

## Conneaut School District -- Grade/Dept

Adopted April 2019

Major Topic	Concepts	Time	The students will know:	Skills	Assessment	Standard(s)
Games	<ul style="list-style-type: none"> <li>-Frisbee</li> <li>-Soccer</li> <li>-Football</li> <li>-Basketball</li> <li>-Volleyball</li> <li>-Gatorball</li> <li>-Team Handball</li> <li>-Matball</li> <li>-Floor Hockey</li> <li>-Longball</li> <li>-Dodgeball</li> <li>-Pickleball</li> <li>-Badminton</li> <li>-Table Tennis</li> <li>-Softball</li> </ul>	-42 minutes -Every three days (rotation)	<ul style="list-style-type: none"> <li>-Rules and Strategy</li> <li>-Skill development</li> <li>-Offense and Defense Strategies</li> <li>-Safety</li> <li>-Sportsmanship and Teamwork</li> <li>-Concepts and Benefits of Lifelong Games/ Activities</li> </ul>	<ul style="list-style-type: none"> <li>-Individual skills (Skill development and improvement)</li> <li>-Team skills (offense and defense)</li> <li>-Communication</li> <li>-Healthy Competition</li> <li>-Coordination (eye-hand and eye-foot)</li> <li>-Leadership Skills</li> </ul>	-Teacher Observation	10.4.9.A,B,D,E,F 10.5.9.A,B,C,E,F 10.4.12.A,B,D,E,F 10.5.12.A,B,C,E,F
Cardio	<ul style="list-style-type: none"> <li>-Fitness Training/ Testing</li> <li>-Cardio Equipment</li> <li>-Crossfit</li> <li>-Mountain</li> </ul>	-42 minutes -Every three days (rotation)	<ul style="list-style-type: none"> <li>-Lifelong fitness</li> <li>-Warm-up and Cool-down</li> <li>-Repetitions</li> <li>-Cardiovascular Endurance</li> <li>-Muscular</li> </ul>	<ul style="list-style-type: none"> <li>-Balance</li> <li>-Coordination (eye-hand and eye-foot)</li> <li>-Agility</li> <li>-Speed</li> <li>-Power</li> <li>-Reaction Time</li> </ul>	-Teacher Observation -Fitnessgram Standards and Tests Evaluation	10.4.9.A,B,C,D,E,F 10.5.9.A,B,C,E,F 10.4.12.A,B,C,D,E,F 10.5.12.A,B,C

	<ul style="list-style-type: none"> <li>Bikes</li> <li>-Trikes</li> <li>-Roller Blades</li> <li>-Cross Country Skiing</li> <li>-Snow Shoeing</li> </ul>		<ul style="list-style-type: none"> <li>Strength and Endurance</li> <li>-Flexibility</li> <li>-Intensity</li> <li>-Interval Training</li> <li>-Circuit Training</li> <li>-Aerobic and Anaerobic Training</li> <li>-Goal Setting</li> <li>-Safety</li> </ul>	<ul style="list-style-type: none"> <li>-Workout Options (Individual, partner, group)</li> <li>-Workout Types (High-intensity interval training, circuit training, non-impact, steady state cardio)</li> </ul>		,E,F
Strength Training	<ul style="list-style-type: none"> <li>-Weight Room Equipment</li> <li>-Plyo Boxes</li> <li>-Free Weights</li> <li>-Dumbbells</li> <li>-Kettlebells</li> <li>-Rubberbands</li> <li>-Medicine Balls</li> <li>-TRX Bands</li> <li>-Cybex Bravo Machine</li> </ul>	<ul style="list-style-type: none"> <li>-42 minutes</li> <li>-Every three days (rotation)</li> </ul>	<ul style="list-style-type: none"> <li>-Warm-up and Cool-down</li> <li>-Repetitions</li> <li>-Muscular Strength and Endurance</li> <li>-Flexibility</li> <li>-Overload</li> <li>-Intensity</li> <li>-Circuit Training</li> <li>-High Reps</li> <li>-Burn Out Reps</li> <li>-Interval Training</li> <li>-Goal Setting</li> <li>-Safety</li> </ul>	<ul style="list-style-type: none"> <li>-Spotting</li> <li>-Balance and Coordination</li> <li>-Rhythm</li> <li>-Varying Workouts (Lower body, upper body, shoulders, specific muscle groups)</li> <li>-Varying Reps for Different Lifting Styles (aerobic and anaerobic)</li> </ul>	-Teacher Observation	<ul style="list-style-type: none"> <li>10.4.9.A,B,C,D,E,F</li> <li>10.5.9.A,B,C,D,E,F</li> <li>10.4.12.A,B,C,D,E,F</li> <li>10.5.12.A,B,C,D,E,F</li> </ul>