

National Physical Education Standards:

Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Standard 3: Participates regularly in physical activity.

Standard 4: Achieves and maintains a health-enhancing level of physical fitness.

Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Zumbrota/Mazeppa's 9th Grade Physical Education Power Standards

Tennis: *I can demonstrate the proper way to play and score a Doubles Tennis match.* (Standards 1, 2, 3, 5, 6)

- I can demonstrate a forehand with the correct grip
- I can explain and attempt a backhand with a 2 handed approach.
- I can correctly perform an underhand serve and attempt an overhead serve from at least the service line.
- I correctly perform a volley.
- I can state the rule differences between doubles and singles.
- I can demonstrate general tennis etiquette, proper rotation, scoring and rules while playing a game.
- I can score a tennis game using tennis terms (points, game, set, match).

Softball Unit: *Students will understand and demonstrate the rules of a Slow Pitch Softball game, playing both offense and defense.* (Standards 1, 2, 3, 5, 6)

- I can score a softball game, state how many innings there are and how many outs are in each inning.
- Depending on where the ball was hit, I can field the ball correctly and throw it to the right place in the infield to best halt the advancing runners.
- I can hit the ball.
- I know which bases I can overrun and demonstrate good base running (when to leave, when to run, when to tag up).
- I follow safety and general rules of the game.
- I know and apply the following terms when playing: homerun, grand slam, ball, strike, force, tagging up and pop fly.

- I know the different positions on the softball field and can demonstrate their respective jobs.

Speedball: *Students will be able to participate in a Speedball game.* (Standards 1, 2, 3, 5, 6)

- I have general knowledge of safety and rules.
- I have the ability to see teammates open and use them to advance the ball down the court using both my feet and hands.
- I know the different methods of scoring and can keep track of points.
- I have the ability to move the ball from a groundball to an aerial ball using my feet.

Volleyball: *Students will be able to play and officiate a volleyball game.* (Standards 1, 2, 3, 5, 6)

- I can perform an underhand pass, set, and underhand serve.
- I can serve overhand from the 10 foot spike line and get it over 70% of the time.
- I know the proper rotation, court position and rules/strategy that apply to each position
- I can score the game using rally scoring.
- I demonstrate court etiquette and play my given position.
- I know the rules and can call my own fouls using correct hand signals (2 hits, in the net, out/in, illegal hit)

Snowshoeing: *Students will understand how snowshoeing is a lifelong activity that can benefit overall wellness.* (Standards 1, 2, 3, 4, 6)

- I can show and explain the different parts of a snowshoe
- I can explain how snowshoeing relates to lifetime fitness
- I can find my target Heart Rate and show how I can achieve it through snowshoeing.
- I can put on my own snowshoes and both walk and run successfully in them.

Team Handball: *I am able to participate effectively as both an offensive and defensive member of a Team Handball team.* (Standards 1, 2, 3, 5, 6)

- I have knowledge of game rules and safety.
- I demonstrate the benefits of team play.
- I am able to perform a jump shot.
- I can run with the ball while dribbling continuously.
- I can demonstrate both one on one and a zone defense.
- I hustle on the court to play both offense and defense.

Recreational Games *Students will be able to participate in and demonstrate rule/scoring knowledge in 3 different recreational activities: Beanbags, Bocce Ball and Shuffle Board.*

(Standards 1, 2, 3, 4, 5, 6)

- I know the rules to shuffle board, bocce ball, and bean bags.
- I can properly score shuffle board and bocce ball and know 2 different variations on scoring bean bags.
- I can demonstrate proper etiquette related to the games.

Badminton: *Students will be able to score and successfully participate in a Badminton doubles match.* (Standards 1, 2, 3, 5, 6)

- I know how to score a badminton game.
- I know how to serve a birdie, which side to serve from and when to rotate in a doubles match.
- I can demonstrate an overhead clear, overhead smash, forehand and backhand.
- I can demonstrate one of the two types of serving.
- I can label the lines on a badminton court and state the significance of each.

Pickle ball: *Students will be able to participate in a pickle ball match, demonstrating correct technique and strategies specific to their strengths.* (Standards 1, 2, 3, 5, 6)

- I can underhand serve from anyplace on the court.
- I can hit a forehand and backhand with 75% accuracy.
- I can demonstrate the rules of pickleball (serving rotation, serving position, spike line).
- I can score a pickle ball game.

Football: *Students will demonstrate their ability to play both offense and defense during a football game.* (Standards 1, 2, 3, 5, 6)

- I can throw a football 15 feet by putting my fingers on the laces and throwing overhead.
- I can demonstrate man on man defense.
- I can demonstrate both a passing and running offense at the quarterback position.
- I know how to score a Football game using touchdowns, safeties, field goals

Dance: *Students will be able to demonstrate and teach different movement patterns to the beat of self selected music.* (Standards 1, 2, 3, 4, 5, 6)

- I can find the beat on any piece of given music and define whether it is a 4 or 8 beat song.
- I can move in different pathways to different types of music.
- I can put different dance steps together to create an 8 count block dance.
- I can effectively participate in a group to create and teach a line dance to my peers.

Lacrosse: *Students will be able to demonstrate offensive and defensive strategies and skills in a game situation.* (Standards 1, 2, 3, 5, 6)

- Students will execute a Lacrosse pass.
- Students will correctly execute catching a lacrosse ball on the dominant and non-dominant side at both a high and low level.
- Students will support success of partners or teammates during group work as evidenced by providing earnest attempts and positive motivational statements.