



School District of Horicon

Course Outline

Learning Targets

PE 10
UNIT: Team Building
<ul style="list-style-type: none"> ● Identify and demonstrate respectful behavior for classroom activity. ● PE.S4.H6.L1 Use communication skills and strategies that promote positive outcomes. ● PE.S5.H5.L1 Identify verbal, physical, and environmental cues to help and encourage others in physical activity.
UNIT: Fitness Testing
<ul style="list-style-type: none"> ● Analyze current personal and social wellbeing to create a plan to enhance or maintain at least two health-enhancing concepts. ● Create short- and long-term health-enhancing S.M.A.R.T. goals and create a plan to reach those goals.
UNIT: Softball
<ul style="list-style-type: none"> ● PE.S1.H2.L2 Refine and apply activity-specific throwing skills in two or more modified forms of small-sided invasion and fielding games in softball. ● PE.S1.H3.L2 Refine and apply activity-specific catching skills in two or more modified forms of small-sided invasion and fielding in softball. ● PE.S2.H4.L2 Analyze defensive and offensive strategies and tactics in softball.
UNIT: Soccer
<ul style="list-style-type: none"> ● PE.S1.H4.L2 Refine and apply self-identified activity-specific movement skills in one or more small-sided invasion games, including those from other cultures. ● PE.S2.H4.L1 Use defensive and offensive strategies and tactics in soccer ● PE.S2.H9.L1 Use strategies and tactics in shot selection while adjusting speed, force, and trajectory during various target activities.
UNIT: Lacrosse
<ul style="list-style-type: none"> ● PE.S1.H2.L2 Refine and apply activity-specific throwing skills in Lacrosse ● PE.S1.H4.L1 Demonstrate proficiency in activity-specific movement skills in Lacrosse ● PE.S2.H4.L1 Use defensive and offensive strategies and tactics effectively in Lacrosse.
UNIT: Volleyball
<ul style="list-style-type: none"> ● PE.S1.H5.L1 Demonstrate proficiency in activity-specific movement skills in volleyball ● PE.S2.H3.L1 Identify examples of historical and cultural roles within volleyball

- PE.S2.H4.L1 Use defensive and offensive strategies and tactics effectively in various activities.
- PE.S2.H8.L2 Analyze shot selection based on opponents positioning in volleyball

UNIT: Dance

- PE.S5.H3.L1 Explore and participate in dance that meet the need for self-expression and enjoyment.
- PE.S1.H1.L2 Demonstrate competency in dance forms used in social occasions or demonstrate competency in one form of dance/rhythm.

UNIT: Self Defense

- PE.S4.H6.L1 Use communication skills and strategies that promote positive outcomes.
- PE.S4.H6.L2 Analyze personal role in a conflict to resolve differences and promote positive outcomes in the future.
- PE.S4.H6.L3 Apply strategies to consistently resolve conflicts in a variety of settings (e.g., school, work, community, and personal relationships). (WSEL 19)

UNIT: Basketball

- PE.S1.H4.L1 Demonstrate proficiency in activity-specific movement skills in basketball
- PE.S1.H4.L2 Refine and apply self-identified activity-specific movement skills in
- PE.S1.H5.L2 Refine and apply self-identified activity-specific movement skills in
- PE.S2.H2.L2 Use terminology associated with exercise and participation in basketball
- PE.S2.H3.L1 Identify examples of historical and cultural roles within
- PE.S2.H4.L2 Analyze defensive and offensive strategies and tactics in basketball

UNIT: Cross Country Skiing (weather permitting)

- PE.S2.H2.L1 Identify terminology associated with exercise and participation in cross country skiing
- PE.S3.H3.L1 Identify issues associated with exercising in heat, humidity, and cold.
- PE.S3.H1.L1 Discuss the benefits of a physically active lifestyle as it relates to lifetime wellbeing and productivity.

UNIT: Badminton

- PE.S1.H7.L1 Use long- or short-handled implement with mature form to strike objects in one or more target games, including those from other cultures.
- PE.S1.H5.L1 Demonstrate proficiency in activity specific movement skills in two or more net/wall games, including those from other cultures.

- PE.S2.H8.L1 Use strategies and tactics to select appropriate offensive shots during net and wall games, including those from other cultures.

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