

Hesperia Community Schools

General Physical Education

Timeline	HSCE's/GLCE's and CCSS	Content What topic(s) is being covered? What do students need to know?	Essential Skills What do students have to be able to do to connect the content to the skills?	Content Vocabulary	Assessments: What evidence (products and/or performances) is collected to establish that the content and skills have been learned?	Resources What materials, texts, videos, internet, or software support instruction?
1 week	6, 7, 8	Introduction to the class. Assign locks/locker Classroom rules Fitness testing	Push-ups, Pull-ups/Modified Pull-Ups, Curl-Ups, Flexed Arm Hang, Sit and Reach, Mile Run and Shuttle Run	Cardiovascular Endurance, specific muscle groups, flexibility	Fitness Gram	Computer and copies for recording results
2 weeks	5, 11, 13	Softball Unit	Demonstrate and practice skills such as throwing, catching, batting, fielding, base running and pitching. Apply rules and strategies in game situations	Field positions	Teacher observation of rules and skills.	Softball, Gloves, Tee, Bats
2 weeks	5, 11, 13	Flag Football Unit	Demonstrates basic skills such as throwing, catching and kicking. Apply rules and strategies in game situation	Kick-off Punt Position names	Teacher observation of rules and skills.	Footballs Cones Flag Belts Kicking tee, Vests
2 weeks	5, 6, 11, 13	Soccer/Indoor Soccer	Kicks/Passing Dribbling Throw-ins Penalties Headers Defensive Strategies Offensive Strategies Rules	Indirect Kick Direct Kick Penalty Kick Hand Ball Marking Player Positions	Teacher observation of rules and skills.	Indoor/Outdoor soccer balls, Vests, cones
2 Weeks	5, 6, 11, 13	Floor Hockey	Demonstrate basic skills of stick handling, passing, shooting on goal, puck control, and goalie technique.	Slap Shot, Forehand Shot, Backhand Shot Wrist Shot	Teacher observation of rules and skills.	Sticks, pucks, nets, vests
2 Weeks	5,11,13	Basketball	Demonstrate basic skills such as shooting, ball handling, passing, offensive and defensive strategies. Apply rules and strategies in game situations	Lay-up, Free Throw, Passing, Jump Shot, Dribbling, Rebound, Defense, Offense, Sportsmanship pivot, traveling	Teacher observation of rules and skills	Basketballs, vests, gymnasium

Hesperia Community Schools

Timeline	HSCE's/GLCE's and CCSS	Content What topic(s) is being covered? What do students need to know?	Essential Skills What do students have to be able to do to connect the content to the skills?	Content Vocabulary	Assessments: What evidence (products and/or performances) is collected to establish that the content and skills have been learned?	Resources What materials, texts, videos, internet, or software support instruction?
2 days per week for 12 weeks.	6,7,8	Aerobic exercise, weight training and agility drills	Fitness runs, circuit training. Aerobic and anaerobic training	Pulse rate, target heart rate, anaerobic, aerobic, major muscle groups	Fitness Gram, Teacher generated pre and posttests	Fitness Gram forms, computer, track, weight room/equip, cones, stopwatch
2 Weeks	5,11,13	Volleyball	Demonstrate basic skills such as underhand passing, setting, serving, and spiking. Apply rules and strategies in game situations	Pass, Serve, Set, Serve reception, block, and Clockwise rotation	Teacher Observation of rules and skills	Volleyballs, Nets, gymnasium
2 Weeks	5, 6, 11, 13	Ultimate Frisbee	Demonstrates basis skills of catching, throwing, pivoting, defending	One and two-handed catch, pivot, & guarding	Teacher observation of rules and skills	Frisbees, vests, orange cones
3 weeks		Gaming, washers,dodgeball,speed-ball, jump-rope skills, etc...	Demonstrate basic skill of catching, throwing, kicking, and teaming skills	Catching, throwing, fitness	Teacher observation of rules and skills	Washers,washer boxes, dodgeballs, indoor soccer balls, vests