

Lake Mills School District

Year at a Glance Scope and Sequence for Physical Education

Overarching Goal of the Curricular Area: To empower students to make responsible choices to develop physical, social, and emotional wellness

Physical Education Kindergarten

| Unit Theme | Unit Goal | Enduring Understandings for the Unit | Essential Questions for the Unit |
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| Cooperative Game | Students will demonstrate the ability to accomplish a goal by cooperating with others. | Students will understand that they will use basic strategies to achieve a common goal as a group. Students will understand that cooperating with others shows respect. Students will understand that communication is important to being successful. | Why is cooperation an important life skill? How does communication affect cooperation? |
| Spatial Awareness | Students will perform appropriate spatial boundaries in a variety of activities | Students will understand that having appropriate space with others will help when performing a variety of activities. Students will understand the difference between personal and general space | Why is it important to have two different kinds of space in games? How would understanding space be important in everyday life? |
| Rhythm and Dance | Students will demonstrate basic rhythmic movements through dance | Students will understand how to keep a beat with hands, feet and sticks. Students will understand how to do basic movements through dance. | Why is it important to stay on a beat? Where are places you can dance? Can dance be a type of exercise? |
| Catching and throwing | Students will perform proper underhand and overhand throwing motions. Students will demonstrate the proper way to catch a variety of objects. | Students will understand that there is a difference in the two throwing motions. Students will understand that you catch objects in different ways. | How are underhand throwing and overhand throwing the same, and how are they different? What different sports involve throwing and catching? |
| Short handled implements | Students will perform the basic skills of striking with short handled implements. | Students will understand that they will use basic skills to strike different objects. Students will understand that there is a difference between backhand and front hand strikes. | Why is it important to use different types of strikes when playing games? Should you change how hard you hit the objects? |
| Gymnastics and Climbing | Students will perform basic tumbling and balancing skills. Students will perform the proper techniques | Students will understand that they will use body awareness to perform tumbling skills. | Why is it important to have good core strength for gymnastics? Can rock climbing be a good way to build strength? |

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| | when climbing the rock wall | Students will understand that there is a proper way to climb when using the rock wall. | |
| Basketball Skills | Students will Perform basic fundamental basketball skills. | Students will understand that they will use basic dribbling skills. Students will understand that they will develop basic shooting form. Students will understand that they will know the difference between a bounce and chest pass. | When would you use bounce pass in a game? Why is it important to have your head up when dribbling? |
| Foot Skills | Students will show the basic fundamentals of foot skills. | Students will understand that they will develop dribbling skills with the feet. Students will understand that they will learn what part of the foot to use when passing | In what games do you use your feet? Why is it important to control the ball? |
| Lawn Games | Students will learn how to play a variety of lawn games. | Students will understand that they need to know the rules of the games to play them correctly. Students will understand that there is technique involved to be successful when playing the game. | What kind of lawn games have you seen when you are at a gathering with your parents? Are there different strategies when playing the lawn games? |
| Structure of Fitness | Students will perform the basic form of fitness exercises. | Students will understand that they need to show basic form to successfully develop the fitness skills. Students will understand that they need to demonstrate basic body exercises to grow physically. | Why is it important to be physically active? Why is important to understand the form of a push-up? |
| Long handled Implements | Students will perform the basic skills of striking with long handled implements | Students will understand that they will use basic form when striking different objects. Students will understand that they use different swings in a variety of games. | What type of long handled implements do we use when playing games? Should you change how hard you hit different objects? |

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Physical Education Grade 1

| Unit Theme | Unit Goal | Enduring Understandings for the Unit | Essential Questions for the Unit |
|--------------------------|--|---|--|
| Cooperative Game | Students will demonstrate the ability to accomplish a goal by cooperating with others. | Students will understand that they will use basic strategies to achieve a common goal as a group. Students will understand that cooperating with others shows respect. Students will understand that communication is important to being successful | Why is cooperation an important life skill? How does communication affect cooperation? |
| Spatial Awareness | Students will Show appropriate spatial boundaries in a variety of activities | Students will understand that having appropriate space with others will help when performing a variety of activities. Students will understand the difference between personal and general space | Why is important it to have two different kinds of space in games? How would understanding space be important in everyday life? |
| Rhythm and Dance | Students will Perform basic rhythmic movements through dance | Students will understand how to keep a beat with hands, feet and sticks. Students will understand how to do basic movements through dance. | Why is it important to stay on a beat? Where are places you can dance? Can dance be a type of exercise? |
| Catching and throwing | Students will perform proper underhand and overhand throwing motions. Students will show the proper way to catch a variety of objects. | Students will understand that there is a difference in the two throwing motions Students will understand that you catch objects in different ways. | How are underhand throwing and overhand throwing the same, and how are they different? What different sports involve throwing and catching? |
| Short handled implements | Students will perform the basic skills of striking with short handled implements. | Students will understand that they will use basic skills to strike different objects. Students will understand that there is a difference between backhand and front hand strikes. | Why is it important to use different types of strikes when playing games? Should you change how hard you hit the objects? |
| Gymnastics and Climbing | Students will perform basic tumbling and balancing skills. | Students will understand that they will use body awareness to perform tumbling skills. | Why is it important to have good core strength for gymnastics? |

