




Cornwall-Lebanon School District Curriculum Overview

Physical Education – General PE

length of time in weeks	Concepts & Competencies	Common Assessments	Academic Standards PA Standards
Unit 1  4	<p style="text-align: center;"><u>Invasion/Net Games</u></p> <p>Students will assess and use strategies for enhancing adult group interaction in physical activities. Students will evaluate the impact of practice Students will analyze the application of game strategies for different categories of physical activities.</p>	<ul style="list-style-type: none"> ➤ Volleyball Common Assessment 	10.4.12 F 10.5.12 C 10.5.12 F
Unit 2  4	<p style="text-align: center;"><u>Health Related Fitness</u></p> <p>Students will evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation. Students will incorporate and synthesize knowledge of exercise principles, training principles, health, and skill-related fitness components to create a fitness program for personal use. Students will evaluate factors that affect physical activity and exercise preferences of adults. Students will analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities. Students will analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. social physiological psychological</p>	<ul style="list-style-type: none"> ➤ Marking Period Exam A (multi-standard) ➤ Marking Period Exam B (multi-standard) 	10.4.12 A 10.5.12 D 10.4.12 D 10.4.12 E 10.4.12 B
Unit 3  4	<p style="text-align: center;"><u>Lifetime Sports</u></p> <p>Students will apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation. Students will evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation. Students will analyze the application of game strategies for different categories of physical activities.</p>	<ul style="list-style-type: none"> ➤ Marking Period Exam A (multi-standard) ➤ Tennis Common Assessment ➤ Marking Period Exam B (multi-standard) 	10.5.12 A 10.4.12 A 10.5.12 F

Unit 4

4

Individual Lifetime Activities

Students will evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation. Students will apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation. Students will analyze the application of game strategies for different categories of physical activities.

➤ Swimming Common Assessment

10.4.12 A
10.5.12 A
10.5.12 F