

General PE Curriculum Map

For grades 9-12, classes meet M-F 47 minutes/class

Unit	Essential Questions	Standards & Skills	Common Assessments	Learning Activities	Resources/Technology	Unit Reflection
Soccer	- How do I effectively dribble, pass, and shoot a soccer ball? - What are the key rules and strategies in soccer?	- Illinois State PE Standards: 19.A.5, 20.B.5, 21.A.5 - National Standards: 1, 2, 4 - CRS: Collaboration and teamwork, Decision-making and problem-solving - WorkKeys Skills: Teamwork, Workplace observation - Common Core: CCSS.ELA-LITERACY.SL.9-10.1, CCSS.ELA-LITERACY.W.9-10.2	- Formative: Skills checklists, teacher observation, peer feedback - Summative: Skills test, written quiz, game performance	- Dribbling, passing, shooting drills - Small-sided games, scrimmages - Rules and strategy lessons - Fitness activities (running drills, sprints)	- Soccer balls, cones, goals, pinnies, whistles, stopwatches - Video analysis apps, tablets, instructional videos	- Initial focus on basic skills progressing to complex drills and teamwork - Significant improvement in individual skills and team dynamics by end of unit
Flag Football	- How do I effectively throw, catch, and run routes in flag football? - What are the key rules and strategies in flag football?	- Illinois State PE Standards: 19.A.5, 20.A.5, 21.A.5 - National Standards: 1, 2, 4 - CRS: Leadership, Problem-solving - WorkKeys Skills: Teamwork, Workplace observation - Common Core: CCSS.ELA-LITERACY.SL.9-10.1, CCSS.ELA-LITERACY.W.9-10.2	- Formative: Skills checklists, teacher observation, playbook discussions - Summative: Skills test, written quiz, game performance	- Throwing, catching, route running, flag pulling drills - Small-sided games, scrimmages - Playbook study, fitness activities (agility drills)	- Flag football belts, footballs, cones, playbooks, whistles, stopwatches - Video analysis apps, tablets, digital diagrams	- Initial focus on basic skills progressing to complex plays and strategies - Improved ability to execute plays and teamwork by end of unit
Ultimate Frisbee	- How do I effectively throw and catch a frisbee? - What are the key rules and strategies in ultimate frisbee?	- Illinois State PE Standards: 19.A.5, 20.A.5, 21.A.5 - National Standards: 1, 2, 4 - CRS: Collaboration and teamwork, Critical thinking - WorkKeys Skills: Teamwork, Workplace observation - Common Core: CCSS.ELA-LITERACY.SL.9-10.1, CCSS.ELA-LITERACY.W.9-10.2	- Formative: Skills checklists, teacher observation, peer feedback - Summative: Skills test, written test, game performance	- Throwing, catching, cutting, marking drills - Small-sided games, scrimmages - Rules and spirit lessons, fitness activities (aerobic exercises)	- Frisbees, cones, pinnies, whistles, stopwatches - Video analysis apps, tablets, instructional videos	- Initial focus on basic skills progressing to complex drills and teamwork - Significant improvement in skill application and understanding of the spirit of the game by end of unit
Volleyball	- How do I effectively serve, pass, set, and spike a volleyball? - What are the key rules and strategies in volleyball?	- Illinois State PE Standards: 19.A.5, 20.B.5, 21.B.5 - National Standards: 1, 2, 4 - CRS: Collaboration, Decision-making - WorkKeys Skills: Teamwork, Observation - Common Core: CCSS.ELA-LITERACY.SL.9-10.1, CCSS.ELA-LITERACY.W.9-10.2	- Formative: Skills checklists, teacher observation, peer feedback - Summative: Skills test, written exam, game performance	- Serving, passing, setting, spiking, blocking drills - Rotations and strategy lessons, scrimmages - Fitness activities (muscular endurance exercises)	- Volleyballs, nets, court boundary lines, whistles, stopwatches - Video analysis apps, tablets, instructional videos	- Initial focus on basic skills progressing to team drills and understanding rotations - Improved teamwork and skill application by end of unit
