# Year at a Glance

## Student Learning Outcomes by Marking Period

### 2019-2020

<table>
<thead>
<tr>
<th><strong>FIRST TERM</strong></th>
<th><strong>Overarching/general themes</strong></th>
<th><strong>To Demonstrate Proficiency by the End of the course, Students Will...</strong> (with eligible content references):</th>
</tr>
</thead>
</table>
| **Marking Period Starts:** 9/5/19 or 2/3/20 | **Course Theme:** Movement Skills and Concepts | **Content/skill SWBAT statement (corresponding standards):**  
- Demonstrate mastery of all locomotor skills needed to participate in an elected physical activity (M. 69)  
- Demonstrate mastery of all non-locomotor skills needed to participate in an elected physical activity (M. 70)  
- Demonstrate mastery of all manipulative skills needed to participate in an elected physical activity (M. 71)  
- Demonstrate the ability to apply manipulative skills competently in an elected physical activity (M. 72)  
- Analyze movement skill cues and use them to enhance performance (M. 73)  
- Analyze the biomechanics of movement skills within an elected physical activity (M. 74)  
- Demonstrate ability to apply content knowledge, such as rules, roles and strategies to an elected physical activity (M. 77-M. 82)  
- Demonstrate the ability to meet the healthy fitness zone in three FitnessGram assessment components (F. 58, F. 62, F. 63, F. 66, F. 67) |
| **Suggested Completion Date:** Semester long (two marking terms) | **Elective Title examples:** Sport Medley, Invasive Sports, Net/Wall Sports, Intramural Independent Study |  |
| **Marking Period Starts:** 9/5/19 or 2/3/20 | **Course Theme:** Health-Related Fitness | **Content/skill SWBAT statement (corresponding standards):**  
- Develop, implement and monitor an individualized fitness plan based on goals (F. 70)  
- Analyze community fitness facilities based on given criteria (F. 73)  
- Create and lead a health-related fitness routine that can be applied independently or as a group (F. 60, F. 64, F. 68)  
- Assess how personal needs are met, such as wellness, enjoyment, challenge, social interactions, etc, during an elected fitness course or activity (LL. 53, LL. 62)  
- Demonstrate the ability to meet the healthy fitness zone in three FitnessGram assessment components (F. 58, F. 62, F. 63, F. 66, F. 67) |
| **Suggested Completion Date:** Semester long (two marking terms) | **Elective Title examples:** Fitness & Conditioning, Aerobic Dance, Weight Training, Community Fitness Independent Study |  |
| **Marking Period Starts:** 9/5/19 or 2/3/20 | **Course Theme:** Personal & Social Skills Development | **Content/skill SWBAT statement (corresponding standards):**  
- Demonstrate respect for self and others in all settings (PS. 35-50)  
- Design a cooperative activity game or activity for a group to implement (PS. 35, PS. 40)  
- Analyze and utilize the strengths of others in a physical activity setting (PS. 46)  
- Participate willingly with all individuals and groups in cooperative activities (PS. 50)  
- Analyze how cooperative, problem solving and inclusion skills contribute to life outside of school (PS. 35-50)  
- Demonstrate the ability to meet the healthy fitness zone in three FitnessGram assessment components (F. 58, F. 62, F. 63, F. 66, F. 67) |
| **Suggested Completion Date:** Semester long (two marking terms) | **Elective Title examples:** Adventure Activities, Outdoor Adventure, Orienteering, Crew Rowing |  |
| **Marking Period Starts:** 9/5/19 or 2/3/20 | **Course Theme:** Lifelong Physical Activities | **Content/skill SWBAT statement (corresponding standards):**  
- Demonstrate mastery of movement skills needed to participate in an elected leisure activity (M. 69, M. 72, LL. 38)  
- Apply knowledge of safety and proper procedures for participation in an elected leisure activity (LL. 38, LL. 41)  
- Compare and contrast an elected physical activity with a traditional competitive team sport in terms of personal needs and wellness (LL. 39, LL. 42, LL. 49, LL. 53) |
| **Suggested Completion Date:** Semester long (two marking terms) | **Elective Title examples:** Yoga, Dance, Active Transportation (Biking, |  |
| Walk/Jog/Run, Leisure Sports, Swim/Aquatics | **Content/skill SWBAT statement (corresponding standards)**  
- Demonstrate the ability to use the decision-making skills of appropriate goal-setting, risk taking and problem solving (5.8.2; 5.12.2; PS.23; PS.27; PS.35; PS43)  
- Formulate an effective long-term personal fitness plan that incorporates daily physical activity and healthy eating habits (6.12.4; F.70; LL.59)  
- Demonstrate the ability to access reliable and valid information related to personal health and wellness (3.12.3; 3.12.5; LL.61)  
- Choose the healthier option when dealing with stress and evaluate the effectiveness of that decision (5.8.6; 5.12.7; LL.55; LL.49) |  
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| **Marking Period Starts:** 9/5/19 or 2/3/20  
**Suggested Completion Date:** Semester long (two marking terms)  
**Course Theme:** Wellness (Health and Physical Education Hybrid)  
**Elective Title:** Wellness or Health and Fitness |  
| **Assessments During This Period:** FitnessGram; Student Outcomes Portfolio |