

PLC Question #1: What do we want all students to know and be able to do?

Unit 1: Tennis Skills ✓		Unit 2: Volleyball Skills ✓		Unit 3: Softball Skills ✓	
Priority Standard(s) <ul style="list-style-type: none">Physical Education - PE.S1: The student will demonstrate competency in a variety of motor skills and movement patterns.		Priority Standard(s) <ul style="list-style-type: none">Physical Education - PE.S1: The student will demonstrate competency in a variety of motor skills and movement patterns.		Priority Standard(s) <ul style="list-style-type: none">Physical Education - PE.S1: The student will demonstrate competency in a variety of motor skills and movement patterns.	
Supporting Standard(s) <ul style="list-style-type: none">PE.S2: The student will apply knowledge of concepts, principles, strategies, and tactics related to movement performance.		Supporting Standard(s) <ul style="list-style-type: none">PE.S2: The student will apply knowledge of concepts, principles, strategies, and tactics related to movement performance.		Supporting Standard(s) <ul style="list-style-type: none">Physical Education - PE.S2: The student will apply knowledge of concepts, principles, strategies, and tactics related to movement performance.	
Learning Outcomes		Learning Outcomes		Learning Outcomes	
Students need to know (concrete knowledge)	DOK Level	Students need to know (concrete knowledge)	DOK Level	Students need to know (concrete knowledge)	DOK Level
<ul style="list-style-type: none">Ex. vocabulary, facts, concepts, etc. <ul style="list-style-type: none">Demonstrate proficiency in activity specific movement skills in two or more net/wall games, including those from other cultures. (PE.S1.H5)Use long- or short-handled implement with mature form to strike object in one or more target games, including those from other cultures. (PE.S1.H7)Demonstrate competency in movement patterns to connect with the object. (PE.S1.H8)		<ul style="list-style-type: none">Ex. vocabulary, facts, concepts, etc. <ul style="list-style-type: none">Demonstrate proficiency in activity-specific movement skills in two or more net/wall games, including those from other cultures. (PE.S1.H5.L1)Make contact and connect with the object to create a play. (PE.S1.H8.L3)Identify positive mental, social, and emotional aspects of participating in a variety of physical activities. (PE.S5.H1.L1)		<ul style="list-style-type: none">Ex. vocabulary, facts, concepts, etc. <ul style="list-style-type: none">Demonstrate competency in movement patterns to connect with the object. (PE.S1.H8.L1)Identify how to self-correct and reflect on movement in relation to the object. (PE.S1.H8.L2)Make contact and connect with the object to create a play. (PE.S1.H8.L3)Use defensive and offensive strategies and tactics effectively in various activities.(PE.S2.H4.L1)	
Students will understand (abstract ideas)	DOK Level	Students will understand (abstract ideas)	DOK Level	Students will understand (abstract ideas)	DOK Level
<ul style="list-style-type: none">Ex. connections, relationships, frameworks, etc. <ul style="list-style-type: none">FOREHAND & BACKHAND STROKES: Demonstrate proper technique, footwork, and timing for executing forehand and backhand groundstrokes.SERVING: Show proficiency in serving with correct grip, stance, and follow-through to place		<ul style="list-style-type: none">Ex. connections, relationships, frameworks, etc. <ul style="list-style-type: none">SERVING: Underhand Serve: Students will know the technique for performing an underhand serve, including grip and follow-through. Overhand Serve: Students will know the technique for performing an overhand serve, including toss and impact.		<ul style="list-style-type: none">Ex. connections, relationships, frameworks, etc. <ul style="list-style-type: none">THROWING: How my stance (foot placement and balance) affects the power and accuracy of my throws. How timing my release point impacts the direction and accuracy of my throw.HITTING: How my batting stance (feet, hips, and shoulders) affects my ability to hit the ball with	

