



School District of Horicon Course Outline Learning Targets

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| PE 6 |
| UNIT: Team Building |
| <ul style="list-style-type: none"> ● Identify how choices can impact others in a positive and negative way. ● Identify negotiation skills and conflict resolution strategies to resolve differences with teacher guidance. |
| UNIT: Fitness Testing |
| <ul style="list-style-type: none"> ● Identify barriers related to maintaining a physically active lifestyle and seek solutions for eliminating those barriers. |
| UNIT: Soccer |
| <ul style="list-style-type: none"> ● Transition from offense to defense or defense to offense by recovering quickly. ● Identify and perform a defensive play based on the situation. |
| UNIT: Basketball |
| <ul style="list-style-type: none"> ● Identify and perform at least one of the following offensive tactics to create open space: move to open space without the object; use a variety of passes, pivots, and fakes; give and go. ● Reduce open space on defense by making the body larger and reducing passing angles. |
| UNIT: Floor Hockey |
| <ul style="list-style-type: none"> ● Strike an object with an implement with force in a variety of practice tasks. ● Shoot on goal with power during practice tasks. |
| UNIT: Racquet Sports |
| <ul style="list-style-type: none"> ● Transfer weight with correct timing for the striking pattern. ● Create open space in net/wall games with either a long- or short-handled implement by varying force and direction. |

UNIT: Volleyball

- Forehand volley with a mature form and control using a short-handled implement.
- Two-hand volley with control in a variety of practice tasks.

UNIT: Softball/Baseball

- Demonstrate a mature throwing pattern for a modified target activity during a practice task.
- Strike an object with an implement with force in a variety of practice tasks.

UNIT: Track and Field

- Identify ways to improve performance using teacher-generated criteria.
- Describe and demonstrate a variety of appropriate static stretching techniques for all major muscle groups.

UNIT: Post Fitness Testing

- Identify barriers related to maintaining a physically active lifestyle and seek solutions for eliminating those barriers.
- Set and monitor a self-selected physical activity S.M.A.R.T. goal for aerobic and muscle- and bone-strengthening activity based on current fitness level.

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