

SUBJECT: Wellness III: Unified PE		GRADE: 9-12	
Unit Title: Muscular Fitness		Time Frame: Ongoing	
UNIT OVERVIEW			
Students will work on building strength, endurance, and muscular control through safe and enjoyable exercises to improve individual abilities.			
LRG SKILLS AND DISPOSITIONS		SHAPE STANDARDS	
Continual Learning and Growth Mindset Resilience & Grit		● Standard 3: Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. ● Standard 4: Exhibits responsible personal and social behavior that respects self and others.	
COMPETENCIES		LEARNING TARGETS	
I can exhibit responsible personal and social behavior that respects self and others. I can recognize the value of physical activity for health, enjoyment, challenge, self-expression, or social interaction. I can develop and show a clear progression through the goal setting process.		● Learning Target 2: Demonstrate the knowledge and skills to achieve a health-enhancing level of physical activity and fitness. ● Learning Target 3: Demonstrate responsible personal and social behavior that respects self and others.	

SUBJECT:Wellness 3: Wellness III: Unified PE		GRADE: 9-12
Unit Title: Life Time Activity Skill Development & Application	Time Frame: On Going	
UNIT OVERVIEW		
Students will acquire, refine, and apply fundamental locomotor and manipulative skills in the context of various lifetime activities. The focus is on demonstrating competency and using practice strategies to achieve skill improvement.		
LRG SKILLS AND DISPOSITIONS	SHAPE STANDARDS	

Resilience & Grit Continual Learning and Growth Mindset	• Standard 1: Demonstrates competency in a variety of motor skills and movement patterns. • Standard 2: Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
COMPETENCIES	LEARNING TARGETS
I can demonstrate competency in a variety of motor skills and movement patterns. I can recognize the value of physical activity for health, enjoyment, challenge, self-expression, or social interaction. I can develop and show a clear progression through the goal setting process.	• Learning Target 1: Make connections to a variety of motor skills and movement patterns in physical activities. • Learning Target 2: Demonstrate the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.

SUBJECT: Wellness 3: Wellness III: Unified PE	
GRADE: 9-12	
Unit Title: Team/Cooperative Activities	Time Frame: On Going
UNIT OVERVIEW	
Students will learn and apply concepts, principles, and tactics related to movement and performance. The focus is on analyzing game strategies and using cognitive skills to improve the performance of themselves and others.	
LRG SKILLS AND DISPOSITIONS	SHAPE STANDARDS
Continual Learning and Growth Mindset Communication and Empathy Collaboration and Teamwork	• Standard 1: Demonstrates competency in a variety of motor skills and movement patterns. • Standard 2: Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. • Standard 4: Exhibits responsible personal and social behavior that respects self and others.

COMPETENCIES	LEARNING TARGETS
I can apply knowledge of concepts, principles, strategies, and tactics related to movement and performance. I can recognize the value of physical activity for health, enjoyment, challenge, self-expression, or social interaction.	● Learning Target 1: Make connections to a variety of motor skills and movement patterns in physical activities. ● Learning Target 2: Demonstrate the knowledge and skills to achieve a health-enhancing level of physical activity and fitness. ● Learning Target 3: Demonstrate responsible personal and social behavior that respects self and others.

SUBJECT:Wellness 3: Wellness III: Unified PE		GRADE: 9-12	
Unit Title: Flexibility		Time Frame: On Going	
UNIT OVERVIEW			
Students will develop physical flexibility, body awareness, and safe stretching techniques to enhance mobility and overall well-being.			
LRG SKILLS AND DISPOSITIONS		SHAPE STANDARDS	
Continual Learning and Growth Mindset Adaptability and Flexibility		● Standard 2: Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. ● Standard 3: Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	
COMPETENCIES		LEARNING TARGETS	
I can recognize the value of physical activity for health, enjoyment, challenge, self-expression, or social interaction.		● Learning Target 1: Make connections to a variety of motor skills and movement patterns in physical activities. ● Learning Target 2: Demonstrate the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.	