<p>the ball effectively in the service box.</p> <ul style="list-style-type: none"> VOLLEY: Display skill in intercepting and returning the ball at the net with a proper volley technique. FOOTWORK: Exhibit efficient footwork to position oneself optimally for each shot, including lateral movement, approaching the net, and recovering after each shot. STRATEGY & GAME PLAY: Understand and apply strategic concepts such as positioning, shot selection, and exploiting an opponent's weaknesses. 		<ul style="list-style-type: none"> PASSING:(Forearm Pass): Form and Grip: Students will know how to properly form their arms and hands for an effective forearm pass. Body Positioning: Students will know the correct stance and body positioning for receiving and directing the ball. SETTING: Hand Position: Students will know how to position their hands and fingers for an accurate set. Timing and Execution: Students will know the timing and body movement required for an effective set. VOLLEY: Demonstrate the ability to receive and return the ball at the net using proper volleyball technique, including positioning, hand placement, and timing. STRATEGY & GAME PLAY: Scoring System: Students will know how points are scored in volleyball, including the differences between rally scoring and side-out scoring systems. Rotation Rules: Students will know the rules for player rotation, including the sequence in which players must rotate and the rules regarding serving positions. Basic Violations: Students will know common volleyball violations such as: Net Faults: What constitutes a net fault (e.g., touching the net during play). Double Hits: The rule against a player hitting the ball twice in succession. 		<p>power and control. How coordinating my swing with my hips and hands helps me make solid contact with the ball. How timing my swing with the pitch impacts my ability to hit the ball effectively.</p> <ul style="list-style-type: none"> FIELDING: How my body positioning (bending knees, glove ready) affects my ability to field ground balls or catch fly balls. How coordinating my movements (running to the ball, positioning my glove) helps me field the ball successfully. STRATEGY & GAME PLAY: How communication in the outfield (e.g., calling for the ball) prevents confusion and errors when catching fly balls. 	
Students will do (active application)	DOK Level	Students will do (active application)	DOK Level	Students will do (active application)	DOK Level
<ul style="list-style-type: none"> I can use the correct grip, stance, and swing to hit forehand and backhand strokes accurately. I can serve the ball accurately with the right grip, toss, and follow-through. I can use the correct grip and stance to hit volleys accurately and with control. I can move quickly and efficiently to get into position for my shots. I can use basic strategies, like good positioning 		<ul style="list-style-type: none"> I can perform an underhand serve using the correct grip and follow-through to get the ball over the net. I can perform an overhand serve using the proper toss and impact technique to effectively serve the ball. I can correctly form my arms and hands to execute an effective forearm pass. I can position my body properly to receive and direct the ball during a forearm pass. 		<ul style="list-style-type: none"> I can throw the ball with proper technique during games. I can catch the ball with proper technique during games. I can hit the ball with proper technique during games. I can run the bases efficiently and make smart decisions about when to advance. I can communicate and work with my teammates 	

and smart shot choices, during a game.		<ul style="list-style-type: none">I can position my hands and fingers correctly to make an accurate set.I can move into the correct position on the court to help my team during gameplay.I can work with my teammates to apply offensive and defensive strategies during drills and games.		to execute plays during games.	
Domain-specific Vocabulary		Domain-specific Vocabulary		Domain-specific Vocabulary	
<ul style="list-style-type: none">AceDeuceFaultForehandBackhandLobRallyVolleyBreak PointLove		<ul style="list-style-type: none">ServePassSetSpikeBlockDigAceKillRotationSportsmanship		<ul style="list-style-type: none">PitcherCatcherInfieldOutfieldBuntDouble PlayStrike ZoneStealHome RunForce Out	

PLC Question #1: What do we want all students to know and be able to do?

