

Priority Standard:	<b>STATE GOAL 21: Develop skills necessary to become a successful member of a team by working with others during physical activity.</b>
Overarching Skills:	<b>Demonstrate personal responsibility during group physical activities. Demonstrate cooperative skills during structured group physical activity.</b>
WALT:	<i>We are learning to follow directions.</i>
Success Criteria:	I can... actively listen to both teachers and peers in the class. I can... act on directions from both teachers and peers in the class.
WALT:	<i>We are learning to make responsible decisions.</i>
Success Criteria:	I can... listen to and respect other's thoughts and ideas I can... come to my own conclusions using learned strategies. I can... make conscientious decisions based on my surroundings.
WALT:	<i>We are learning to participate in establishing procedures.</i>
Success Criteria:	I can... contribute to class or group ideas for systems to use during activities. I can... explain the importance of and undertake a variety of roles in a number of different situations.
WALT:	<i>We are learning to remain on task independent of distractions.</i>
Success Criteria:	I can... stay focused on the task at hand. I can... resist outside influences when working on a task.

	I can... work independently or within a group.
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WALT:	We are learning to accomplish a set goal in competitive and non-competitive situations.
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Success Criteria:	<p>I can... create a goal for success.</p> <p>I can... identify what a goal is in relation to a given task.</p> <p>I can... identify steps to success for a given task.</p> <p>I can... identify resources around me to accomplish a goal.</p> <p>I can... recognize each member of the group's contributions, including my own.</p> <p>I can... lead when appropriate.</p> <p>I can... accept leadership from others.</p>
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Learning Targets / Success Criteria:

Unit 2- Fitness- Where am I now? Data Team: \_\_\_\_\_PE\_\_\_\_\_

Priority Standard:	<b>STATE GOAL 20: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.</b>
Overarching Skills:	<b>Knowledge and application of the principles and components of health-related and skill-related fitness.</b> <b>Assess individual fitness levels.</b> <b>Set goals based on fitness data and develop, implement, and monitor an individual fitness improvement plan.</b>
WALT:	<i>We are learning to identify the principles of training and fitness.</i>
Success Criteria:	I can... understand what frequency means I can... understand what intensity means I can... understand what time means I can... understand what type means
WALT:	<i>We are learning to identify and participate in activities associated with the components of health-related and skill-related fitness.</i>
Success Criteria:	I can... understand what the components of health related fitness mean. I can... understand what the components of skill related fitness mean. I can... identify the components of health and skill related fitness.

WALT:	Monitor intensity of exercise through a variety of methods (e.g., perceived exertion, pulse, heart rate monitors), with and without the use of technology.
Success Criteria:	<p>I can... monitor my heart rate through radial pulse or carotid pulse</p> <p>I can... monitor my heart rate with a heart rate wand</p> <p>I can... monitor my heart rate through use of a POLAR heart rate monitor</p> <p>I can... monitor my heart rate through perceived exertion</p>
WALT:	Evaluate the strengths and weaknesses contained in a personal fitness profile.
Success Criteria:	<p>I can... read my FITNESSGRAM report and understand the data</p> <p>I can... identify my healthy fitness zone scores</p> <p>I can... identify my needs improvement zone scores</p>
WALT:	Discuss and understand the importance of fitness as it relates to academic performance.
Success Criteria:	I can... identify the benefits of exercise as it relates to cognitive achievement
WALT:	Set realistic short-term and long-term goals for a health-related fitness component.
Success Criteria:	I can... write a SMART goal addressing my areas in the needs improvement zone.
WALT:	Identify opportunities within the community for regular participation in physical activities.
Success Criteria:	<p>I can... identify indoor facilities in my community that offer opportunities to improve my fitness level.</p> <p>I can... identify the programs at my park district that offer opportunities to improve my fitness level.</p> <p>I can... identify outdoor activities in my community that offer opportunities to improve my fitness level.</p> <p>I can... identify various fitness/health centers in my community.</p>
WALT:	Apply the principles of training to health-related fitness goals.
Success Criteria:	I can... understand what overload means as it relates to my fitness plan.

	<p>I can... understand what specificity means as it relates to my fitness plan..</p> <p>I can... understand what progression means as it relates to my fitness plan.</p>
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<p>Priority Standard:</p>	<p><b>STATE GOAL 21: Develop skills necessary to become a successful member of a team by working with others during physical activity.</b></p>
<p>Overarching Skills:</p>	<p><b>Demonstrate correct rhythm and pattern for the following dance forms: folk (square), social, and line. (S1.M1.6)</b>  <b>Exhibit personal responsibility by using appropriate etiquette, demonstrating respect for facilities and exhibiting safe behaviors. (S4.M1.6)</b>  <b>Explain the relationship between self-expression and lifelong enjoyment through physical activity. (S4.M3.6)</b></p>
<p>WALT:</p>	<p><a href="#">We are learning to dance the waltz box step with a partner.</a></p>
<p>Success Criteria:</p>	<p>I can... perform the basic box step with a partner          I can... perform box turn with a partner          I can... perform perform the travel steps with a partner          I can... perform the spin with a partner</p>
<p>WALT:</p>	<p><a href="#">We are learning to dance the swing with a partner.</a></p>
<p>Success Criteria:</p>	<p>I can... perform the basic swing step with a partner          I can... perform the spin with a partner          I can... perform the turn with a partner          I can... perform the ½ turn (underarm turn) with a partner</p>