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| | Students will perform the proper techniques when climbing the rock wall | Students will understand that there is a proper way to climb when using the rock wall. | Can rock climbing be a good way to build strength? |
| Basketball Skills | Students will Perform basic fundamental basketball skills. | Students will understand that they will use basic dribbling skills. Students will understand that they will develop basic shooting form. Students will understand that will know the difference between a bounce and chest pass. | When would you use a bounce pass in a game? Why is it important to have your head up when dribbling? |
| Foot Skills | Students will perform the basic fundamentals of foot skills. | Students will understand that they will develop dribbling skills with the feet. Students will understand that they will learn what part of the foot to use when passing | In what games do you use your feet? Why is it important to control the ball? |
| Lawn Games | Students will learn how to play a variety of lawn games. | Students will understand that they need to know the rules of the games to play it correctly. Students will understand that there is technique involved to be successful when playing the game. | What kind of lawn games have you seen when you are at a gathering with your parents? Are there different strategies when playing the lawn games? |
| Structure of Fitness | Students will perform the basic form of fitness exercises. | Students will understand that they need to show basic form to successfully develop the fitness skills. Students will understand that they need demonstrate basic body exercises to grow physically. | Why is it important to be physically active? Why is it important to understand the form of a push-up? |
| Long handled Implements | Students will perform the basic skills of striking with long handled implements | Students will understand that they will use basic form when striking different objects. Students will understand that they use different swings in a variety of games. | What type of long handled implements do we use when playing games? Should you change how hard you hit different objects? |

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Physical Education Grade 2

| Unit Theme | Unit Goal | Enduring Understandings for the Unit | Essential Questions for the Unit |
|--------------------------|--|--|--|
| Cooperative Game | Students will show the ability to accomplish a goal by cooperating with others. | Students will understand that they will use basic strategies to achieve a common goal as a group. Students will understand that cooperating with others shows respect. Students will understand that communication is important to being successful. | Why is cooperation an important life skill? How does communication affect cooperation? |
| Rhythm and Dance | Students will Perform rhythmic movements through dance | Students will understand how to keep a beat with hands, feet and sticks. Students will understand how to do basic movements through dance. | Why is it important to stay on a beat? Where are places you can dance? Can dance be a type of exercise? |
| Catching and throwing | Students will perform proper underhand and overhand throwing motions. Students will show the proper way to catch a variety of objects. | Students will understand that there is a difference in the two throwing motions Students will understand that you catch objects in different ways. | How are underhand throwing and overhand throwing the same, and how are they different? What different sports involve throwing and catching? |
| Short handled implements | Students will perform the skills of striking with short handled implements. | Students will understand that they will use basic skills to strike different objects. Students will understand that there is a difference between backhand and front hand strikes. | Why is it important to use different types of strikes when playing games? Should you change how hard you hit the objects? |
| Volleying | Students will demonstrate proper form of volleying with hands | Students will understand that they will use hands to volley in game-like settings. Students will understand that there are different ways to volley in Volleyball. | Why is it important to use a bump instead of a set in certain situations? |
| Gymnastics and Climbing | Students will perform tumbling and balancing skills. Students will perform the proper | Students will understand that they will use body awareness to perform tumbling skills. | Why is it important to have good core strength for gymnastics? Can rock climbing be a good way to build strength? |

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| | techniques when climbing the rock wall. | Students will understand that there is a proper way to climb when using the rock wall. | |
| Basketball Skills | Students will perform fundamental basketball skills. | Students will understand that they will use basic dribbling skills. Students will understand that they will develop basic shooting form. Students will understand that they will know the difference between a bounce and chest pass. | When would you use a bounce pass in a game? Why is it important to have your head up when dribbling? |
| Soccer | Students will perform the basic fundamentals of foot skills. Students will understand the basic rules of soccer in small game settings | Students will understand that they will develop dribbling skills with the feet. Students will understand that it is important to work with others in soccer | In what games do you use your feet? Why is it important to control the ball? |
| Lawn Games | Students will learn how to play a variety of lawn games. | Students will understand that they need to know the rules of the games to play it correctly. Students will understand that there is technique involved to be successful when playing the game. | What kind of lawn games have you seen when you are at a gathering with your parents? Are there different strategies when playing the lawn games? |
| Outdoor games. | Students will demonstrate and learn a variety of capture games that use many different strategies | Students will understand that they need to use teamwork and strategies to accomplish a goal. | Why is it important to have a team plan before the game starts? Why should students each have different jobs? |
| Structure of Fitness | Students will perform the basic form of fitness exercises. Students will develop the knowledge to increase cardiovascular endurance | Students will understand that they need to show basic form to successfully develop the fitness skills. Students will understand that they need to demonstrate basic body exercises to grow physically. | Why is it important to be physically active? Why is it important to understand the form of a push-up? |
| Long handled Implements | Students will perform the basic skills of striking with long handled implements | Students will understand that they will use basic form when striking different objects. Students will understand that they use different swings in a variety of games. | What type of long handled implements do we use when playing games? Should you change how hard you hit different objects? |

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Physical Education Grade 3

| Unit Theme | Unit Goal | Enduring Understandings for the Unit | Essential Questions for the Unit |
|--------------------------|--|--|--|
| Cooperative Game | Students will show the ability to accomplish a goal by cooperating with others. | Students will understand that they will use strategies to achieve a common goal. Students will understand that cooperating with others shows respect. Students will understand that communication is important to being successful | Why is cooperation an important life skill? How does communication affect cooperation? |
| Rhythm and Dance | Students will create their own dance with basic dance moves. Students will learn popular dances that take place at events like weddings. | Students will understand how to keep a beat through movement with songs. Students will understand how to perform basic dance steps through dance. | Why is it important to stay on a beat? Where are places you can dance? Can dance be a type of exercise? |
| Ultimate football | Students will understand the basic rules of ultimate football. Students will perform proper catching and throwing skills when playing ultimate football | Students will understand that they will need to use teamwork to be successful. Students will understand that they need to use proper technique in catching and throwing to score in the game. | Why is it important to communicate? What are strategies that can be successful when playing? |
| Short handled implements | Students will perform the skills of striking with short handled implements. | Students will understand that they will use basic skills to strike different objects. Students will understand that there are many different types of racket sports. | Why is it important to use different types of strikes when playing games? Should you change how hard you hit the objects? |