Unit 4: Weight Training ✓		Unit 5: Ultimate Frisbee ✓		Unit 6: La Crosse ✓	
Priority Standard(s) <ul style="list-style-type: none">Physical Education - PE.S1: The student will demonstrate competency in a variety of motor skills and movement patterns.		Priority Standard(s) <ul style="list-style-type: none">Physical Education - PE.S1: The student will demonstrate competency in a variety of motor skills and movement patterns.		Priority Standard(s) <ul style="list-style-type: none">Physical Education - PE.S1: The student will demonstrate competency in a variety of motor skills and movement patterns.	
Supporting Standard(s) <ul style="list-style-type: none">Physical Education - PE.S2 - The student will apply knowledge of concepts, principles, strategies and tactics related to movement and performance.		Supporting Standard(s) <ul style="list-style-type: none">Physical Education - PE.S2 - The student will apply knowledge of concepts, principles, strategies and tactics related to movement and performance.		Supporting Standard(s) <ul style="list-style-type: none">Physical Education - PE.S2 - The student will apply knowledge of concepts, principles, strategies and tactics related to movement and performance.	
Learning Outcomes		Learning Outcomes		Learning Outcomes	
Students need to know (concrete knowledge)	DOK Level	Students need to know (concrete knowledge)	DOK Level	Students need to know (concrete knowledge)	DOK Level
<ul style="list-style-type: none">Ex. vocabulary, facts, concepts, etc. <ul style="list-style-type: none">PE.S5.H1.L2 - Analyze the positive impact of being physically active. Analyze the negative impact of being sedentaryPE.S3.H6.L2 Compare and contrast advantages and disadvantages of functional fitness, using body weight exercises, resistance training, and free weights.PE.S3.H6.L1 - Demonstrate appropriate technique of functional fitness, using body weight exercises, resistance-training, and free weights		<ul style="list-style-type: none">Ex. vocabulary, facts, concepts, etc. <ul style="list-style-type: none">PE.S1.H3.L2 - Refine and apply activity-specific catching skills in two or more modified forms of small-sided invasion and fielding games, including those from other cultures.PE.S2.H4.L2 - Analyze defensive and offensive strategies and tactics in various activities.PE. S1.H4.L1 - Demonstrate proficiency in activity-specific movement skills in two or more small-sided invasion games, including those from other cultures.		<ul style="list-style-type: none">Ex. vocabulary, facts, concepts, etc. <ul style="list-style-type: none">PE.S2.H4.L1- Use defensive and offensive strategies and tactics effectively in various activities.PE.S2.H7.L1- Use strategies and tactics (e.g., spacing and positioning) during game play in net/wall and target games, including those from other cultures with long- or short-handled implement.PE.S1.H4- Demonstrate proficiency in activity-specific movement skills in two or more small-sided invasion games, including those from other cultures.	
Students will understand (abstract ideas)	DOK Level	Students will understand (abstract ideas)	DOK Level	Students will understand (abstract ideas)	DOK Level
<ul style="list-style-type: none">Ex. connections, relationships, frameworks, etc.		<ul style="list-style-type: none">Ex. connections, relationships, frameworks, etc.		<ul style="list-style-type: none">Ex. connections, relationships, frameworks, etc.	
LIFESTYLE <ul style="list-style-type: none">I understand that being physically active helps my body stay healthy and strong, while being inactive can lead to health problems.I understand how regular exercise can improve my mood, energy levels, and overall mental health.I understand that a sedentary lifestyle can increase the risk of illnesses like heart disease, obesity, and diabetes. FITNESS KNOWLEDGE <ul style="list-style-type: none">I understand that functional fitness helps me move better in daily life, while body weight		CATCHING SKILLS <ul style="list-style-type: none">I understand: that catching is a fundamental skill in Ultimate Frisbee that requires coordination and focus to maintain possession. OFFENSIVE & DEFENSIVE SKILLS <ul style="list-style-type: none">I understand: how offensive movements and defensive formations are key to success in Ultimate Frisbee. MOVEMENT & PASSING <ul style="list-style-type: none">I understand: that strong movement skills improve my ability to create space and execute plays in Ultimate Frisbee.		STRATEGY <ul style="list-style-type: none">I understand how to use both offensive and defensive strategies in different types of activities and games. SPACING <ul style="list-style-type: none">I understand the importance of spacing and positioning to help my team succeed in games that involve hitting, striking, or scoring with equipment. MOVEMENT <ul style="list-style-type: none">I understand the key movement skills needed to play small-sided games like lacrosse, focusing	