Basketball	- How do I effectively dribble, pass, and shoot in basketball? - What are the key rules and strategies in basketball?	- Illinois State PE Standards: 19.A.5, 20.B.5, 21.B.5 - National Standards: 1, 2, 4 - CRS: Leadership, Critical thinking - WorkKeys Skills: Teamwork, Workplace observation - Common Core: CCSS.ELA-LITERACY.SL.9-10.1, CCSS.ELA-LITERACY.W.9-10.2	- Formative: Skills checklists, teacher observation, peer feedback - Summative: Skills test, written quiz, game performance	- Dribbling, shooting, passing, defense drills - Game strategy lessons, scrimmages - Fitness activities (speed and agility drills)	- Basketballs, hoops, cones, whistles, stopwatches - Video analysis apps, tablets, instructional videos	- Initial focus on basic skills progressing to advanced drills and defensive techniques - Improved understanding of strategies and teamwork by end of unit
Pickleball	- How do I effectively serve, volley, and play pickleball? - What are the key rules and strategies in pickleball?	- Illinois State PE Standards: 19.A.5, 20.B.5, 21.B.5 - National Standards: 1, 2, 4 - CRS: Collaboration, Strategic thinking - WorkKeys Skills: Teamwork, Workplace observation - Common Core: CCSS.ELA-LITERACY.SL.9-10.1, CCSS.ELA-LITERACY.W.9-10.2	- Formative: Skills checklists, teacher observation, peer feedback - Summative: Skills test, written test, match play evaluation	- Serving, volleying, dinking, groundstroke drills - Match play, sportsmanship discussions - Fitness activities (hand-eye coordination exercises)	- Pickleball paddles, balls, nets, court markings, whistles, stopwatches - Video analysis apps, tablets, instructional videos	- Initial focus on basic skills progressing to match play and strategic thinking - Improved skill application and sportsmanship by end of unit
Badminton	- How do I effectively serve, clear, drop, and smash in badminton? - What are the key rules and strategies in badminton?	- Illinois State PE Standards: 19.A.5, 20.B.5, 21.B.5 - National Standards: 1, 2, 4 - CRS: Critical thinking, Collaboration - WorkKeys Skills: Teamwork, Observation - Common Core: CCSS.ELA-LITERACY.SL.9-10.1, CCSS.ELA-LITERACY.W.9-10.2	- Formative: Skills checklists, teacher observation, peer feedback - Summative: Skills test, written exam, match play evaluation	- Serving, clear shots, drop shots, smashes drills - Match play, strategy discussions - Fitness activities (agility and reaction time exercises)	- Badminton rackets, shuttlecocks, nets, court markings, whistles, stopwatches - Video analysis apps, tablets, instructional videos	- Initial focus on basic skills progressing to match play and strategic application - Improved skill proficiency and understanding of game strategies by end of unit

Lacrosse	- How do I effectively cradle, pass, catch, and shoot in lacrosse? - What are the key rules and strategies in lacrosse?	- Illinois State PE Standards: 19.A.5, 20.B.5, 21.B.5 - National Standards: 1, 2, 4 - CRS: Collaboration, Decision-making - WorkKeys Skills: Teamwork, Observation - Common Core: CCSS.ELA-LITERACY.SL.9-10.1, CCSS.ELA-LITERACY.W.9-10.2	- Formative: Skills checklists, teacher observation, peer feedback - Summative: Skills test, written test, game performance	- Cradling, passing, catching, shooting, defending drills - Team strategy lessons, scrimmages - Fitness activities (coordination and endurance exercises)	- Lacrosse sticks, balls, goals, protective gear, whistles, stopwatches - Video analysis apps, tablets, instructional videos	- Initial focus on basic skills progressing to team strategies and defensive techniques - Improved skill application and teamwork by end of unit
Yard Games unit: Bags, Ladderball, Kan Jam, ETC	- How do I effectively play and strategize in various yard games? - What are the rules and key strategies for each yard game?	- Illinois State PE Standards: 19.A.5, 20.B.5, 21.B.5 - National Standards: 1, 2, 4 - CRS: Strategic thinking, Problem-solving - WorkKeys Skills: Teamwork, Observation - Common Core: CCSS.ELA-LITERACY.SL.9-10.1, CCSS.ELA-LITERACY.W.9-10.2	- Formative: Skills checklists, teacher observation, peer feedback - Summative: Skills test, written quiz, game performance	- Learning rules and strategies for various games - Playing and analyzing different yard games - Discussions on sportsmanship and strategy	- Equipment for various yard games (e.g., cornhole, bocce ball, ladder toss) - Whistles, stopwatches - Video analysis apps, tablets	- Focus on enjoyment and active participation while learning new games - Improved understanding of rules, strategies, and sportsmanship by end of unit