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| Volleyball | Students will demonstrate proper form of volleying with hands. Students will understand the basic rules of volleyball | Students will understand that they will use hands to volley in game-like settings. Students will understand that each player is responsible for an area on the court. | Why is it important to use a bump instead of a set in certain situations? Why is teamwork and communication important when playing volleyball? |
| Gymnastics and Climbing | Students will create a gymnastic routine to show to the class. Students will perform the proper techniques when climbing the rock wall. | Students will understand that they will be creative when putting together a routine. Students will understand that they can gain grip and muscular strength through climbing. | Why is it important to have good core strength for gymnastics? What areas of your body can gain strength when rock climbing? |
| Basketball Skills | Students will model fundamental basketball skills. | Students will understand that they will use basic dribbling skills. Students will understand that they will develop basic shooting form. Students will understand that will know the difference between a bounce and chest pass. | When would you use a bounce pass in a game? Why is it important to have your head up when dribbling? |
| Soccer | Students will perform the fundamentals of foot skills. Students will understand basic rules of soccer in small game settings. | Students will understand that they will develop dribbling skills with the feet. Students will understand that it is important to work with others in soccer. | In what games do you use your feet? Why is it important to control the ball? |
| Lawn Games | Students will learn how to play a variety of lawn games. | Students will understand that they need to know the rules of the games to play it correctly. Students will understand that there is technique involved in order to be successful when playing the game. | What kind of lawn games have you seen when you are at a gathering with your parents? Are there different strategies when playing the lawn games? |
| Outdoor games. | Students will demonstrate and learn a variety of capturing games using many different strategies. | Students will understand that they need to use teamwork and strategies to accomplish a goal. | Why is it important to have a team plan before the game starts? Why should students each have different jobs? |

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| <p>Fitness</p> | <p>Students will perform a variety fitness exercises to increase muscular and cardiovascular endurance.</p> | <p>Students will understand that there are different ways to workout. Students will understand that they need to demonstrate basic body exercises to grow physically.</p> | <p>Why is it important to be physically active? Why is important to have the right form when working out?</p> |
| <p>Long handled Implements (Baseball and Hockey)</p> | <p>Students will perform the skills of striking with long handled implements</p> | <p>Students will understand that they will use basic form when striking different objects. Students will understand that they need to know the basic rules in baseball and hockey.</p> | <p>What types of long handled implements do we use when playing games? Should you change how hard you hit different objects?</p> |

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Physical Education Grade 4

| Unit Theme | Unit Goal | Enduring Understandings for the Unit | Essential Questions for the Unit |
|-------------------|--|--|--|
| Cooperative Game | Students will show the ability to accomplish a goal by cooperating with others. | Students will understand that they will use strategies to achieve a common goal. Students will understand that cooperating with others shows respect. Students will understand that communication is important to being successful | Why is cooperation an important life skill? How does communication affect cooperation? |
| Rhythm and Dance | Students will create their own dance with basic dance moves. Students will learn popular dances that take place at events such as weddings. | Students will understand that they need to keep a beat through song. Students will understand how to perform basic dance steps through dance. | Why is it important to stay on a beat? Where are places you can dance? Can dance be a type of exercise? |
| Ultimate football | Students will understand the basic rules of ultimate football. Students will perform proper catching and throwing skills when playing ultimate football | Students will understand that they will need to use teamwork to be successful. Students will understand that they need to use proper technique in catching and throwing to score in the game. | Why is it important to communicate? What are strategies that can be successful when playing? |
| Racket sports | Students will perform the skills of striking with short handled implements. Students will learn a variety of different racket sports. | Students will understand that they will use basic skills to strike different objects. Students will understand that there are different rules in many different racket games. | Why is it important to use different types of strikes when playing games? Should you change how hard you hit the objects? Why is the racket different in tennis compared to badminton? |
| Volleyball | Students will demonstrate proper form of volleying with hands. Students will understand basic rules of volleyball | Students will understand that they will use hands to volley in game-like settings. Students will understand that each player is responsible for an area on the court. | Why is it important to use a bump instead of a set in certain situations? Why is teamwork and communication important when playing volleyball? |

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| Gymnastics and Climbing | Students will create a gymnastic routine to show to the class. Students will perform the proper techniques when climbing the rock wall | Students will understand that they will be creative when putting together a routine. Students will understand that there is a proper way to climb when using the rock wall. | Why is it important to have good core strength for gymnastics? Can rock climbing be a good way to build strength? |
| Basketball Skills | Students will model fundamental basketball skills. | Students will understand that they will use basic dribbling skills. Students will understand that they will develop basic shooting form. Students will understand that will know how to dribble, pass, shoot in a game setting | When would you use a bounce pass in a game? Why is it important to have your head up when dribbling? |
| Soccer | Students will perform the fundamentals of foot skills. Students will understand basic rules of soccer in small game settings | Students will understand that they will develop dribbling skills with the feet. Students will understand that it is important to work with others in soccer | What games do you use your feet? Why is it important to control the ball? |
| Lawn Games | Students will learn how to play a variety of lawn games. | Students will understand that they need to know the rules of the games to play it correctly. Students will understand that there is technique involved in order to be successful when playing the game. | What kind of lawn games have you seen when you are at a gathering with your parents? Are there different strategies when playing the lawn games? |
| Outdoor games. | Students will demonstrate and learn a variety of capture games using many different strategies | Students will understand that they need to use teamwork and strategies to accomplish a goal. | Why is it important to have a team plan before the game starts? Why should students each have different jobs? |
| Fitness | Students will perform a variety fitness exercises to increase muscular and cardiovascular endurance. | Students will understand that there are different ways to workout. Students will understand that they need to demonstrate basic body exercises to grow physically. | Why is it important to be physically active? Why is it important to have the proper form when working out? |
| Long handled Implements (Baseball and Hockey) | Students will perform the skills of striking with long handled implements | Students will understand that they will use basic form when striking different objects. Students will understand that they need to know the basic rules in baseball and hockey. | What types of long handled implements do we use when playing games? Should you change how hard you hit different objects? |

