

MANCHESTER REGIONAL HIGH SCHOOL

PHYSICAL EDUCATION 3

**REVISED & ADOPTED
OCTOBER 2017**

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Curriculum Committee for Physical Education 3

Mr. Rande Roca

Ms. Cindy Miller

Manchester Regional High School

Course Description: Physical Education 3 (Grade 11)

The purpose of this course is to emphasize physical and skill development during the period of time the student spends in school.

Grade 9: Development of cardiovascular and muscular systems
Grade 10: Development of skills and basic knowledge of team and individual sports
Grade 11: Concentration on the development of team and individual activities
Grade 12: Combination of team play and carry over activities, including racquetball, archery, golf and badminton

Course Data:

Length of Course: Three Marking Periods

Credits: Three and three-quarters

Periods Per Week: Five

Classification: Required

Prerequisite: Previous level

Evaluation:

The purposes of evaluation are to provide information about student progress and to determine if students have learned the subject matter, which has been taught. Teachers in this course will evaluate student progress by using skill tests, fitness tests, student participation, and observation of knowledge on rules and regulations.

Teaching/Learning Emphasis:

Skills: 50%

Competitive Activity: 50%

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Course Outline: Physical Education 3 and 4

Grades 11 and 12

Junior and senior physical education will emphasize team, individual, and lifetime (carry over) activities. They will also include the continued development of the one-mile run/walk.

1. Activities for the First and Fourth marking periods include:
 - a. 2 days per week – Run/Walk Program
 - b. Individual and team activity – 2-4 week units, 3 days per week

2. Activities for the Second and Third marking periods include:
 - Individual and team activities
 - 2-4 week units, 3 days per week
 - Weight training, 2 days per week

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A. Course Title: Physical Education 3

B. Course Proficiencies:

Upon completion of this course, a student will be expected to:

1. Execute football passing, kicking and catching skills in a team play situation.
2. Exhibit the ability to effectively use soccer kicking, trapping, and passing techniques during team play.
3. Apply those skills, which indicate a proficiency in the use of the forehand and backhand grips; the smash shot; the drop shot and the serve in badminton.
4. Display the ability to dig, set, serve and spike in volleyball team play.
5. Perform routines in aerobic dance.
6. Execute the skills of dribbling and shooting and the concepts of team offense and defense in basketball.
7. Throw, catch, pitches and field in a team softball situation, with proficiency.
8. Exhibit the proper forehand, backhand and serving skills in competitive pickleball.
9. Participate in a weight training lesson rotating from station to station.
10. Participate in a cardiovascular program using a mile walk/run to develop efficiency.

1 Mile Walk/Run	
Walk/Run/Weights	30%
1 st Activity	15%
2 nd Activity	15%
Participation/Preparation	40%

C. Evaluative Activities:

1. Class participation
 2. Attendance as per Board of Education policy
- One mile walk/run

Run	1 Mile Walk (4 laps)	Grade	Grade	Run
8 min. or less	13 min. or less	100	15.5 min. or less	75 9:15
8:15	13.5 min. or less	95	16.0 min. or less	70 9:30
8:30	14.0 min. or less	90	16.5 min. or less	65 9:45
8:45	14.5 min. or less	85	17.0 min. or less	60* 10:00
9:00	15.0 min. or less	80		

*Each additional half minute over 17 minutes lower grade 5% and each additional 15 sec. for the run.

Physical Fitness Test

Score	Grade	Score	Grade
325 or higher	100	150-174	65
300-324	95	125-149	60
275-299	90	100-124	55
250-274	85	75-99	50
225-249	80	50-74	45
200-224	75	25-49	40
175-199	70	0-24	35

Physical Fitness Activities (throughout year)

A. Outcomes

The student will:

1. Demonstrate improvement in his/her physical fitness.
2. Gain familiarity with lifetime skills to improve/maintain fitness.
3. Demonstrate knowledge of safety considerations.

B. Content

1. One-mile walk/run
2. Maine Physical Fitness Test
 - a. Shuttle run
 - b. Push-ups
 - c. Sit-ups
 - d. Pull-ups/flexed arm hang
 - e. Standing broad jump
 - f. Jump Rope

Walk/Run

A. Outcomes

The student will:

1. Understand the values of walking/running as it relates to physical conditioning.
2. Understands the values of running as it relates to competitive athletics and similar activities.
3. Demonstrates an understanding of proper conditioning and safety rules as it relates to the walk/run.
4. Exhibit the knowledge for proper attire.
5. Understand the physical and psychological benefits of walking and/or running.

