



Wilton Public Schools School

Grade 11 Physical Education Course Outline

Students in Grade 11 will participate in a combination of physical activities and physical fitness activities designed to help the students broaden their capabilities in individual, team, and cooperative settings.

*Advanced Proficiency allows students to build on Proficient Competencies by augmenting knowledge and skills considered desirable for college or career readiness.

Unit/Topics	Students will know:	Students will able to:
Lifetime Activities	<ul style="list-style-type: none"> • What different ways can the body move given a specific purpose? • How can I move effectively and efficiently? • What can I do to be physically active and why is this important? • Why is it important to be physically fit and how can I stay fit? • How do I interact with others during physical activity? • How will physical activity help me now and in the future? 	<ul style="list-style-type: none"> • Refines activity-specific movement skills in 1 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games, or target games) • Identifies and discusses the historical and cultural roles of games, sports and dance in a society • Analyzes the health benefits of a self-selected physical activity. • Demonstrates understanding of skills and rules to successfully participate • Demonstrates the ability to describe the speed vs. accuracy trade-off in throwing and striking skills
Team Games	<ul style="list-style-type: none"> • What can I do to be physically active, and why is this important? • How do I interact with others during physical activity? • How will physical activity help me now and in the future 	<ul style="list-style-type: none"> • Demonstrate an understanding of the rules necessary to play a game. • Demonstrate an understanding of the strategies of a game • Apply safety skills and concepts • Examines moral and ethical conduct in specific competitive situations (e.g., intentional fouls,

		<p>performance-enhancing substances, gambling, current events in sport)</p> <ul style="list-style-type: none"> ● Demonstrate competency in the following volleyball skills: serving, underhand pass, overhead pass ● Demonstrate an understanding of: spike, overhand serve
Racket/Net Sports	<ul style="list-style-type: none"> ● What can I do to be physically active, and why is this important? ● How do I interact with others during physical activity? ● How will physical activity help me now and in the future? 	<ul style="list-style-type: none"> ● Demonstrate an understanding of appropriate scoring, rules and serving rotation as necessary for game play ● Apply safety skills and concepts. ● Demonstrates the ability to apply strategies and tactics when analyzing errors in game play in net/wall and/or target games ● Demonstrates understanding of skills and rules to successfully participate
Personal Fitness	<ul style="list-style-type: none"> ● What different ways can the body move given a specific purpose? ● How can I move effectively and efficiently? ● What can I do to be physically active and why is this important? ● Why is it important to be physically fit and how can I stay fit? ● How do I interact with others during physical activity? ● How will physical activity help me now and in the future? 	<ul style="list-style-type: none"> ● Demonstrates competency in 2 or more specialized skills in health-related fitness activities ● Investigates the relationships among physical activity, nutrition and body composition ● Analyzes the health benefits of a self-selected physical activity
Cooperative Games	<ul style="list-style-type: none"> ● How do I interact with others during physical activity? ● How will physical activity help me now and in the future? 	<ul style="list-style-type: none"> ● Assumes a leadership role (e.g., task or group leader, referee, coach) in a physical activity setting ● Demonstrates understanding of skills and rules to successfully participate ● Demonstrates the ability to accept others' ideas, cultural diversity, and body types by engaging in cooperative and collaborative movement projects.

Rhythm and Movement	<ul style="list-style-type: none"> • What different ways can the body move given a specific purpose? • How can I move effectively and efficiently? • Why is it important to be physically fit and how can I stay fit? • How will physical activity help me now and in the future • How does participation in a choreographed aerobic activity address my personal fitness needs and contribute to my overall wellness? 	<ul style="list-style-type: none"> • Demonstrates competency in a form of dance by choreographing a dance or by giving a performance • Demonstrates the ability to identify and discuss the historical and cultural roles of games, sports, and dance in a society
Stress Management	<ul style="list-style-type: none"> • When stress-management strategies could be helpful 	<ul style="list-style-type: none"> • Demonstrates the ability to apply stress-management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress.
Social Interaction	<ul style="list-style-type: none"> • How to engage with peers in a physically active setting 	<ul style="list-style-type: none"> • Demonstrates the ability to evaluate the opportunity for social interaction and social support in a self-selected physical activity or dance.