<p>exercises, resistance training, and free weights each have different benefits.</p> <ul style="list-style-type: none">• I understand that body weight exercises are accessible and can be done anywhere, but may not always build muscle as quickly as other methods.• I understand that resistance bands are lightweight and easy to use, while free weights can build strength faster but require more skill and technique.• I understand that functional fitness movements mimic everyday activities and help improve overall strength and coordination.				<p>on passing, catching, and defending.</p>	
FORM & TECHNIQUE <ul style="list-style-type: none">• I understand that resistance training and free weight exercises need to be done safely and correctly to build strength effectively.• I understand that using the correct form is important to avoid injury and get the most out of body weight exercises, resistance bands, and free weights.					
Students will do (active application)	DOK Level	Students will do (active application)	DOK Level	Students will do (active application)	DOK Level
<p>Lifestyle</p> <ul style="list-style-type: none">• I can give examples of activities that help me stay physically active and avoid a sedentary lifestyle. <p>Fitness Knowledge</p> <ul style="list-style-type: none">• I can compare the pros and cons of body weight exercises, resistance bands, and free weights.• I can explain when and why it's best to use functional fitness movements in my workout.• I can choose the right type of exercise for my goals, whether it's to improve strength, flexibility, or endurance. <p>Form & Technique</p> <ul style="list-style-type: none">• I can demonstrate the correct form for basic body weight exercises like push-ups, squats, and lunges.• I can use resistance bands properly to work different muscle groups.• I can safely perform exercises with free weights, like bicep curls, with the right technique to avoid		<p>Catching</p> <ul style="list-style-type: none">• I can catch the frisbee using a two-handed rim catch.• I can catch the frisbee using a pancake catch. <p>Offensive & Defensive Skills</p> <ul style="list-style-type: none">• I can utilize fakes and pivots to create throwing opportunities.• I can play person-to-person defense to closely mark an opponent and prevent them from catching the disc. <p>Passing</p> <ul style="list-style-type: none">• I can perform the Backhand throw for long and accurate passes.• I can perform the Forehand (flick) throw for quick releases and short-range passes.• I can perform the Hammer throw for overhead passes that drop quickly into a teammate's hands.• I can perform the Scoober throw for a quick,		<p>Offensive Strategy</p> <ul style="list-style-type: none">• I can move into open space to receive a pass.• I can recognize when to cut toward the goal to create scoring chances.• I can maintain control of the ball while under pressure.• I can pass the ball accurately to teammates in strategic positions. <p>Defensive Strategy</p> <ul style="list-style-type: none">• I can mark my opponent and stay in between them and the goal.• I can anticipate my opponent's movements and react quickly.• I can block passing lanes to disrupt the offense.• I can position myself to challenge the ball carrier without committing a foul. <p>Spacing</p> <ul style="list-style-type: none">• I can find open areas on the field to support my team.• I can spread out to give my teammates room to	

injury.		short-range upside-down pass.		<div>move and pass the ball.</div> <ul style="list-style-type: none">I can avoid crowding my teammates by maintaining proper distance. <div>Positioning</div> <ul style="list-style-type: none">I can position myself to receive passes and take advantage of scoring opportunities.I can shift my position to support defense or attack depending on the flow of the game.I can adjust my positioning based on where the ball is and what my teammates are doing. <div>Movement Skills</div> <ul style="list-style-type: none">I can cradle the ball to keep it secure while running.I can perform accurate passes and catches using a lacrosse stick.I can shoot the ball with proper technique toward the goal.I can defend against an opponent by maintaining good body positioning.I can switch between offense and defense smoothly as needed in game play.	
Domain-specific Vocabulary		Domain-specific Vocabulary		Domain-specific Vocabulary	
<ul style="list-style-type: none">Muscle GroupSetRepFitness PlanMuscular EnduranceMuscular StrengthFitness PlanBPM		<ul style="list-style-type: none">PullForehandBackhandHammer throwOffsidesPancake catchAlligator catchGoalline		<ul style="list-style-type: none">CrosseSlashingTrippingCross-checkingPickCreaseMarking	

PLC Question #1: What do we want all students to know and be able to do?

