

Physical Education

CONTENT	SKILLS	STUDY STRATEGIES
Handball (9th) Ultimate Frisbee (10th)	--throwing / catching mechanics (the basics) --movement with and without ball --adding give/goes overlaps	Research videos (Youtube) Handouts Watching film / individual taping Peer assessment Teacher assessment
Fitness routine (9th) Dance routine (10th) <i>With peers</i>	--proper form / technique --muscle and bone recognition --nutrition --basic steps --researching videos	Handouts/PPTs with notes Journal & reflection Fitness & nutrition log Practicing routine Peer assessment