**Denton Magnet School of Technology Physical Education Curriculum Map Week 1-9:**

**First Nine Week Grading Period**

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| Week | Unit/ Organizing Principle: | Essential Questions | Learning/Target Skills | COS | Key Terminology | Assessment |
| 1-2 | Health/Safety | 1. Why is it necessary to change clothing and adopt a consistent dress out policy? (hygiene, safety) 2. What is the proper attire of physical activity? 3. Why is good hygiene crucial for the prevention of disease and illness? 4. What are safety precautions/ procedures for your activity (accidental or intentional)? 5. Identify the types of injuries. 6. What is the correct procedure for treating an injury (PRICE)? 7. Why are frequent water breaks important during exercise? 8. What is the proper attire as it relates to different climate changes? 9. Why is it important to protect yourself from ultraviolet rays? 10. What are proper warm-up, condition, and cool-down techniques and the reasons for using them? 11. What are negative effects of performance-enhancing substances | Proper Attire for exercise:  -Physical education uniform  -Athletic-type clothing (t-shirt, shorts without pockets, zippers, belt loops, sneakers, and socks)  Cleanliness/good hygiene habits (change clothing, wash hands, etc.)  -Types of injuries (sprain, strain, abrasion, laceration, contusion, blisters, muscle spasm, stitch)  -PRICE: protect, rest, ice, compress, elevate  -Proper hydration (H2O, energy drinks)  Weather-related issues (signs of dehydration, heat exhaustion, sun exposure/prevention) | 6.8  6.12  7.12 | Hygiene  Bacteria  Accidental  Sprain  Strain  Compress  Elevate  Abrasion  Laceration  Contusion  Blisters  Muscle Spasm  Stitch  Hydrate  Heat Index  Heat Exhaustion  Overheat  Humidity  Hypothermia  Asthma  Nosebleed  Stress  UV Rays  Warm-up  Cool Down  Energy Drinks  Steroids | P.E. policy/procedure  Google classroom assignment  Locker grade:  Must know the locker #, know the combination, and be able to open the locker successfully.  Vocabulary Work- Quiz |
| 3 | Personal Fitness | 1. Why is physical education important to me? 2. Why is it important to know my body? 3. What can my body tell me? 4. How can I use what I feel or see to improve my health? | Explain, Understand and Apply:  -My measurements and the positives and negative impacts on my daily life.  -identify ways to improve the various components to improve health | 6.10  6.11  7.14  7.11  8.14  8.13 | Weight  Height  BMI  Cholesterol  Blood pressure  Sugar  Iron |  |
| 4 | Health Triangle | 1. What is the definition of Health? 2. What is the Health Triangle? 3. What are the components of the Health Triangle? 4. How do you achieve Holistic Health? | Explain, Understand, and Apply:  -Equilateral Triangle  -Identify ways to keep a balance |  | Health  Holistic Health  Wellness  Equilateral |  |
| 5 | Mental Health | What is mental health?  Why is mental health important to your overall health?  What is personality?  What are personality factors? | Define mental health.  Investigate the keys to good mental health.  Discover our personal strengths and weaknesses.  Define mental health  Examine what factors determine your personality | 8.13 | Personality | Self-Assessment  Teacher/Student discussion  Peer assessment |
| 6 | Social Health | 1. Why is it important to know and follow the rules? 2. Why are the social aspects of competition important? 3. Why is it important to maintain self-control? 4. Why is it important to conduct yourself according to a sense of what is right and wrong? 5. What is good sportsmanship? As a spectator? As a participant? 6. Why is it important to work together for a common goal or purpose? 7. Why are relationships important? 8. What are unhealthy relationships? | Explain, Understand, and Apply:  -Respecting the rights and feelings of others  -Self-direction (staying on task)  -Rules, etiquette, and safety as they apply to various activities  -Fair play and good sportsmanship (cooperation, sharing and interaction with others)  -Leadership, responsible behavior and proper control over conflict  -Keep rules simple, No put downs! Be safe, Be Smart, Be fair! | 8.10  8.11  7.11  7.12  6.9  6.8 | Cooperation  Teamwork  Fair Play  Sportsmanship  Leadership  Compliance  Etiquette  Respect  Inclusion  Goals  Integrity  Patience  Perseverance | Self-Assessment  Teacher/Student discussion  Peer assessment |
| 7 | Nutrition | 1. How do nutrients help the body? 2. What is a serving size? 3. Can you name some foods based on their category? 4. How many calories in a pound? 5. If a 100 pound person burns 500 calories in an hour, how many hours will it take to burn 1 pound? | Explain, understand, and apply:  -Categories of “new” food pyramid  -Calories as they relate to moderate and vigorous activities  -Nutrient source of various foods  -Good and bad fats  -Good and bad carbohydrates  -Relationship between nutrition and health  -Relationship between healthy, regular meals, healthy snacks, and wellness vs. junk food-empty calories  - Portion control and caloric expenditure | 6.10  7.14  8.16 | Nutrition  Balance  Caloric Intake  Caloric Expenditure  Food Label  Fats  Protein  Carbohydrates  Portion Control  Obesity  Body Composition  Bone Density  Wellness | Journal  Teacher/student discussion  Self-Assessment |
| 8-9 | Physical Fitness  EQT | 1. Can you assess the difference between health related and skill-related fitness? 2. Can you identify what each fitness test specifically measures? 3. Can you locate and calculate your pulse (BPM)? 4. Can you calculate your Target Heart Rate (THR) Zone? 5. Can you identify controllable and uncontrollable risk 6. factors? 7. Can you explain the importance of warm up and cool down? 8. Can you identify and apply the FITT principle? 9. Can you identify the three principles of training? 10. Can you identify the physical and psychological benefits of being fit? 11. Can you identify muscle groups as they relate to fitness components? 12. Can you measure your Body Mass Index (BMI)? | Explain, demonstrate and apply fitness testing components and what is measured.  -Sit and Reach  -Endurance Run/Walk  -Pull-ups  -Curl ups  -Flexed arm hang  -Right angle push ups  -Shuttle Run  -Fitness Scoring Analysis  Understand and Apply:  -Health-related components  -Skill-related components  -Target Heart Rate Formula  -Risk Factors  -Warmup/ Cool Down  -Principles of Training  ---Overload  ---Progression  ---Specificity  FITT Principle  -Benefits of Exercise  -Muscle groups | 6.10  7.10  7.14  7.13  8.15 | **Health Related Components:**  Body Composition  Cardiovascular Endurance  Flexibility  Muscular Strength  Muscular Endurance **Skill Related Components:**  Agility  Balance  Coordination  Power  Reaction Time  Speed  **FITT Formula:**  -Frequency  -Intensity  -Time  -Type of Exercise Aerobic Exercise  Ballistic Stretch  Static Stretch  Prescription  Heart Rate  Heart Rate Maximum  Physical Fitness  Target Heart Rate | Physical Best- FITNESSGRAM |