

Topic, Unit, Theme or Process Taught	Maine LEARNING RESULT Links (Standard and PI)- 2007	Strategies/Skills/Concepts/Secure Goals By the end of this grade level or course, learners will be able to:	Resources (Complete bibliographic form for required texts or resources and lists of supplementary resources)	Assessments and Major Assignments (Tests, quizzes, projects, papers, homework, labs, etc.)
Flag Football/Frisbee	G1a-c G2 G3 G4	Participate actively in games of each particular unit Demonstrate understanding of basic rules of play Demonstrate competency in basic skills of game play	Appropriate equipment and football field Written exam at end of unit	Daily behavior and effort grade (100 pt. scale)
Soccer/Lacrosse	All G's I1a-c I2 I3a-b	Demonstrate understanding of offensive and defensive concepts/strategies within the play of game Improve on individual skills through meaningful practice sessions Demonstrate proper use of equipment Demonstrate proper etiquette, teamwork Sportsmanship regardless of skill level	Appropriate equipment and baseball field Study guides for each unit	Daily skill Observation assessment by instructor
Racket Sports (pickleball, badminton)	G1a-c G2 All I's	Participate actively in games of each particular unit Demonstrate understanding of basic rules of play	Appropriate equipment and gymnasium	Daily behavior and effort assessment (100 pt. scale)
Volleyball	G1a-b G2 All I's	Demonstrate competency in basic skills of game play Demonstrate understanding of offensive & defensive concepts/strategies within the play of games	Study guides for each unit	Written exam at end of each unit
Basketball	G1a,c G2 G4 All I's	Improve individual skills through meaningful practice sessions		
Floor Hockey	G1b,c G2 All I's	Understand how to change movement of an object with a long-handled implement		Daily skill observation assessment by instructor
Softball	All G's All I's	Demonstrate proper safety, etiquette, care, of equipment and conduct with others during activity and game play regardless of skills level	Softball field and proper equipment	

Weight Training	H1 H2 F2a-c	Demonstrate proper techniques when training individually with weights Demonstrate proper training techniques within a workout center Apply the 5 health related components and principles as they relate to weight training	Appropriate weight training equipment Fitness center and free weights center and gymnasium	Daily behavior and effort assessment (100 pt. scale) Written exam at end of weight training units
Fitness Unit		Understand basic major muscle groups of the body and implement workouts designed to target those groups Demonstrate proper etiquette and conduct in a workout setting Understand the importance of physical fitness to the overall individual health Improve levels of personal fitness, strength and flexibility over a period of time	Fitness Progress Charts Study guides	Performance assessment at Fitness Gram completion Fitness Gram Physical Fitness Test