

Physical Education Scope & Sequence – Term 1 – Grade 10

| | Week | Standards | Outcomes | Vocabulary | Assessment |
|---------------------------|------|---|---|--|--|
| Part 1: Individual Sports | 1 | Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance. (S4.H2.L1) | Students will be able to demonstrate etiquette, respect, and participation in the activity. | Spatial awareness | Throughout the term, students will be assessed on the various standards by the following evaluation methods: <ul style="list-style-type: none"> - Self-assessment - Teacher observation - Peer evaluation - Discussion - Data records |
| | 2 | Strikes with a mature overhand pattern in a modified net/wall game such as volleyball, handball, badminton or tennis. (S1.M13.8) Transfers weight with correct timing using low to high striking pattern with a long-handled implement on the forehand and backhand sides. (S1.M15.8) <i>*Review of skills for deeper understanding</i> | Students will be able to strike overhead while appropriately shifting weight from back to front and moving arm high to low. | Overhead strike, clear | |
| | 3 | Demonstrates the mature form of fore- hand and backhand strokes with a short- or long-handled implement with power and accuracy in net games such as pickleball, tennis, badminton or paddle ball. (S1.M14.8) Forehand- and backhand-volleys with a mature form and control using a short-handled implement during modified game play. (S1.M16.8) <i>*Review of skills for deeper understanding</i> | Students will be able to demonstrate strike and volley using proper forearm and backhand techniques while shifting weight from front to back. | Forearm, backhand, sweet, follow through | |
| | 4 | Executes consistently (at least 70 percent of the time) a legal underhand serve for distance and accuracy for net and wall games such as badminton, volleyball or pickleball. (S1.M12.8) <i>*Review of skills for deeper understanding</i> | Students will be able to demonstrate an underhand badminton serve 7 out of 10 times successfully. | Underhand serve | |
| | 5 | Uses strategies and tactics effectively during game play in net/wall and/or target games. (S2.H5.L1) | Students will be able to implement strategies learning in previous lessons in a game setting of tennis and/or badminton. | Clear, hit away from the opponent | |
| | 6 | Applies the terminology associated with exercise and participation in selected individual-performance activities, dance, net/wall games, target games, aquatics and/or outdoor pursuits appropriately. (S2.H1.L1) | Students will be able to identify techniques and summarize vocabulary learned in the unit. | <i>See above</i> | |
| Part 2: Basketball | 7 | Dribbles with dominant and non-dominant hands using a change of speed and direction in small-sided game play. (S1.M8.8) <i>*Review of skills for deeper understanding</i> | Students will be able to execute proper dribbling techniques: <ul style="list-style-type: none"> - Keep ball below the waist - Ball on finger pads - Eyes up - Feet shoulder width apart - Push ball in front when moving - Protecting the ball | Cross over, speed dribble, shuffle | |

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| 8 | <p>Passes and receives with an implement in combination with locomotor patterns of running and change of direction, speed and/or level with competency in invasion games such as lacrosse or hockey (floor, field, ice). (S1.M4.8) Throws a lead pass to a moving partner off a dribble or pass. (S1.M5.8) <i>*Review of skills for deeper understanding</i></p> | <p>Students will be able to execute proper passing techniques for the overhead, chest pass, and bounce pass:</p> <ul style="list-style-type: none"> - Lead the pass when moving - Aim at partner - Flick wrists/fingertips out - Step into the pass | <p>Chest pass, overhead pass, bounce pass</p> | |
| 9 | <p>Executes at least 2 of the following to create open space during modified game play: pivots, fakes, jab steps, screens. (S1.M6.8) Executes the following offensive skills during small-sided game play: pivot, give and go, and fakes. (S1.M7.8) Drop-steps in the direction of the pass during player-to-player defense. (S1.M11.8) <i>*Review of skills for deeper understanding</i></p> | <p>Students will be able to demonstrate strategies to get to an open space while on offense and drop step to steal the ball while playing man-to-man on defense.</p> | <p>Man-to-man, drop step, pivot, give and go, fake, jab step, screen</p> | |
| 10 | <p>Transitions from offense to defense or defense to offense by recovering quickly, communicating with teammates and capitalizing on an advantage. (S2.M6.8) <i>*Review of skills for deeper understanding</i></p> | <p>Students will be able to recognize when they need to switch on a turnover (between offense or defense).</p> | <p>Turnover, steal, pass down the court, sand bag pass</p> | |
| 11 | <p>Creates open space by staying spread on offense, cutting and passing quickly, and using fakes off the ball. (S2.M3.8) Reduces open space by not allowing the catch (denial) and anticipating the speed of the object and person for the purpose of interception or deflection. (S2.M5.8) <i>*Review of skills for deeper understanding</i></p> | <p>Students will be able to demonstrate cutting techniques to get open as well as anticipate a pass.</p> | <p>Cut, anticipate the pass</p> | |
| 12 | <p>Uses movement concepts and principles (e.g., force, motion, rotation) to analyze and improve performance of self and/or others in a selected skill.27 (S2.H2.L1)</p> | <p>Students will be able to assess themselves or another student to determine whether they are being efficient in strategies and tactic.</p> | <p><i>See above</i></p> | |