WALT:	We are learning to dance the Bachata with a partner.
Success Criteria:	<p>I can... perform the basic Bachata step with a partner</p> <p>I can... perform the spin with a partner</p> <p>I can... perform the turn with a partner</p>
WALT:	We are learning to dance the cha cha with a partner.
Success Criteria:	<p>I can... perform the basic cha cha step with a partner</p> <p>I can... perform the turn with a partner</p> <p>I can... perform crossover with a partner</p> <p>I can... perform the chase with a partner</p>

WALT:	We are learning to
Success Criteria:	I can...

Learning Targets / Success Criteria:

Unit 4- Advanced Fitness\_\_\_ Data Team: \_\_\_\_\_PE\_\_\_\_\_

Priority Standard:	<b>STATE GOAL 19: Acquire movement and motor skills and understand concepts necessary to engage in moderate to vigorous physical activity.</b>
Overarching Skills:	<b>Demonstrate Physical Competency in a variety of motor skills and movement patterns. Analyze movement concepts and applications. Demonstrate knowledge of rules, safety, and strategy during physical activity.</b>
WALT:	<i>We are learning to Increase and Maintain cardiovascular endurance through various fitness circuits</i>
Success Criteria:	I can... Identify and Understand the concept of my own individual heart rate. I can... Elevate my heart rate through physical activity in the range of 140-180. I can... Understand the importance of high intensity interval training and implementing cardio intervals within my workouts
WALT:	<i>We are learning to Increase and Maintain muscular strength and endurance through resistance training exercises.</i>
Success Criteria:	I can... Understand how different muscles of the body change and adapt to physical activity. I can... Identify hypertrophy and atrophy of a muscle.
WALT:	<i>We are learning to familiarize ourselves with full body movements by using crossfit principles throughout our workout</i>



Success Criteria:	I can... Understand how the body moves freely in open space. I can... Identify specific muscular tension and how it affects the body. I can... Understand functional movements and how they are to be performed in an effective way.
WALT:	<b>We are learning to increase flexibility levels throughout the body in order to increase full body wellness.</b>
Success Criteria:	I can... Warm-up my muscles fully and correctly in order to get a proper stretch before workouts. I can... Produce my own stretching routine for a minimum of 10 minutes to include within a daily workout.

Learning Targets / Success Criteria:

Unit: 5 Target Games

Data Team: \_\_\_\_\_PE\_\_\_\_\_

Priority Standard:	<b>STATE GOAL 19: Acquire movement and motor skills and understand concepts necessary to engage in moderate to vigorous physical activity.</b> Acquire movement and motor skills and understand concepts necessary to engage in moderate to vigorous physical activity.
Overarching Skills:	<b>Acquire movement and motor skills and understand concepts necessary to engage in moderate to vigorous physical activity.</b>
WALT:	We are learning to apply sport skills in game like situations using correct form.
Success Criteria:	I can... move to open space to receive or make a pass I can... predict a teammate's path and send a ball to them I can... maintain self space while moving with and without a ball
WALT:	We are learning to demonstrate mechanically correct form in a variety of manipulative skills.
Success Criteria:	I can... move into proper position I can... establish a balanced base I can... get into a preparatory phase, movement phase, follow through, and return to base
WALT:	We are learning to resolve conflict during physical activity.
Success Criteria:	I can... utilize rock paper scissors to solve a minor conflict I can... calmly discuss rules and techniques with an opponent to solve conflict I can... differentiate between needing to get an adult involved with conflict, or whether I can solve conflict myself

WALT:	We are learning to exercise in a moderate to vigorous heart rate zone
Success Criteria:	I can... take my own pulse using carotid or radial artery to see if I am in my THRZ. I can....put on my polar watch and track my progress throughout the activity.

WALT:	We are learning to demonstrate proper biomechanical principles while participating in a variety of activities
Success Criteria:	I can... utilize and apply torque, projection angle, tracking, weight transfer while throwing and receiving an object I can... explain how to alter the outcome of a skill by applying a biomechanical principle. I can... demonstrate mechanically correct form in a variety of manipulative skills.