Unit 7: Basketball ✓		Unit 8: Floor Hockey ✓		Unit 9: Soccer/Futsal ✓	
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Supporting Standard(s) <ul style="list-style-type: none">Physical Education - PE.S2 - The student will apply knowledge of concepts, principles, strategies and tactics related to movement and performance.		Supporting Standard(s) <ul style="list-style-type: none">Physical Education - PE.S2 - The student will apply knowledge of concepts, principles, strategies and tactics related to movement and performance.		Supporting Standard(s) <ul style="list-style-type: none">Physical Education - PE.S2 - The student will apply knowledge of concepts, principles, strategies and tactics related to movement and performance.	
Learning Outcomes		Learning Outcomes		Learning Outcomes	
Students need to know (concrete knowledge)	DOK Level	Students need to know (concrete knowledge)	DOK Level	Students need to know (concrete knowledge)	DOK Level
<ul style="list-style-type: none">Ex. vocabulary, facts, concepts, etc. <ul style="list-style-type: none">PE.S1.H5.L1 Demonstrate proficiency in activity specific movement skills in two or more net/wall games, including those from other cultures.PE.S2.H8.L3 - Examine the effectiveness of various shots based on positioning, timing and force in net and wall games, including those from other culturesPE.S2.H4.L2 Analyze defensive and offensive strategies and tactics in various activities.		<ul style="list-style-type: none">Ex. vocabulary, facts, concepts, etc. <ul style="list-style-type: none">PE.S1.H7.L2 - Demonstrate competency in striking objects using long-handled implements to strike objects in two or more games, including those from other cultures.PE.S1.H4.L1 - Demonstrate proficiency in activity-specific movement skills in two or more small-sided invasion games, including those from other cultures.PE.S2.H3.L2 - Analyze defensive and offensive tactics in various activities.		<ul style="list-style-type: none">Ex. vocabulary, facts, concepts, etc. <ul style="list-style-type: none">PE.S1.H5.L2.- Refine and apply self-identified activity-specific movement skills in one or more net/wall games, including those from other cultures.PE.S2.H11.L2- Review, discuss, and communicate strategies and tactics with classmates to find open spaces to maximize coverage on defense.	
Students will understand (abstract ideas)	DOK Level	Students will understand (abstract ideas)	DOK Level	Students will understand (abstract ideas)	DOK Level
<ul style="list-style-type: none">Ex. connections, relationships, frameworks, etc.		<ul style="list-style-type: none">Ex. connections, relationships, frameworks, etc.		<ul style="list-style-type: none">Ex. connections, relationships, frameworks, etc.	
MOVEMENT SKILLS <ul style="list-style-type: none">I understand the fundamental movement skills needed for proficiency in basketball.I understand how movement skills in basketball are similar to skills in other net and wall games, including those from different cultures. POSITIONING, TIMING, & FORCE <ul style="list-style-type: none">I understand how positioning, timing, and force influence the success of different types of basketball shots.I understand how these principles apply to net and wall games, including sports from various cultures. STRATEGIES & TACTICS		STICK TECHNIQUE <ul style="list-style-type: none">I understand how to use a hockey stick effectively to strike, pass, and shoot the puck.I understand how striking techniques in floor hockey can be adapted to other games using long-handled implements, including culturally significant sports. MOVEMENT SKILLS <ul style="list-style-type: none">I understand the movement skills required to perform effectively in floor hockey, such as dribbling, passing, and shooting.I understand how similar movement skills are used in other small-sided invasion games from various cultures.		MOVEMENT SKILLS <ul style="list-style-type: none">I understand how to refine soccer-specific movement skills, such as dribbling, passing, shooting, and defending.I understand how movement skills in soccer are applicable to other net/wall games and influenced by cultural variations. COMMUNICATION & TACTICS <ul style="list-style-type: none">I understand how to analyze and communicate strategies for finding and creating open spaces in soccer.I understand how maximizing defensive coverage involves positioning, teamwork, and tactical awareness.	