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Physical Education Grade 5

| Unit Theme | Unit Goal | Enduring Understandings for the Unit | Essential Questions for the Unit |
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| Archery | Students will be introduced to the skills (steps), terminology and safety protocol in the Archery unit. | The students will learn the 11 steps in Archery. They will also learn the safety (whistle commands) protocol and why it is extremely important in Archery. | What skills/steps are necessary to safely and successfully shoot an arrow? |
| Basketball | Students will be introduced to the fundamental skills in the game of basketball. | The students will begin to understand that skills, lead-up activities, and drills are all important to successfully participate in a basketball unit. | What fundamental skills are necessary to play the game of basketball? How does your movement affect performance? |
| Fitness Activities | Students will be able to understand that safe and effective execution of fitness activities are important in a fitness program. | Students will be able to understand the major muscle groups and the exercises associated with those groups helps to build strong bodies. Students will be able to understand that the fitness principles of muscular strength, endurance, flexibility and cardiovascular endurance are all part of overall physical health. | Why is physical fitness important? How does efficient movement affect performance? |
| Floor Hockey | Students will be able to understand that basic skills and safety are important to successfully participate in a Floor Hockey unit. | Students will be able to understand the skills of hockey and when to execute that specific skill. Students will understand the safety rules in the Floor Hockey unit. | What role does cooperation play in physical activity and sport? |
| Football Skills | Students will be introduced to the necessary skills in the game of football. Students will understand that teamwork is a fundamental skill necessary in the unit. | Students will be able to understand the necessary skills needed to participate in football. Teamwork in flag football games is essential. | What fundamental skills are necessary to play a game/lead-up game of football? Why are rules and sportsmanship necessary to a game? |
| Kickball games | Students will be introduced to a variety of kickball games. Students will begin to understand | Students will begin to display the necessary skills involved in a game of kickball. The student will understand the situations (force out, tag play, fly ball, and 2 out) which occur and how to react to those situations. | Why are skills and game knowledge important to participate in an activity or sport? |

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| | the different situations which occur in football. | | |
| Soccer | Students will be introduced to the skills needed in soccer. Students will understand the basic rules of Soccer. | Students will be introduced to the basic skills, game strategy, rules and safety are all part of the game of Soccer. | How does your movement affect performance? What role does cooperation play in physical activities and sport? |
| Racquet sports | Student will be introduced to racquets and paddles and how to successfully utilize them. | Student will be introduced to the basic skills of racquet sports (grip, swing, etc.). Students will understand that racquet sports could be a lifetime fitness activity. | What steps are needed to properly strike an object? What role does cooperation play in physical activity/sport? |

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Physical Education Grade 6

| Unit Theme | Unit Goal | Enduring Understandings for the Unit | Essential Questions for the Unit |
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| Archery | Students will be introduced to the skills (steps), terminology and safety protocol in the Archery unit. | The students will learn the 11 steps in Archery. They will also learn the safety (whistle commands) protocol and why it is extremely important in Archery. | What skills/steps are necessary to safely and successfully shoot an arrow? |
| Basketball | Students will be introduced to the fundamental skills in the game of basketball. | The students will begin to understand that skills, lead-up activities, and drills are all important to successfully participate in a basketball unit. | What fundamental skills are necessary to play the game of basketball? How does your movement affect performance? |
| Fitness Activities | Students will be able to understand that safe and effective execution of fitness activities are important in a fitness program. | Students will be able to understand the major muscle groups and the exercises associated with those groups helps to build strong bodies. Students will be able to understand that the fitness principles of muscular strength, endurance, flexibility and cardiovascular endurance are all part of overall physical health. | Why is physical fitness important? How does efficient movement affect performance? |
| Floor Hockey | Students will be able to understand that basic skills and safety are important to successfully participate in a Floor Hockey unit. | Students will be able to understand the skills of hockey and when to execute that specific skill. Students will understand the safety rules in the Floor Hockey unit. | What role does cooperation play in physical activity and sport? |
| Football Skills | Students will be introduced to the necessary skills in the game of football. Students will understand that teamwork is a fundamental skill necessary in the unit. | Students will be able to understand the necessary skills needed to participate in football. Teamwork in flag football games is essential. | What fundamental skills are necessary to play a game/lead-up game of football? Why are rules and sportsmanship necessary to a game? |
| Kickball games | Students will be introduced to a variety of kickball games. Students will be begin to | Students will begin to display the necessary skills involved in a game of kickball. The student will understand the situations (force out, tag play, fly | Why are skills and game knowledge important to participate in an activity or sport? |

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| | understand the different situations which occur in football. | ball, and 2 out) which occur and how to react to those situations. | |
| Soccer | Students will be introduced to the skills needed in soccer. Students will understand the basic rules of Soccer. | Students will be introduced to the basic skills, game strategy, rules and safety are all part of the game of Soccer. | How does your movement affect performance? What role does cooperation play in physical activities and sport? |
| Racquet sports | Student will be introduced to racquets and paddles and how to successfully utilize them. | Student will be introduced to the basic skills of racquet sports (grip, swing, etc.). Students will understand that racquet sports could be a lifetime fitness activity. | What steps are needed to properly strike an object? What role does cooperation play in physical activity/sport? |

