



School District of Horicon

Course Outline

Learning Targets

PE 12
UNIT: Team Building
<ul style="list-style-type: none"> ● PE.S4.H7.L3 Exhibit decision-making skills that promote a positive well-being and environment. ● PE.S4.H6.L3 Apply strategies to consistently resolve conflicts in a variety of settings. ● PE.S4.H3.L3 Implement strategies to support, encourage, and advocate for classmates with perceived differences.
UNIT: Fitness Testing
<ul style="list-style-type: none"> ● PE.S3.H10.L3 Develop and maintain a comprehensive wellness portfolio. ● PE.S5.H1.L3 Create and implement a plan or use self-selected activities based on overall health and well-being.
UNIT: Outdoor activities Cross Country Skiing, Snow Shoeing, Down Hill Skiing
<ul style="list-style-type: none"> ● PE.S3.H3.L3 Explain treatment of heat- and cold-related illnesses as they relate to physical activity. ● PE.S4.H1.L3 A. Evaluate factors that impact safety decisions based on the current situation (e.g., weather, level of difficulty due to conditions or ability). (WSEL C 22) B. Create and apply a plan for participating in selected physical activity, exercise, dance, and outdoor activity for personal and group safety. (WSEL C 22)
UNIT: Tchoukball
<ul style="list-style-type: none"> ● PE.S2.H10.L3 Reflect, analyze, and apply offensive and defensive strategies in a variety of fielding and striking games, including those from other cultures. ● PE.S4.H3.L3 Implement strategies to support, encourage, and advocate for classmates with perceived differences
UNIT: Sepak Takraw
<ul style="list-style-type: none"> ● PE.S2.H7.L3 Implement strategies and tactics when analyzing errors in game play in net/wall and/or target games, including those from other cultures. ● PE.S2.H10.L3 Reflect, analyze, and apply offensive and defensive strategies in a variety of fielding and striking games, including those from other cultures.

UNIT: Basketball

- PE.S2.H4.L3 Modify defensive and offensive strategies and tactics in various activities based on analysis of the game.
- PE.S2.H8.L3 Examine the effectiveness of various shots based on positioning, timing and force in net and wall games, including those from other cultures.

UNIT: Frisbee Golf/Tennis (Travel to River Bend)

- PE.S1.H8.L3 Make contact and connect with the object to create a play.
- PE.S1.H9.L3 Lead and explain a demonstration of activity-specific movement or technical skills in one or more selected outdoor activities.
- PE.S2.H7.L3 Implement strategies and tactics when analyzing errors in game play in frisbee golf

UNIT: Flag Football

- PE.S1.H6.L2 Apply a mature throwing pattern in a self-identified activity-specific in one or more target games, including those from other cultures.
- PE.S4.H7.L3 Exhibit decision-making skills that promote a positive well-being and environment.

UNIT: Indoor Soccer

- PE.S1.H4.L3 Create and implement a practice plan designed to develop and refine competency in passing and receiving skills, creating and reducing space, and defensive and offensive skills in two or more small-sided invasion games, including those from other cultures.
- PE.S2.H1.L3 Use movement concepts and principles (e.g., force, motion, rotation) to analyze and improve performance of self and others in a selected skill.

UNIT: Golf

- PE.S1.H8.L3 Make contact and connect with the object to create a play.
- PE.S5.H2.L3 Demonstrate perseverance when dealing with challenges and diversity
- PE.S2.H7.L3 Implement strategies and tactics when analyzing errors in game play in golf

UNIT: Pickleball

- PE.S1.H8.L3 Make contact and connect with the object to create a play.
- PE.S2.H8.L3 Examine the effectiveness of various shots based on positioning, timing and force in net and wall games.

UNIT: Speedball

- PE.S1.H2.L3 Apply activity-specific throwing skills in two or more small-sided invasion and fielding games, including those from other cultures.
- PE.S3.H9.L3 Apply fitness principles (SPORT, FITT, HIIT, and SAID) and personalized heart rate zones to evaluate and critique progress towards physical activity goals encompassing multiple components of fitness.

UNIT: Canoeing

- PE.S3.H5.L3 Create a plan for activities that can be pursued in the local environment according to their benefits, social support network, and participation requirements.
- PE.S5.H6.L3 Evaluate community opportunities for social interaction and support in a variety of self-selected physical activities or dance.

UNIT: Fishing

- PE.S1.H9.L3 Lead and explain a demonstration of activity-specific movement or technical skills in one or more selected outdoor activities.
- PE.S5.H6.L3 Evaluate community opportunities for social interaction and support in a variety of self-selected physical activities or dance.

Students will be able to meet the learning targets above as evidenced by formative and summative classroom assessments.