<ul style="list-style-type: none"> I understand the differences between offensive and defensive strategies in basketball. I understand how to adapt tactics based on the strengths and weaknesses of the opposing team 		TACTICS & STRATEGIES <ul style="list-style-type: none"> I understand the key offensive tactics in floor hockey, such as creating passing lanes and moving without the puck. I understand the key defensive tactics in floor hockey, such as marking opponents and blocking passing lanes. I understand how to analyze gameplay to determine effective strategies and make adjustments. 			
Students will do (active application)	DOK Level	Students will do (active application)	DOK Level	Students will do (active application)	DOK Level
Movement Skills <ul style="list-style-type: none"> I can demonstrate proficient movement skills in basketball, such as dribbling, passing, shooting, and defensive positioning. I can transfer movement skills from basketball to other net and wall games, like volleyball or pickleball. Positioning, Timing, and Force <ul style="list-style-type: none"> I can analyze the effectiveness of my basketball shots by considering my positioning, timing, and force. I can apply similar concepts from basketball to improve my performance in other net and wall games. Strategies and Tactics <ul style="list-style-type: none"> I can evaluate and apply offensive and defensive strategies in a basketball game. I can adapt my strategies during a game to respond to changes in the opposing team's tactics. 		Stick Technique <ul style="list-style-type: none"> I can demonstrate proper technique when using a hockey stick to strike, pass, and shoot the puck in floor hockey. Movement Skills <ul style="list-style-type: none"> I can perform activity-specific movement skills in floor hockey, such as maintaining control of the puck while dribbling or passing accurately to teammates. Tactics and Strategies <ul style="list-style-type: none"> I can execute offensive strategies in floor hockey, like positioning myself to receive passes or creating opportunities to score. I can implement defensive tactics, such as intercepting passes and staying between my opponent and the goal. I can communicate with teammates to enhance collaboration during gameplay. 		Movement Skills <ul style="list-style-type: none"> I can identify and refine my soccer-specific movement skills, such as improving ball control, accuracy in passing, and shot power. I can apply my soccer movement skills to other net/wall games, recognizing similarities and differences in techniques. I can adapt my movement skills to meet the demands of gameplay in soccer and other cultural variations of net/wall games. Communication and Tactics <ul style="list-style-type: none"> I can identify and move into open spaces during a soccer game to support offensive play. I can effectively communicate with teammates to coordinate offensive and defensive tactics. I can work collaboratively with my team to refine strategies and improve overall gameplay. 	
Domain-specific Vocabulary		Domain-specific Vocabulary		Domain-specific Vocabulary	
<ul style="list-style-type: none"> Dribbling Passing Shooting Footwork Pivoting Layup Jump Shot Arc Follow-Through 		<ul style="list-style-type: none"> Striking Blade Shooting Passing Clearance Follow-Through Dribbling Pivoting Cutting 		<ul style="list-style-type: none"> Dribbling Passing Shooting Ball Control First Touch Footwork Goalkeeping Open Space Coverage 	

<ul style="list-style-type: none">• Court Awareness• Spacing• Cutting• Pick-and-Roll• Fast Break• Man-to-Man Defense• Zone Defense• Help Defense• Ball Denial• Defensive Rotation• Off-Ball Movement	<ul style="list-style-type: none">• Marking• Passing Lane• Shot Block• Zone Defense• Man-to-Man Defense• Communication	<ul style="list-style-type: none">• Marking• Zonal Defense• Man-to-Man Defense• Transition Play• Communication• Off-the-Ball Movement• Through Ball• Pressing
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