Learning Targets / Success Criteria:

Unit-6 Advanced Activities: Strategies & Tactics

Data Team: \_\_\_\_\_PE\_\_\_\_\_

Priority Standard:	<b>STATE GOAL 21: Develop skills necessary to become a successful member of a team by working with others during physical activity.</b>
Overarching Skills:	<b>Demonstrate personal responsibility during group physical activities. Demonstrate cooperative skills during structured group physical activity.</b>
WALT:	<i>We are learning to dribble a basketball using proper form and technique.</i>
Success Criteria:	I can... perform the basketball dribble using only my fingertips. I can... demonstrate how to keep the ball below my waist. I can... keep my eyes up while dribbling with an athletic stance.
WALT:	<i>We are learning to pass a basketball using proper form and technique.</i>
Success Criteria:	I can... keep my eyes on my target when performing the pass. I can... step with my non dominant foot towards my target during the movement. I can... identify the differences between the bounce and chest pass. I can... determine when to use a bounce pass or a chest pass.
WALT:	<i>We are learning to shoot a fundamental basketball shot using proper form and technique.</i>
Success Criteria:	I can... understand the importance of having good balance within the shot. I can... have proper eye placement on the basket while the shot is happening.

	<p>I can... create the proper angle with my elbow so it is not sticking out.</p> <p>I can... finish the movement of the shot with a follow-through at the end.</p>
WALT:	<b>We are learning to pass a volleyball with form and precision.</b>
Success Criteria:	<p>I can... use the underhand and overhead pass with precision to teammates</p> <p>I can... utilize both passes in order to set a teammate up in certain situations</p> <p>I can... create open space with my passes for myself and others.</p>

WALT:	<b>We are learning to hit the volleyball in order to increase scoring opportunities.</b>
Success Criteria:	<p>I can... select offensive shots based on opponent's location.</p> <p>I can... transfer weight with correct timing for the proper strike.</p>

WALT:	<b>We are learning to serve a volleyball with an 80% success rate in order to begin a volleyball game.</b>
Success Criteria:	<p>I can... perform a legal underhand serve with control.</p> <p>I can... strike an overhand hit to the proper distance to keep a serve in bounds.</p>

Learning Targets / Success Criteria:

Unit:-7 Outdoor Activities Data Team: \_\_\_\_\_PE\_\_\_\_\_

Priority Standard:	<b>State Goal 19: Acquire movement and motor skills and understand concepts necessary to engage in moderate to vigorous physical activity.</b>
Overarching Skills:	<b>Demonstrate physical competency in a variety of motor skills and movement patterns.</b> <b>Demonstrate knowledge of rules, safety and strategies during physical activity.</b>
WALT:	We are learning to keep total control of our body and ball while dribbling a soccer ball.
Success Criteria:	I can... understand the importance of spatial awareness and body control while moving I can... move through traffic while keeping the soccer ball at my feet I can... incorporate the tap-control-tap-control method of soccer dribbling
WALT:	We are learning to pass a soccer ball with precision using proper form and technique.
Success Criteria:	I can... dribble with my head up in order to see my teammates while moving I can... anticipate or predict where my peers will be within open space I can... utilize open space to place a ball in the desired location I can... contact the ball with the inside of my foot in order to keep my passes on the ground I can... get my foot under the ball in order to execute a lob pass down the field
WALT:	We are learning to shoot a fundamental soccer shot in a game situation using proper form and technique.

Success Criteria:	<p>I can... keep the ball out in front of me for pull range of motion in my kicking motion</p> <p>I can... use my non dominant foot to plant on the ground for a solid base</p> <p>I can... use the toe of my foot to launch the ball into the air and follow through towards target</p>
WALT:	<a href="#">We are learning to properly field a softball during modified gameplay.</a>
Success Criteria:	<p>I can... demonstrate the ability to field both fly and ground balls put into play.</p> <p>I can... describe the importance of keeping our eye on the ball throughout the play.</p> <p>I can... demonstrate the ability to track a ball into my hands.</p>
WALT:	<a href="#">We are learning to</a>
Success Criteria:	I can...

Learning Targets / Success Criteria:

Unit:8- Fitness: How I've Improved Data Team: \_\_\_\_\_PE\_\_\_\_\_

Priority Standard:	
Overarching Skills:	
WALT:	We are learning to demonstrate competence in a variety of motor skills and movement patterns.
Success Criteria:	I can... demonstrate competence in a variety of movement skills in different fitness exercises, with and without equipment, for both offensive and defensive purposes.
WALT:	We are learning to demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
Success Criteria:	I can... show improvement in approaching or maintaining the Healthy Fitness Zone through fitness testing. I can... identify and connect the five components of health-related fitness. I can demonstrate basic movements or techniques used in stress-reducing activities.
WALT:	We are learning to recognize the importance of physical activity and its impact on Fitness
Success Criteria:	I can... engage in physical activity for enjoyment and self-expression. I can... take part in physical activity that promotes positive social interaction. I can... demonstrate a mature response to challenges in physical activities.
WALT:	We are learning to



Success Criteria:	I can...
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WALT:	We are learning to
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Success Criteria:	I can...
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