

Curriculum Framework for Physical Education

School: First State Military Academy Curricular Tool: DDOE Model Units¹ Grade: 9-12 Teacher: _____

Standards Alignment	Unit Concept Big Ideas	Essential Questions Student Learning Targets	Assessments
Unit One: Introduction to Physical Education and Army PT Timeline : 2 weeks			
<p>Standard 5 – Exhibits responsible personal and social behavior that respects self and others in physical activity settings</p>	<p>Stretching and warming the muscles prevents injury.</p> <p>Physical activity is part of a healthy lifestyle.</p> <p>There are rules for physical activity.</p> <p>There are routines in PT that promote the healthy maintenance of the corps.</p>	<p><u>Essential Questions:</u> What are the personal and social behavioral expectations in physical activity settings?</p> <p>How will PT differ from traditional Physical Education courses?</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • Students will identify the expectations for PT class. • Students will compare and contrast previous Physical Fitness courses with the expectations of Army PT. 	<p><u>Suggested Formative Assessments:</u> Teacher observation</p> <p><u>Suggested Summative Assessments:</u> Exit Slip Demonstration of routines.</p>
Unit Two: Fitnessgram Pre-Testing Timeline: 1 week			
<p>Standard 4 – Achieves and maintains a health-enhancing level of physical fitness.</p> <p>Standard 6 - Creates opportunities for health, enjoyment, challenge, self-expression, and/or social interaction through physical</p>	<p>Fitness is a personal choice.</p> <p>Participation in physical fitness contributes to a healthy lifestyle.</p>	<p><u>Essential Questions:</u> Why is physical fitness good for you?</p> <p>How does maintaining a strict physical fitness regimen assist in lifelong health?</p> <p><u>Learning Targets:</u></p>	<p><u>Suggested Formative Assessments:</u> Teacher Observation</p> <p><u>Suggested Summative Assessments:</u> Student test scores entered into the fitnessgram program</p>

¹ Once First State Military receives its charter and is admitted into the JROTC program, the Physical Education curriculum map will be revised slightly to reflect the addition of the rigorous standards and objective of Army PT. These standards and objectives are not currently available.

