## Essential Topics and Vocabulary

<table>
<thead>
<tr>
<th>Course Standards - CPALMS</th>
<th>Physical Education Orientation Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE.912.M.1.5 PE.912.L.1.5 PE.912.L.1.6 PE.912.R.1.2</td>
<td>Personal and Social Responsibilities Expectations; Teamwork, Cooperation, Sportsmanship, Etiquette; Safety</td>
</tr>
<tr>
<td>PE.912.C.1.9 PE.912.C.1.23</td>
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</tbody>
</table>

### Unit 1: Fitness and Sportsmanship

**Fitnessgram Pretest**

**Course Standards - CPALMS**

- PE.912.C.1.25
- PE.912.M.1.31
- PE.912.M.1.15
- PE.912.R.1.3

**Essential Topics and Vocabulary**

- Fitnessgram, Warm-up, Cool down, Aerobic activities, Anaerobic activities, Skill-related components of fitness, Target heart rate, Sportsmanship, Hydration, Extreme weather conditions

### Unit 2: Basketball

**Course Standards - CPALMS**

- PE.912.C.1.25
- PE.912.M.1.31
- PE.912.M.1.15
- PE.912.R.1.3

**Essential Topics and Vocabulary**

- History, Rules, Warm-up, Cool down, Passing, Ball-handling, Shooting, Officiating, Game Play, Score keeping

### Unit 3: Flag Football

**Course Standards - CPALMS**

- PE.912.C.1.25
- PE.912.M.1.31
- PE.912.M.1.15
- PE.912.R.1.3

**Essential Topics and Vocabulary**

- History, Rules, Warm-up, Cool down, Passing, Catching, Pass Routes, Offensive strategies and tactics, Defensive Strategies and tactics, Officiating, Game Play, Score keeping

### Unit 4: Volleyball

**Course Standards - CPALMS**

- PE.912.C.1.25
- PE.912.M.1.31
- PE.912.M.1.15
- PE.912.R.1.3

**Essential Topics and Vocabulary**

- History, Rules, Warm-up, Cool down, Passing, Serving, Spiking, Rotations, Offensive strategies and tactics, Defensive strategies and tactics, Officiating, Game play, Score keeping

### Unit 5: Soccer

**Course Standards - CPALMS**

- PE.912.C.1.21
- PE.912.C.1.25
- PE.912.C.1.28
- PE.912.M.1.15

**Essential Topics and Vocabulary**

- History, Rules, Warm-up, Cool down, Dribbling, Passing, Throw-ins, Shooting, Goal tending, Offensive strategies and tactics, Defensive strategies and tactics, Game play, Tournament, Officiating, Score keeping

### Unit 6: Softball

**Course Standards - CPALMS**

- PE.912.M.1.15
- PE.912.M.1.23
- PE.912.M.1.31
- PE.912.M.1.32

**Essential Topics and Vocabulary**

- History, Rules, Warm-up, Cool down, Throwing (proper footwork, follow through), Catching (proper footwork, body position), Pitching (slow pitch, fast pitch, footwork, arm swing, follow through), Batting (proper stance, grip, swing, follow through), Fielding (footwork, glove position, body position), Game play, Officiating, Score keeping

### Unit 7: Ultimate Frisbee

**Course Standards - CPALMS**

- PE.912.M.1.15
- PE.912.M.1.31
- PE.912.C.1.25
- PE.912.R.1.3

**Essential Topics and Vocabulary**

- History, Rules, Throwing (proper grip, footwork, follow through), Catching (body position, footwork, hand-eye coordination), Offensive strategies and tactics, Defensive strategies and tactics, Score keeping, Game play

**Fitnessgram Post Assessment**

**DWT DAY**

**END OF SEMESTER CELEBRATIONS/REVIEW PRIOR CONTENT/COOPERATIVE GAMES**

**NO CLASSES**
## Team Sports 1

### Semester Two

<table>
<thead>
<tr>
<th>M</th>
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<tbody>
<tr>
<td>JANUARY 2019</td>
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</tbody>
</table>