B. Content

1. Orientation

- a. Rules and Regulations
 - b. Safety
 - Warm-up
 - Proper attire
 - Cool down
 - c. Values
 - Self confidence
 - Increase aerobic capacity
2. Skills
- 1. Variety of Workout (examples)
 - a. Jog four laps
 - b. Run turns, walk straight-aways
 - c. Walk/Run every 30 seconds
 - d. Walk four laps
 - 2. Testing
 - a. Time for walk will be a grade of 100 if the mile is completed under 13 minutes. The grade will drop 5 points every 30 seconds.
 - b. The time for the mile run will be under 8 minutes for a grade of 100 points. The grade will drop 5 points every 30 seconds after 8 minutes.

Weight training (2nd and 3rd marking period/1st & 4th when you can't go out)

A. Outcomes

The student will:

- 1. Understand the values of weightlifting as it relates to improved physical conditioning.
- 2. Understand the values of weightlifting as it relates to competitive athletics and other similar activities.
- 3. Demonstrate an understanding of proper safety rules and regulations as they relate to the weight room.
- 4. Demonstrate proper lifting techniques and spotting procedures.
- 5. Exhibit the knowledge for proper care of the equipment in the weight room.

B. Content

- 1. Orientation
 - a. Rules and regulations of weight room
 - b. Safety
 - 1. Weight room
 - 2. Spotting
 - 3. Using weights
 - 4. Spacing

- 5. Weight selection
 - 6. Equipment selection
 - 7. Record keeping for reinforcement values
 - c. Values
 - 1. Self-confidence
 - 2. Increase strength
 - 3. Therapy
 - d. Care of equipment
 - 1. In use
 - 2. Storage
 - e. Types of programs
2. Skills
- a. Lifting and spotting/Weight Machines
 - 1. Leg press
 - 2. Bench press
 - 3. Shoulder press
 - 4. Pec deck
 - 5. Lat machine
 - 6. Knee extension/flexion
 - b. Lifting and spotting/Free weights
 - 1. Flat bench press
 - 2. Incline bench press
 - 3. Squat rack
 - 4. Calf raiser
 - 5. Hip thrust
 - 6. Dumbbell curls
 - 7. Preacher bench curls
 - c. Use of cardiovascular and exercise equipment
 - 1. Tread mill
 - 2. Exercise bike
 - 3. Air stepper
 - 4. Sit-up board
3. Testing
- a. Safety rules and regulations
 - b. Equipment care
 - c. Selection of equipment
 - d. Lifting techniques
 - e. Programs and their benefits

Standards: 2.1.12 A-1-2, 2.5.12 A-1-4, B- 1-3, c- 1-3, 2.6.12 A- 1-3

Time Frame: 1-2 times a week

Football (marking period 1)

A. Student Outcomes

The student will:

1. Explain the rules of football and name the positions of the players
2. Demonstrate proficiency in the fundamentals of football.
3. Perform the football drills as listed.
4. Demonstrate knowledge of football strategy while engaged in play.
5. Demonstrate knowledge of safety conditions.

B. Content

1. Orientation
 - a. Rules
 - b. Positions
 - c. Values
 - d. Safety considerations related to football
2. Fundamentals
 - a. Forward pass
 - b. Lateral
 - c. Kicking
 1. PAT/Field Goal
 2. Kickoff
 3. Punt
 - d. Receiving
*This will include running various pass patterns
3. Drills
 - a. Line toss
 - b. Pass patterns
 - c. Examples: Post, Flag, Fly, Hook, Curl, Drag
4. Strategy
 - a. Offense
 - b. Defense
5. Competition
6. Testing
 - a. Skill
 - b. Knowledge
 - c. Officiating

Standards: A 2.1.12 A-1-2,B1,3C,3, E.1-2
2.2.12 B.1-2,C.1
2.5.12 C.2
2.6.12 A-1-5

Time Frame: 3-4 times a week, 3-4 weeks
Soccer (marking period 1)

A. Outcomes

The student will:

1. Explain the rules of soccer and name the positions of the players.
2. Explain the proper use of soccer equipment.
3. Demonstrate proficiency in the fundamentals of soccer.
4. Perform the soccer drills listed.
5. Demonstrate knowledge of soccer strategy while engage in play.
6. Demonstrate knowledge of safety considerations.