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Physical Education Grade 7

| Unit Theme | Unit Goal | Enduring Understandings for the Unit | Essential Questions for the Unit |
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| Soccer | Students will demonstrate a variety of skills specific to Soccer to play soccer competitively. Students will understand and follow rules to play a regulation game of soccer. | Students will be able to demonstrate the basic skills and game strategy used in soccer. Students will display teamwork through game tactics and strategy. Students will follow rules and safety features essential in soccer. | What steps are necessary to understand soccer as a spectator and participant? How do you build strength and stamina and improve social interactions thru soccer? |
| Flag Football | Students will begin to demonstrate and understand the skills required to play flag football. | Students will be able to understand the basic skills needed in a game of flag or touch football. Students will display teamwork through game tactics and strategy. | What steps are necessary to understand the game of football as a spectator and participant? How can the game of football be used to help facilitate teamwork? |
| Archery | Students will begin to understand the fundamental skills and step that are essential to successfully participate in archery. | Students will begin to understand that skills, terminology and safety commands (whistle and lines) are all important to successfully participate in the archery unit. | Why are skills and the 11 steps necessary to safely and successfully shoot an arrow? |
| Volleyball | Students will begin to understand and execute the necessary skills to participate in a game of volleyball. | Students will understand that fitness activities incorporated in our daily lifestyle are important for good overall health. Students will understand that the development of eye-hand coordination is important in the game of volleyball. | How can the sport of volleyball be used to help facilitate teamwork? |
| Team Handball | Students will be able to understand the game of handball contains many sport-specific skills similar to soccer, speedball, hockey and basketball. | Students will understand that fitness activities incorporated in our daily lifestyle is important for overall good health. Students will understand that teamwork is fundamental to the game of team handball. | What team activities (sports) are similar to the game of team handball? How can the sport of team handball be used to facilitate teamwork? |
| Weight Lifting | Students will be able to understand that a safe and proper execution of weight training is important for the | Students will be able to understand that is important to know the major muscle groups and exercises associated with those groups. Students will understand that fitness activities in your daily | How can you apply fitness concepts and skills to develop and maintain a healthy, active lifestyle? |

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| | individual and others in the class. | routine is important for good overall health. | |
| Floor Hockey | Students will be able to understand that basic skills and strategies of floor hockey transfer to other team activities. | Students will be able to understand the basic skills needed to play a game of floor hockey. Following safety rules are important to successfully participate in the floor hockey unit. | How do you improve social interaction through individual and team activities? |
| Frisbee games | Students will understand the basic skills or throwing and catching, strategy and how they relate to other sports. | Students will be able to understand the basic skills and game strategy to successfully participate in the game of Frisbee. Students will understand teamwork and rules of Ultimate Frisbee. | How does the game strategy and tactics of Frisbee relate to other team sports? |
| Badminton | Students will begin to understand the different shots in the game of badminton and to perform those shots. | Students will understand that Badminton is a sport that may be played throughout a person's entire lifetime. Etiquette and sportsmanship are important factors for the enjoyment of all. | How does Badminton contribute to good health and physical fitness? |
| Basketball | Students will understand and perform the basic skills needed to play a team game of Basketball. | Students will understand the terminology and basic rules to participate in a game of basketball. | What steps are necessary to understand the game of basketball as a spectator and player? |

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Physical Education Grade 8

| Unit Theme | Unit Goal | Enduring Understandings for the Unit | Essential Questions for the Unit |
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| Soccer | Students will demonstrate and understand that a knowledge of the rules and skills required to play soccer. | Students will be able to understand that basic skills and game strategy are part of the game of soccer. Students will be able to display teamwork through game tactics and strategy. Students will be able to understand that rules and safety are essential in soccer. | What steps are necessary to understand soccer as a spectator and participant? How do you build strength and stamina and improve social interactions thru soccer? |
| Flag Football | Students will begin to demonstrate and understand the skills required to play flag football. | Students will be able to understand the basic skills needed in a game of flag or touch football. Students will be able to display teamwork through game tactics and strategy. | What steps are necessary to understand the game of football as a spectator and participant? How can the game of football be used to help facilitate teamwork? |
| Archery | Students will begin to understand the fundamental skills and step that are essential to successfully participate in archery. | Students will begin to understand that skills, terminology and safety commands (whistle and lines) are all important to successfully participate in the archery unit. | Why are skills and the 11 steps necessary to safely and successfully shoot an arrow? |
| Volleyball | Students will begin to understand and execute the necessary volleyball skills to participate in a game. | Students will understand that fitness activities incorporated in our daily lifestyle are important for good overall health. Students will understand that the development of eye-hand coordination is important in the game of volleyball. | How can the sport of volleyball be used to help facilitate teamwork? |
| Team Handball | Students will be able to understand the game of handball contains many sport-specific skills similar to soccer, speedball, hockey and basketball. | Students will understand that fitness activities incorporated in our daily lifestyle is important for overall good health. Students will understand that teamwork is fundamental to the game of team handball. | What team activities (sports) are similar to the game of team handball? How can the sport of team handball be used to facilitate teamwork? |
| Weight Lifting | Students will be able to understand that a safe and proper execution of weight training is important | Students will be able to understand that is important to know the major muscle groups and exercises associated with those groups. Students will understand that fitness activities in your daily | How can you apply fitness concepts and skills to develop and maintain a healthy, active lifestyle? |

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| | for the individual and others in the class. | routine is important for good overall health. | |
| Floor Hockey | Students will be able to understand that basic skills and strategies of floor hockey transfer to other team activities. | Students will be able to understand the basic skills needed to play a game of floor hockey. Following safety rules are important to successfully participate in the floor hockey unit. | How do you improve social interaction through individual and team activities? |
| Frisbee games | Students will understand the basic skills or throwing and catching, strategy and how they relate to other sports. | Students will be to understand the basic skills and game strategy to successfully participate in the game of Frisbee. Students will understand teamwork and rules of Ultimate Frisbee. | How does the game strategy and tactics of Frisbee relate to other team sports? |
| Badminton | Students will begin to understand the different shots in the game of badminton and to perform those shots. | Students will understand that Badminton is a sport that be played throughout a person's entire lifetime. Etiquette and sportsmanship are important factors for the enjoyment of all. | How does Badminton contribute to good health and physical fitness? |
| Basketball | Students will understand and perform the basic skills needed to play a team game of Basketball. | Students will understand the terminology and basic rules to participate in a game of basketball. | What steps are necessary to understand the game of basketball as a spectator and player? |

Lake Mills School District

Year at a Glance Scope and Sequence for Physical Education

Overarching Goal of the Curricular Area: To empower students to make responsible choices to develop physical, social and emotional wellness.