**Physical Education Orientation Week**

- Personal and Social Responsibilities Expectations; Teamwork, Cooperation, Sportsmanship, Etiquette; Safety

#### Unit 1: Fitness and Sportsmanship

*Fitnessgram Pretest*

**Course Standards - CPALMS**

- PE.912.M.1.15
- PE.912.L.1.5
- PE.912.L.1.6
- PE.912.R.1.2
- PE.912.C.1.9
- PE.912.C.1.23

**Essential Topics and Vocabulary**

- Fitnessgram, Warm-up, Cool down, Aerobic activities, Anaerobic activities, Skill-related components of fitness, Target heart rate, Sportsmanship, Hydration, Extreme weather conditions

#### Unit 2: Basketball

**Course Standards - CPALMS**

- PE.912.C.1.25
- PE.912.M.1.31
- PE.912.M.1.15
- PE.912.R.1.3

**Essential Topics and Vocabulary**

- History, Rules, Warm-up, Cool down, Passing, Ball-handling, Shooting, Officiating, Game Play, Score keeping

#### Unit 3: Flag Football

**Course Standards - CPALMS**

- PE.912.M.1.15
- PE.912.M.1.31
- PE.912.C.1.25
- PE.912.R.1.3

**Essential Topics and Vocabulary**

- History, Rules, Warm-up, Cool down, Passing, Catching, Pass Routes, Defensive Strategies and tactics, Offensive strategies and tactics, Officiating, Game Play, Score keeping

#### Unit 4: Volleyball

**Course Standards - CPALMS**

- PE.912.C.1.25
- PE.912.M.1.31
- PE.912.M.1.15
- PE.912.R.1.3

**Essential Topics and Vocabulary**

- History, Rules, Warm-up, Cool down, Passing, Serving, Spiking, Rotations, Offensive strategies and tactics, Defensive strategies and tactics, Officiating, Game play, Score keeping

#### Unit 5: Soccer

**Course Standards - CPALMS**

- PE.912.C.1.21
- PE.912.C.1.25
- PE.912.C.1.28
- PE.912.M.1.15
- PE.912.R.2.3

**Essential Topics and Vocabulary**

- History, Rules, Warm-up, Cool down, Dribbling, Passing, Throw-ins, Shooting, Goal tending, Offensive strategies and tactics, Defensive strategies and tactics, Game play, Tournament, Officiating, Score keeping

#### Unit 6: Softball

**Course Standards - CPALMS**

- PE.912.M.1.15
- PE.912.M.1.23
- PE.912.M.1.31
- PE.912.M.1.32
- PE.912.M.1.35
- PE.912.C.1.21
- PE.912.C.1.25
- PE.912.C.1.28
- PE.912.R.1.3

**Essential Topics and Vocabulary**

- History, Rules, Warm-up, Cool down, Throwing (proper footwork, follow through), Catching (proper footwork, body position), Pitching (slow pitch, fast pitch, footwork, arm swing, follow through), Batting (proper stance, grip, swing, follow through), Fielding (footwork, glove position, body position), Game play, Officiating, Score keeping (scorebook)

#### Unit 7: Ultimate Frisbee

**Course Standards - CPALMS**

- PE.912.M.1.15
- PE.912.M.1.31
- PE.912.C.1.25
- PE.912.R.1.3

**Essential Topics and Vocabulary**

- History, Rules, Throwing (proper grip, footwork, follow through), Catching (body position, footwork, hand-eye coordination), Offensive strategies and tactics, Defensive strategies and tactics, Score keeping, Game play

**Fitnessgram Post Assessment**

**END OF SEMESTER CELEBRATIONS/REVIEW PRIOR CONTENT/COOPERATIVE GAMES**

**NO CLASSES**