Bases Unit: Kickball, Wiffleball, 16 in softball	How do I effectively kick, field, and throw in kickball? What are the key rules and strategies? How do I effectively hit, field, and pitch in wiffleball and 16-inch softball? What are the key rules and strategies for each?	- Illinois State PE Standards: 19.A.5, 20.B.5, 21.A.5 - National Standards: 1, 2, 4 - CRS: Collaboration and teamwork, Decision-making - WorkKeys Skills: Teamwork, Observation - Common Core: CCSS.ELA-LITERACY.SL.9-10.1, CCSS.ELA-LITERACY.W.9-10.2	Formative: Skill drills, Participation and effort evaluation; Summative: Skills test, Written test on rules and strategies, Game performance evaluation	Skill drills and practice sessions, Small-sided games to practice strategies, Full-field scrimmages, Video analysis of professional games	Kickballs, wiffleballs, softballs, bats, bases, cones, video equipment for recording and playback, and online resources for rules and strategies.	Improvement in students' ability to kick, field, and throw. Enhanced understanding of game strategies and rules. Increased engagement and teamwork during games.
Standards Reference Page						
Illinois State PE Standards						
19.A.5: Demonstrate physical competency in individual and team sports, and activities.						
20.A.5: Achieve and maintain a health-enhancing level of physical fitness.						
20.B.5: Understand principles of health promotion and prevention, and apply these principles to personal health practices.						
21.A.5: Demonstrate effective interpersonal communication and cooperative skills in physical activity settings.						
21.B.5: Apply rules and procedures in physical activities to enhance performance and enjoyment.						
National Standards for Physical Education						
Demonstrates competency in a variety of motor skills and movement patterns.						
Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.						
Exhibits responsible personal and social behavior that respects self and others.						
Common Core State Standards (CCSS) for English Language Arts						
CCSS.ELA-LITERACY.SL.9-10.1: Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9-10 topics, texts, and issues, building on others' ideas and expressing their own clearly and persuasively.						
CCSS.ELA-LITERACY.W.9-10.2: Write informative/explanatory texts to examine and convey complex ideas, concepts, and information clearly and accurately through the effective selection, organization, and analysis of content.						
Career Ready Practices (CRS)						
Collaboration and Teamwork: Work effectively and respectfully with diverse teams, and exercise flexibility and willingness to be helpful in making necessary compromises to accomplish a common goal.						
Critical Thinking: Use various types of reasoning (inductive, deductive, etc.) as appropriate to the situation.						
Decision-Making and Problem-Solving: Make decisions and solve problems by specifying goals, generating alternatives, considering risks, and evaluating and choosing the best alternative.						
Leadership: Leverage strengths of others to accomplish a common goal, and use interpersonal skills to coach and develop others.						
Strategic Thinking: Develop and implement effective strategies for achieving goals, considering long-term implications and potential outcomes.						
WorkKeys Skills						
Teamwork: Collaborate with others to achieve shared goals, and demonstrate reliability, integrity, and a positive attitude.						
Workplace Observation: Observe and analyze workplace processes and behaviors to identify and solve problems, ensuring safe and efficient operations.						