B. Content

1. Orientation
 - a. Rules
 - b. Positions
 - c. Equipment
 - d. Safety considerations related to soccer
2. Fundamentals-Ball Control
 - a. Dribble
 - Control
 - Speed
 - b. Sole trap
 - c. Waist trap
 - d. Inside of foot trap
 - e. Passing
 - heel
 - Inside/outside of foot
 - f. Heading
3. Drills
 - a. Two circles pass drill
 - b. Offense/Defense
 - c. Relays
4. Position
 - a. Penalty
 - b. Goalie
 - c. Start of game
5. Game
 - a. Strategy
 - b. Games modified or regular

Standards: : A 2.1.12 A-1-2,B1,3C,3, E.1-2
2.2.12 B.1-2,C.1
2.5.12 C.2
2.6.12 A-1-5

Time Frame: 3-4 times a week, 3-4 weeks

Basketball (marking period 2)

A. Outcomes

The student will:

1. Explain the basic rules of basketball.
2. Exhibit a command of basketball skills as outlined.
3. Demonstrate basketball strategy while engage in team play.
4. Compete in various levels of basketball, lead up games and related drills.
5. Be able to officiate a basketball game.
6. Demonstrate knowledge of safety considerations related to basketball.

B. Content

1. Orientation
 - a. Rules
 - b. Positions
 - c. Values
 - d. Safety considerations related to basketball
2. Skills
 - a. Shooting
 1. Lay-ups (both hands)
 2. Push shot
 3. Set shot
 4. Foul shot
 5. Jump shot
 6. Hook shot
 7. Tap-ins
 - b. Passing
 1. Chest pass
 2. Overhead pass
 3. Bounce pass
 4. Dribble pass
 5. Underhand pass
 6. "Baseball pass"
 - c. Dribbling
 1. Right and left hand
 2. Alternate hands
 - d. Rebounding
 1. Offensive
 2. Defensive
 3. Positioning
 - e. Defense
 1. Position
 2. Zone
 3. Man to man
 - f. Drills
 1. One on one
 2. Two on two

3. Full teams
 4. Shooting
 5. Rebounding
 6. Cover
3. Testing
 - a. Skills
 - b. Knowledge
 - c. Officiating

Standards: : A 2.1.12 A-1-2,B1,3C,3, E.1-2
2.2.12 B.1-2,C.1
2.5.12 C.2
2.6.12 A-1-5

Time Frame: 3-4 times a week, 3-4 weeks

Volleyball (marking period 2)

A. Outcomes

The student will:

1. Explain the rules of volleyball.
2. Explain the recreational values of volleyball.
3. Demonstrate proficiency in the volleyball skills as listed.
4. Perform the drills as listed.
5. Demonstrate knowledge of strategy while engaged in play.
6. Officiate a volleyball game.
7. Demonstrate knowledge of safety considerations related to volleyball.

B. Content

1. Orientation
 - a. Rules
 - b. Values
 - c. Safety considerations related to volleyball
2. Fundamentals
 - a. Two-hand volley
 - b. One-hand recovery
 - c. Serving
 - d. Set-ups
 - e. Spiking
 - f. Blocking
 - g. Placing the ball
3. Drills
 - a. Circle direction drill
 - b. Spike recovery drill
 - c. Serving to spots drill
 - d. Set-up and spike drill
 - e. Set-up, spike and block drill
4. Strategy
 - a. Offense
 - b. Defense
5. Competition
6. Testing
 - a. Rules test
 - b. Skills test
 - c. Officiating

Standards: A 2.1.12 A-1-2,B1,3C,3, E.1-2
2.2.12 B.1-2,C.1
2.5.12 C.2
2.6.12 A-1-5

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Time Frame: 3-4 times a week, 3-4 weeks

Pickleball (marking period 3)

A. Outcomes

The student will:

1. Explain the rules of pickleball.
2. Demonstrate the ability to handle pickleball equipment properly.
3. Perform the skills listed in the outline.
4. Exhibit in a game situation his/her ability to use proper strategy as outlined.
5. Compete in a game of singles and doubles in pickleball.
6. Demonstrate knowledge of safety considerations related to pickleball.

