

Advanced	Physical	Education	Curriculum	(High School)		
Grade	Units for Advanced Physical Education Class (High School)	Standard Taught	Lesson/Activities	Key Concepts/Vocabulary	Resources	Assessment
10,11,12	Pickleball	1,2,3,and 5	Pickleball	Serve, ground strokes, Doubles Tournament	Pickleball paddles, pickleballs, nets, poster board, duct tape,	Daily Teacher Observation, written test
			Rules	serve order, drop shot, drive, smash, lob		
10,11,12	Badminton	1,2,3, and 5	Serve, ground strokes, Doubles Tournament	rules, serve order, drop shot, smash, drive, lob shot	Badminton Racquets, Shuddlecocks, Nets,	Daily Teacher Observation
			Rules			
10,11,12	Basketball	1,2,3,5 and 6	3 on 3 Basketball Tournament, Full court T	Scoring, Substitutions	Basketballs, Basketball Courts	Daily Teacher Observation
10,11,12	Swimming	1,2,3,5,and 6	Lap Swim, Treading Water, water aerobics, stroke work, safety behavior/skills, water exercises, flip turn, tips/volleyball water game, sharks and minnows, underwater swim	Circle Swim, Relay, Butterfly, Backstroke, Breaststroke, Freestyle, Treading Water, Survival Float, Flip turn, safety skills	Pool	Daily Teacher Observation

10,11,12	Nutrition Unit	4,6	Worksheet evaluating Body Mass Index, Cardio level as it relates to fitness, Calorie Intake, and Healthy Body Weight using the computer.	Body Mass Index (BMI) , Basal Metabolic Rate, Resting Metabolic Rate, Resting Heart Rate,	Computer Lab, Scale	Written Assessment
10,11,12	Soccer	1,2,3,5,6	dribbling drills, shooting drills, sideline throw In practice, team tournament	dribbling, shooting, team work	gym, outside field, soccer ball, indoor soccer ball	Participation and Daily Teacher Observation
10,11,12	Volleyball	1,2,4,5	setting drills, serving underhand and/or overhand drills, bumping drills, spiking drills, rotation demonstration, explanation of rules, team volleyball tournament	side out, set, spike, bump, volley, rotation,	volleyballs, nets,	Serving skill test, volleying test
10,11,12	Speedball	1,2,4,5		knowledge of the rules, game strategy		Participation, Daily Teacher Observation
10,11,12	Football	1,2,4,5	explanation of touch and/or flag football rules	field goal, touch down, two hand touch, first-fourth downs	football	Participation, Daily Teacher Observation
10,11,12	Fitness Test	1,2,3,4,5,6	push up test, sit up test, jump rope test, shuffle test, wall sit test, 40 yd dash time, mile time (Pre and Post Test)	Skill improvement from the beginning to the end of the trimester	Fitness Gram	Improvement from the pre and post test