities; and</p> <p>Use basic movement skills to participate in a wide variety of leisure and work- related physical activities.</p>	<p>Students will:</p> <ul style="list-style-type: none"> • Understand game history, rules and regulations. • Understand player positions. • Demonstrate proper ball handling skills. • Demonstrate proper catching and passing techniques. • Demonstrate proper shooting techniques (lay-ups, jump shot, and foul shots). • Demonstrate proper offensive and defensive strategies. 	<p>Teacher Assessments</p> <p>Peer Assessments</p> <p>Team play books</p> <p>Quizzes and Exams</p> <p>Self Assessment</p>	<p>Physical Education A Guide to k-12 Program Development 2006</p>
Floor Hockey (3 Weeks)	<p>Demonstrate competence in basic locomotor, nonlocomotor and manipulative skills in the execution of more complex skills;</p>	<p>Students will:</p> <ul style="list-style-type: none"> • Understand game history, rules and regulations. • Demonstrate proper dribbling and passing techniques. 	<p>Teacher Assessments</p> <p>Peer Assessments</p> <p>Team play books</p> <p>Quizzes and Exams</p>	<p>Physical Education A Guide to k-12 Program Development 2006</p>

	<p>Analyze complex skills, showing their connections with the fundamental movement skills;</p> <p>Develop advanced skills in selected physical activities; and</p> <p>Use basic movement skills to participate in a wide variety of leisure and work-related physical activities.</p>	<ul style="list-style-type: none"> • Demonstrate proper shooting and goalkeeping techniques. • Demonstrate positioning, offensive and defensive strategies. 	Self Assessment	
<p>Introduction to Fitness (1 Week)</p>	<p>Demonstrate several activities related to each component of health-related fitness (e.g., cardiovascular and respiratory efficiency, muscular strength and endurance, and flexibility (necessary for healthy lifestyle;</p> <p>Demonstrate the skills, knowledge and desire to</p>	<p>Students will:</p> <ul style="list-style-type: none"> • Understand benefits, rules and regulations of the fitness facility. • Demonstrate proper spotting and performance techniques on the • Understand how to properly use equipment and their specific purpose. • Measure personal muscular 	<p>Teacher Assessments</p> <p>Peer Assessments</p> <p>Muscular strength and endurance test</p> <p>Self-Assessment</p>	<p>Physical Education A Guide to k-12 Program Development 2006</p>

	Monitor and adjust activity levels to meet personal fitness needs.	strength and endurance levels. <ul style="list-style-type: none">• Understand the five health related fitness areas.		
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