B. Content

1. Orientation
 - a. Rules and Scoring
 - b. Handling of equipment
 - c. Values
 - d. Safety considerations related to pickleball
2. Skills
 - a. Grip/forehand and backhand
 - b. Serve
 - c. Strikes
 - Forehand and backhand
 - Lob
 - Smash
3. Strategy
 - a. Placement
 - b. Tactics
 - c. Deception
 - d. Anticipation
 - e. Recovery
4. Competition
 - a. Singles
 - b. Doubles
5. Testing
 - a. Skills
 - b. Rules

Standards: : A 2.1.12 A-1-2,B1,3C,3, E.1-2
2.2.12 B.1-2,C.1
2.5.12 C.2
2.6.12 A-1-5

Time Frame: 3-4 times a week, 3-4 weeks

Badminton (marking period 3)

A. Outcomes

The student will:

1. Demonstrate the ability to handle badminton equipment properly.
2. Explain the rules of badminton.
3. Demonstrate the ability to perform the skills listed in the outline.
4. Exhibit in a game situation the ability to use proper strategy as outlined.
5. Compete in a game of singles in badminton.
6. Compete in a game of doubles in badminton.
7. Officiate a game of badminton.
8. Demonstrate knowledge of safety considerations related to badminton.

B. Content

1. Orientation
 - a. Rules
 - b. Scoring
 - c. Values
 - d. Safety considerations related to badminton

2. Skills
 - a. Grip
 - Forehand
 - Backhand
 - b. Serve
 - Singles
 - High
 - Drop
 - Doubles
 - Low
 - Drop
 - c. Strokes
 - Forehand shot
 - Backhand shot
 - Drop shot
 - Overhead clear

3. Strategy
 - a. Placement
 - b. Covering
 - c. Tactics
 - d. Deception
 - e. Anticipation
 - f. Net play
 - g. Recovery

4. Competition
 - a. Singles
 - b. Doubles

5. Testing
 - a. Rules
 - b. Skills
 - c. Officiating

Standards: : A 2.1.12 A-1-2,B1,3C,3, E.1-2
2.2.12 B.1-2,C.1
2.5.12 C.2
2.6.12 A-1-5

Time Frame: 3-4 times a week, 3-4 weeks

Team Handball (marking period 3)

A. Outcomes

The student will:

1. Exhibit knowledge of the rules and regulations in the sport of team handball.
2. Demonstrate a proficiency in the skills required for participation in team handball.
3. Develop skills necessary to the playing of team handball.
4. Demonstrate knowledge of offensive and defensive theory related to team handball.
5. Put into practice all that they have learned about the sport, skills, rules, strategy and values via class competition.
6. Demonstrate oral or written knowledge of the game.
7. Actively officiate and demonstrate knowledge of the game.
8. Exhibit skills necessary to the playing of the game.
9. Demonstrate knowledge of safety considerations as they relate to team handball.

B. Content

1. Players
 - a. Six players on each side
 - b. At all times, each team must have at least one man on each side of mid-court line.
2. Court
 - a. Regulation basketball court
 - b. If smaller court is used, ball can be played directly off the walls.
 - c. Cease is 13'6" in length by 12' wide.
3. Scoring

- a. Throwing, deflecting or slapping the ball into the goal scores a goal.
 - b. No offensive person may be in the crease at any time. No one can enter the crease within 3 seconds after scoring.
4. Ball
 - a. Ball is a 9 ½” playground ball inflated to 4 pounds pressure.
 - b. Tape can be wrapped around the ball to provide a better grip.
5. Time
 - a. Playing time and penalty time can be adjusted to suit the situation.
 - b. In regular game, four 8 minute periods
 - c. Intramural – two 8 minute halves
 - d. Players cannot hold the ball longer than 3 seconds can't.
 - e. Offense has 10 seconds to bring ball over mid-court.
 - f. The goalie has 3 seconds to bring the ball out of the crease.
6. Defensive play
 - a. Defensive play is basically the same as in basketball.
 - b. At all times, the players must play the ball and not the person.
 - c. They cannot play through the ball and run into a person.
 - d. Accidental slaps on the hands or forearms are overlooked if the defensive person is making an attempt to hit the ball.
7. Violations
 - a. Almost every violation is as it is in basketball and all have the same penalty, immediate loss of the ball.
 - b. Possession is given to the other team on or near the spot of the violation.
 - c. When the ball is thrown in-bounds, it must be passed to a teammate before a shot at the goal is taken.
 - d. Violations are:
 - Back-court
 - Double dribble
 - Up and down
 - Offensive charge
 - Traveling
 - Holding ball more than 3 seconds
8. Penalties
 - a. Players sitting out game time as in hockey serve penalties.
 - b. A person who commits 4 fouls is ejected from the game.
9. Penalty shot is taken if:
 - a. In a one-on-one situation against the goalie when it is almost a serve goal, a foul is deliberately committed to prevent a goal.
 - b. A goalie goes out of the area and brings the ball back into the crease with him.
 - c. Goalie receives pass from teammate while he is in crease.
10. Protective eye guards for all those who wear eye glasses.
11. Testing
 - a. Skill

