

**Course Title:** Physical Education Grade 9  
**Credit/Hours:** .5 Credit

**Board Approval Date:** June, 2011

**Course Description:**

This course focuses on mastery of the PA Academic Standards for Physical Education to allow students to actively participate in a variety of individual and team activities to promote overall general health and fitness. Ninth grade students are offered opportunities to participate in flag football, team handball, aerobic dance, physical fitness testing, field hockey, basketball, volleyball, softball, and organized activities that include the use of cardio watches. Students will have the opportunity to assess personal strengths and weaknesses to allow them to select activities most appropriate to their personal goals. Through active participation, opportunity is given to students to develop desirable attitudes of sportsmanship, cooperation, responsibility, appreciation of the skill of others, and an understanding of the strategies employed while playing a particular sport.

**Learning Activities / Modes of Assessment:**

Teacher Observation  
Large Group Instruction  
Small Group Work  
Written Tests and Quizzes  
Checklists/Teacher Observations  
Projects with Rubrics

**Instructional resources:**

Athletic Equipment

# Course Pacing Guide

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**Course:** Physical Education 9

<b>Course Unit</b>	<b>Length of Instruction (Days/Periods)</b>
1. Course introduction	1 Day
2. Lock and locker distribution	1 Day
3. Fitness testing	8 Days
4. Flag football (boys)	9 Days
5. Field Hockey (girls)	9 Days
6. Team Handball	9 Days
7. Aerobic dance	9 Days
8. Basketball	9 Days
9. Volleyball	10 Days
10. Softball	8 Days
11. Final Exams	2 Days
12. Lock collecting	1 Day
13. Preview	2 Days

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