Physical Education Grade 9

| Unit Theme | Unit Goal | Enduring Understandings for the Unit | Essential Questions for the Unit |
|------------------|---|---|---|
| Soccer | Students will demonstrate a knowledge of the rules and skills required to play soccer. | Students will understand that soccer requires physical endurance and a wide variety of skills and strategies. Students will understand that people of many cultures play soccer. | How do teamwork and sportsmanship affect game play? Why does soccer have a governing body? |
| Flag Football | Students will show a knowledge of the rules and skills required to play football. | Students will understand that football is a game that requires physical strength and speed. Students will understand that football requires a wide variety of physical skills. | Why are participation numbers declining in tackle football? |
| Ultimate Frisbee | Students will perform the skills and display a knowledge of the rules necessary to play Ultimate Frisbee. | Students will understand that Ultimate Frisbee requires many of the same skills as football and soccer. Students will understand that throwing and catching a frisbee is a unique skill set. | Why has Ultimate Frisbee become a popular sport throughout the United States? |
| Tennis | Students will work on developing the skills necessary to play tennis at the beginner/intermediate level. Students will learn the rules and how to keep score in a game of tennis. | Students will understand that there are similarities between the various racket sports. Students will understand that tennis requires many of the same skills as other sports (volleyball, baseball, table tennis). | Why is tennis an excellent lifetime activity? |
| Volleyball | Students will perform the basic skills required to play volleyball at a recreational level. | Students will understand that volleyball requires teamwork and communication. Students will understand that each player is responsible for an area on the court. | How do teamwork and sportsmanship affect game play? |
| Basketball | Students will demonstrate the basic skills necessary to play basketball at the beginner/intermediate level. | Students will understand that basketball is a team game that requires unselfish play and good communication. | Why is the game of basketball so popular throughout the world? |

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| Badminton | Students will demonstrate the various strategic shots (clear, drop) required to be successful in the game of badminton. | Students will understand that the strategies required to play the game of badminton are vital to playing well. | Why is badminton an excellent lifetime fitness activity? |
| Floor Hockey | Students will demonstrate the basic skills (passing, shooting) needed to play floor hockey. | Students will understand that the hockey stick can be a dangerous piece of equipment if not used properly. | How are the strategies of floor hockey similar to those of basketball and soccer? |
| Softball | Students will demonstrate the basic skills required to play softball at the intermediate level. | Students will understand that softball requires proper hitting, throwing and catching techniques in order to play the game successfully. | Do the skills of throwing and hitting resemble the skills used in other sports? |

Lake Mills School District

Year at a Glance Scope and Sequence for Physical Education

Overarching Goal of the Curricular Area: To empower students to make responsible choices to develop physical, social and emotional wellness.

Physical Education Grade 10

| Unit Theme | Unit Goal | Enduring Understandings for the Unit | Essential Questions for the Unit |
|------------------|---|--|---|
| Soccer | Students will demonstrate a knowledge of the rules and skills required to play soccer at a competitive level. | Students will appreciate the fact that soccer requires physical endurance and a wide variety of skills and strategies. | How can teamwork and good communication skills enhance the soccer playing experience? |
| Flag Football | Students will demonstrate a knowledge of the skills, rules and strategies required to play flag football. | Students will demonstrate an appreciation for the skills, physical strength and speed that football requires. | What can be done to improve the game of football and eliminate injuries? |
| Ultimate Frisbee | Students will play the game of Ultimate Frisbee with an understanding of the required skills and rules. | Students will understand that Ultimate Frisbee requires a combination of skills and speed. | Why does Ultimate Frisbee appeal to people of various athletic backgrounds? |
| Tennis | Students will play the game of tennis at an intermediate level using the proper rules and scoring procedures. | Students will appreciate the many skills required to compete in tennis at a high level. | How can the movements of tennis be used in (or compared to) other sports. |
| Volleyball | Students will play the game of volleyball using a minimum of 2 or 3 passes before hitting the ball over the net. | Students will appreciate the various skills required to play volleyball. | How can good communication skills enhance team play? |
| Basketball | Students will play basketball using the basic ball-handling, passing and shooting skills necessary to compete at a competitive level. | Students will understand that there are many skills required to be a successful basketball athlete. | Why is the game of basketball so popular throughout the world? |
| Badminton | Students will begin to utilize the various strategic shots required to be successful in the game of badminton. | Students will appreciate the various strategies required to play the game of badminton. | How does the game of badminton compare to the games of tennis and pickle ball? |

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| Floor Hockey | Students will begin to play the game of floor hockey using the basic skills necessary to compete at a competitive level. | Student will understand that it takes multiple skills to play the game of hockey | How is the game of hockey just like basketball or soccer? |
| Softball | Students will play softball using basic catching, throwing and hitting skills | Students will understand that there are many skills required to be a successful softball athlete and every position on the field requires different skills. | Why is softball an excellent lifetime activity? |

Lake Mills School District

Year at a Glance Scope and Sequence for Physical Education

Overarching Goal of the Curricular Area: To empower students to make responsible choices to develop physical, social, and emotional wellness