- b. Knowledge
- c. Officiating
- d. Safety

Standards: : A 2.1.12 A-1-2,B1,3C,3, E.1-2
2.2.12 B.1-2,C.1
2.5.12 C.2
2.6.12 A-1-5

Time Frame: 3-4 times a week, 3-4 weeks

Softball (marking period 4)

A. Outcomes

The student will:

1. Explain the recreational values of softball.
2. Demonstrate the proper method to warm up prior to play.
3. Demonstrate proficiency in the skills of softball as listed.
4. Demonstrate knowledge of softball strategy while engaged in play.
5. Set up proper softball league and form teams.
6. Explain the rules of softball.
7. Be able to officiate a softball game.
8. Demonstrate knowledge of safety considerations related to softball.

B. Content

1. Orientation
 - a. Rules
 - b. Handling equipment
 - c. Values
 - d. Safety considerations
2. Skills
 - a. Throwing
 - Hand position
 - Wrist action
 - Short throw
 - Throwing for accuracy
 - Bouncing long throws
 - b. Catching
 - Hand position
 - Hand-eye coordination
 - "Giving with the ball"
 - Catching thrown balls
 - Catching batted balls

- c. Batting
 - Hand position on bat
 - Strike zone
 - Watching the pitch
 - Meeting the ball
 - Wrist snap
 - Follow-through

- 3. Strategy
 - a. Force outs
 - b. Double plays
 - c. Infield situations
 - d. Outfield situations
 - e. Position play

- 4. Competition
 - a. Formation of teams
 - b. Games played

- 5. Testing
 - a. Skills
 - b. Knowledge
 - c. Officiating

Standards: : A 2.1.12 A-1-2,B1,3C,3, E.1-2
 2.2.12 B.1-2,C.1
 2.5.12 C.2
 2.6.12 A-1-5

Time Frame: 3-4 times a week, 3-4 weeks

Golf

A. Outcomes

The student will:

1. Demonstrate the ability to handle golf equipment properly.
2. Explain the rules of golf.
3. Demonstrate the ability to perform the skills listed in the outline.
4. Be able to name and describe clubs and other equipment used in golf.
5. Exhibit knowledge of proper etiquette in golf.

B. Content

1. Orientation
 - a. Rules and scoring

- b. Handling of equipment
 - c. Values
 - d. Etiquette
 - e. Safety considerations related to golf
2. Skills
- a. Grip/overlapping and interlocking
 - b. Stance/square, opened and closed
 - c. Swing
 - d. Clubs
 - Woods
 - Irons/long, medium and short
 - Putter
3. Competition
- a. Single
 - b. Threesome
 - c. Foursome
4. Game
- a. Strategy
 - b. Games modified or regular

Standards: : A 2.1.12 A-1-2,B1,3C,3, E.1-2
 2.2.12 B.1-2,C.1
 2.5.12 C.2
 2.6.12 A-1-5

Time Frame: 3-4 times a week, 3-4 weeks

Archery (optional)

A. Outcomes

The student will:

1. Exhibit proper safety precautions while engaged in archery.
2. Demonstrate ability to handle equipment properly while engaged in archery.
3. Demonstrate knowledge of rules of competition and conduct required in archery.
4. Demonstrate ability to perform the skills of archery as outlined.
5. Be able to name and describe the various pieces of equipment used in archery.
6. Be able to relate a brief outline of the hunting laws in regard to the bow and arrow.

7. Use the proper language peculiar to archery and demonstrate proper etiquette of archery.

B. Content

1. Orientation
 - a. Safety and precautions
 - b. Handling of equipment
 - c. Competition rules

2. Skills
 - a. Stringing and unstringing bow
 - b. Stance and shooting position
 - c. Drawing bow, release and follow through
 - d. Nocking arrow
 - e. Aiming
 - f. Target shooting at 15, 20 and 30 yards
 - g. Clout shooting
 - h. Use of sights

3. Knowledge
 - a. Parts of bow
 - b. Parts of arrow
 - c. Hunting laws

4. Testing
 - a. Skills
 - b. Knowledge

Standards: : A 2.1.12 A-1-2,B1,3C,3, E.1-2
2.2.12 B.1-2,C.1
2.5.12 C.2
2.6.12 A-1-5

Time Frame: 3-4 times a week, 3-4 weeks

MANCHESTER REGIONAL HIGH SCHOOL

PHYSICAL EDUCATION 1-4

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