Lifetime Wellness Grades 11-12

| Unit Theme | Unit Goal | Enduring Understandings for the Unit | Essential Questions for the Unit |
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| Personal Health | Students will appreciate the concerns of our daily choices in terms of wellness. | Students will understand that current and future wellness is dependent upon applying health-related concepts and skills in everyday lifestyle behaviors. | What do you need to know to make good decisions and stay healthy? |
| Growth & Development | What causes optimal growth & development? | Students will understand that an individual's health at different life stages is dependent on heredity, environmental factors and lifestyle choices. | How can taking responsibility for one's own health be essential toward developing and maintaining an active, healthy lifestyle? |
| Nutrition | What makes food healthy? | Students will understand the many short and long term health benefits and risks associated with nutritional choices. | How does maintaining a healthy weight benefit your overall health as you age? |
| Strength Training | Why is muscular strength and endurance important to our overall health? | Students will understand the benefits of muscular strength as it relates body composition and fitness. | How can regular strength training prevent injuries as you get older? |
| Recreational Activities | How can recreational activities substitute for strength training and cardiovascular workouts? | Students will develop an understanding of how to substitute a variety of activities to avoid becoming bored with their workouts. | How can cross-fit training be used as a variation to strength training and cardiovascular workouts? |

Lake Mills School District

Year at a Glance Scope and Sequence for Physical Education

Overarching Goal of the Curricular Area: To empower students to make responsible choices to develop physical, social, and emotional wellness

Strength & Conditioning Grades 11-12

| Unit Theme | Unit Goal | Enduring Understandings for the Unit | Essential Questions for the Unit |
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| Goal Setting | Students will set a fitness goal based on their current level of fitness. | Students will demonstrate knowledge on the lifelong benefits of lifting weights. | Why is it important to maintain muscular strength and endurance as we age? |
| Workout Plan | Students will develop a personalized program to meet short and long term goals. | Students will perform a variety of lifts using proper technique. | Why is it important to vary strength training exercises and lifts periodically? |
| Workout Program | Students will create a lifting plan using sets and reps. | Students will demonstrate knowledge and appropriate use for core and auxiliary lifts. | Why is it important to use proper form and technique when lifting weights? |
| Exercise Journal | Students will record their daily workouts in an exercise journal/log. | Students will demonstrate an understanding of how to adjust sets and reps to enhance their workouts. | How can recording weight training sets and reps be beneficial in achieving fitness goals? |

Lake Mills School District

Year at a Glance Scope and Sequence for Physical Education

Overarching Goal of the Curricular Area: To empower students to make responsible choices to develop physical, social and emotional wellness.

11-12 Competitive Sports

| Unit Theme | Unit Goal | Enduring Understandings for the Unit | Essential Questions for the Unit |
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| Soccer | Students will compete in a soccer game using the various skills required to play soccer while demonstrating an understanding of the rules. | Students will demonstrate and appreciate the physical endurance and a wide variety of skills and strategies. | Why does the United States struggle to put a quality team together for the World Cup? |
| Flag Football | Students will play flag football using the various skills required to football. | Students will demonstrate how physical strength and speed are key to successful play in the game of football. Students will utilize wide variety of football related skills. | Why is football called the ultimate team sport? |
| Ultimate Frisbee | Students will compete in the game of Ultimate Frisbee and demonstrate the skills and a knowledge of the rules necessary to play the game. | Students will demonstrate how Ultimate Frisbee requires many of the same skills as football and soccer. Students will demonstrate the unique skill set of throwing and catching a frisbee. | Why has Ultimate Frisbee become so popular in the last few years?? |
| Tennis | Students will play tennis at an intermediate to high level. Students will play by the rules and keep score in a real game of tennis. | Students will understand the similarities between the various racket sports. Students will utilize many of the same skills as other sports (volleyball, baseball, table tennis). | How does the proper tennis stance compare to the stances used in other sports (basketball, baseball, softball, football, etc.)? |
| Volleyball | Students will play demonstrate the various skills required to play volleyball at an adult recreational level. | Students will exhibit the teamwork and communication required to play volleyball at a competitive level. | What are the benefits to playing volleyball as a lifetime activity? |
| Basketball | Students will perform the skills necessary to play basketball at an intermediate/high level. | Students will play basketball while displaying unselfish play and good communication. | Why is the game of basketball so popular throughout the world? |

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| Badminton | Students will demonstrate the various strategic shots (clear, drop) required to be successful in the game of badminton. | Students will understand that the strategies required to play the game of badminton are vital to playing well. | Why is badminton an excellent lifetime fitness activity? |
| Floor Hockey | Students will perform the basic skills (passing, shooting) needed to play floor hockey. | Students will utilize angles to develop scoring opportunities in the game of hockey. | How are the strategies of floor hockey similar to those of basketball and soccer? |
| Softball | Students will demonstrate the basic skills required to play softball at the intermediate level. | Students will demonstrate proper hitting, throwing and catching techniques required to play the game successfully. | How the skills of throwing and hitting resemble the skills used in other sports? |

Lake Mills School District

Year at a Glance Scope and Sequence for Health

Overarching Goal of the Curricular Area: To ensure that school aged youth become health literate individuals who possess the skills, knowledge and dispositions to lead healthy, active lives.

Health Grade 7

| Unit Theme | Unit Goal | Enduring Understandings for the Unit | Essential Questions for the Unit |
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| Wellness Wheel (Dimensions of Health) | Students will examine the wellness wheel characterized by self-assessing each dimension to set goals to improve each dimension. | Students will understand that there are many dimensions to maintaining a healthy lifestyle. | <p>What are the 8 dimensions of health?</p> <p>How can you take responsibility for your health?</p> <p>What skills are need to handle pressure situations?</p> <p>How can I make responsible decisions?</p> <p>How can I set realistic goals?</p> |
| Emotions and Mental Health | Students will recognize different emotions and how they can affect a healthy lifestyle. Students will be able to recognize signs of mental health and identify resources for help when needed. | <p>Students will understand that there are coping strategies for dealing with emotions.</p> <p>Students will understand that there are different types of mental illness and resources available to help with the effects of mental illness.</p> | <p>What are positive ways to deal with difficult emotions?</p> <p>What are positive ways to decrease stigmatize Mental Health/Illnesses?</p> <p>How can you help those with Mental/Emotional Health issues?</p> <p>What are some reasons teenagers might feel anxiety?</p> <p>How might anxiety lead to a mental illness?</p> <p>What are some resources of help for people with mental health illnesses?</p> |
| Stress, Depression/Suicide Prevention | Students will be able to make healthy choices when dealing with stress. | Students will understand that stress has different forms and people respond to stress differently. | <p>What are some healthy ways of coping with stress?</p> <p>How does your body handle stress? (Short term vs. Long term?)</p> |

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| | | <p>Students will understand that the body will show physical signs of depression.</p> <p>Students will understand that there are resources available for people with thoughts of suicide.</p> | <p>What is the main difference between Depression vs. Clinical Depression?</p> <p>What are at least 4 signs of Clinical Depression?</p> <p>What are at least 4 signs of Suicide?</p> <p>What does S.A.G stand for?</p> <p>Who are 3 responsible adults you could go to for help and how could they help that person in need?</p> |
| Nutrition and Physical Activity | <p>Students will have the tools to make health-conscious decisions with their nutrition and exercise for a lifetime.</p> | <p>Students will understand that a balanced diet of Essential Nutrients consists of carbs, protein, fats, vitamins and minerals.</p> <p>Students will understand that nutrition and physical activity work together</p> | <p>What types of foods are healthy for you?</p> <p>What is your daily recommended intake for the essential nutrients?</p> <p>How can you maintain a well-balanced diet?</p> <p>Why are fad diets unrealistic to the average diet?</p> <p>What are 3 signs of an eating disorder?</p> <p>How can I maintain a healthy weight?</p> <p>How does body image affect food choices?</p> <p>How does food intake affect your caloric intake?</p> <p>Why is it important to exercise?</p> <p>How can physical activity improve your health?</p> |
| Human Growth and Development | <p>Students will recognize changes in their own body, and recognize that every body changes differently.</p> <p>Students will know how reproduction happens.</p> <p>Students will recognized that there is diversity in relationships.</p> <p>Students will know that there are methods to</p> | <p>Students will understand that their body goes through changes to prepare for reproduction.</p> <p>Students will understand that the human reproductive system has a purpose.</p> <p>Student will understand that they have a choice in reproduction, including abstinence and use of contraceptives.</p> <p>Students will understand that intimate relationships can be</p> | <p>Why do people have children?</p> <p>How might my choices regarding reproduction change over time?</p> <p>When should I have a child?</p> <p>How do you recognize an abusive relationship or sexual harassment?</p> |

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| | <p>protect oneself from disease.</p> <p>Students will be able to identify sexual harassment and abuse, and understand how to report it.</p> | <p>different and can include same gender or opposite gender.</p> <p>Students will understand that people have different sexual identities and sexual preferences.</p> <p>Student will understand what is considered appropriate behavior versus sexual harassment or abuse.</p> | |
| Alcohol, Tobacco and Other Drugs | <p>Student will understand the effects of ATOD and having the skills to make healthy choices in their lives.</p> | <p>Students will understand that overuse of alcohol, tobacco and other drugs has both short and long term effects.</p> <p>Students will understand that responsible decision making and strategies for responding to peer pressure will have positive consequences.</p> | <p>What can you do to help a friend in trouble?</p> <p>Why might someone choose to smoke?</p> <p>Why might someone choose to drink?</p> <p>Why is it dangerous for teens to consume alcohol?</p> <p>Why might someone choose to do drugs?</p> |
| G.R.E.A.T. Program (LMPD) | <p>Students will continue to prevent gang related violence in Lake Mills.</p> | <p>Students will understand that Conflict Resolution Strategies will give them tools to use in an unexpected tense situation.</p> | <p>How can conflicts arise and what are some ways of dealing with them?</p> <p>How can you prevent conflicts from leading to violence?</p> |

Lake Mills School District

Year at a Glance Scope and Sequence for Health

Overarching Goal of the Curricular Area: To ensure that school aged youth become health literate individuals who possess the skills, knowledge and dispositions to lead healthy, active lives.

Health Grade 9

| Unit Theme | Unit Goal | Enduring Understandings for the Unit | Essential Questions for the Unit |
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| Health Triangle | Health Literacy | Students will understand how various Risk Behaviors can affect their overall wellness. | How can current decisions affect my long term health? |
| Goal Setting | Planning for Success | Students will understand how current Decision Making can affect their future. Students will understand how Stress Management can prevent health issues and anxiety. | How do my daily interactions affect reputation and my future success? |
| Social Health | Relationships | Students will understand how Violence Prevention, Bullying, Family Relationships, and Peer Pressure affect everyone on a daily basis. | How do I develop refusal skills and use them to avoid conflict? |
| Emotional Health | Mental Illness | Students will recognize the warning signs of Suicide and/or Depression and know who to contact when a problem arises. Students will understand that there are various ways to cope with Death & Grieving. | How can I recognize the signs of depression and/or suicide? |
| Nutrition | Healthy Eating Choices | Students will understand the Dietary Guidelines and how they can improve their eating habits. Students will understand the various Eating Disorders and the reasons behind them. | How can my dietary choices affect my day to day performance and my future health? |
| Alcohol, Tobacco & Drugs | Making Informed Decisions A.T.O.D | Students will understand that they will face peer pressure when it comes to Substance Use & Abuse. Students will understand how to use Refusal Skills when faced with a difficult situation | How can using alcohol, tobacco and/or other drugs affect me now and in the future? |
| Human Growth & Development | Appropriate Relationships & behaviors Informed Choices and Risky Behaviors | Students will understand that risky behaviors can lead to unwanted consequences. Students will understand the benefits of appropriate relationships. | What is considered appropriate dating behavior for someone my age? How can an unplanned pregnancy affect my future and the future of my child? |

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| First Aid/CPR | Responding to an emergency | Assess the situation, Make sure the scene is safe, Get the AED Call 911, 30 Compressions, 2 Breaths, Repeat until emergency personnel arrive | How do I perform CPR on an adult, child and infant? How do I keep myself safe from infectious diseases? |
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