PHYSICAL EDUCATION

Grade 9
Updated: June 2009

Killingly High School
The freshmen curriculum is designed with an emphasis on team sports and group activities. The students will gain basic skill and knowledge of each activity. Through these activities the principles of fitness through active participation, mutual respect, cooperation, sportsmanship, and effective communication will be stressed.

**Activities**

Cooperative Learning/Adventure Activities

Soccer

Field Hockey

Softball

Track and Field

Tennis

Flag Football

Power Walking

Basketball

Wrestling

Self-Defense

Volleyball

Dance

Fitness Testing
## Physical Education
### Grade 9

**Cooperative Learning/Adventure Activities**

### CONTENT STANDARD 9 P.E. 1: The student will understand effective communication skills when working in a group setting.

<table>
<thead>
<tr>
<th>BENCHMARK</th>
<th>The student understands that respecting each other’s difference in opinion is needed for effective communication.</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.E 1.1</td>
<td></td>
</tr>
</tbody>
</table>

**Objectives**
- The student…
  - participates in games that de-emphasize competition and provides growth in morale.

<table>
<thead>
<tr>
<th>BENCHMARK</th>
<th>The student is able to communicate effectively to meet a desired goal.</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.P.E 1.2</td>
<td></td>
</tr>
</tbody>
</table>

**Objectives**
- The student…
  - participates in initiative exercises that offer a series of clearly defined problems.

### CONTENT STANDARD 9 P.E. 2: The student will understand the importance of brainstorming and problem-solving as a group.

<table>
<thead>
<tr>
<th>BENCHMARK</th>
<th>The student understands that respecting each other’s ideas is needed to effectively problem solve as a group.</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.P.E 2.1</td>
<td></td>
</tr>
</tbody>
</table>

**Objectives**
- The student…
  - recognizes that the task is designed so that a group must employ cooperation and physical effort to gain a solution.

### Soccer

**CONTENT STANDARD 9 P.E. 3: The student will demonstrate a basic mastery of the skills needed to play soccer.**

<table>
<thead>
<tr>
<th>BENCHMARK</th>
<th>The student understands that correct dribbling techniques involves keeping the ball close to their feet and using controlled taps using the inside and outside of both feet.</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 P.E. 3.1</td>
<td></td>
</tr>
</tbody>
</table>

**Objectives**
- The student…
  - dribbles a soccer ball during practice and game.
### BENCHMARK
**9P.E. 3.2** The student understands that correct passing techniques involves planting the non-kicking foot next to the ball and striking the ball with the outside or inside of the kicking foot towards the intended target.

**Objectives**  
- 3.2.1 -passes towards a target.

### BENCHMARK
**9P.E. 3.3** The student understands that a correct foot trap involves absorbing the momentum of the ball using the bottom or inside of either foot.

**Objectives**  
- 3.3.1 -traps a soccer ball during practice and games.

### BENCHMARK
**9P.E. 3.4** The student understands that the correct shooting techniques involves planting the non-kicking foot next to the ball and driving the ball with the in step of the shooting foot.

**Objectives**  
- 3.4.1 -shoots a soccer ball during practice and game.

### CONTENT STANDARD 9 P.E 4: The student will demonstrate knowledge of the rules of the game of soccer.

### BENCHMARK
**9P.E. 4.1** The student is able to demonstrate a basic knowledge of the rules of soccer as well as the responsibilities of offense and defense including positional responsibilities on the field.

**Objectives**  
- 4.1.1 -obeys the rules of soccer.  
- 4.1.2 -plays a game of soccer.

### CONTENT STANDARD 9 P.E 5: The student will understand that showing respect for teammates, teachers and maintaining self-control is important for teamwork and fair play.

### BENCHMARK
**9P.E. 5.1** The student understands that teamwork and fair play is showing respect for team mates, teachers and opponents.

**Objectives**  
- 5.1.1 -applauds or congratulates good play by teammates and opponents.
## Field Hockey

### CONTENT STANDARD 9 P.E 6: The student will understand the importance of using the field hockey equipment properly and safely.

**BENCHMARK**  
9P.E. 6.1  
The student understands that proper stick grip involves left hand at the end of the stick, palm down, right hand mid-way down the stick, palm facing forward and also having the head of the stick on the ground to the right side of the right foot.

**Objectives**  
- 6.1.1 -recognizes the proper stick handling with practice trials.

**BENCHMARK**  
9P.E. 6.2  
The student understands that the field hockey stick should not be raised above waist level while performing any of the skills.

**Objectives**  
- 6.2.1 -recognizes the safety of playing with a field hockey stick.

### CONTENT STANDARD 9 P.E 7: The student will demonstrate a basic mastery of the skills needed to play field hockey.

**BENCHMARK**  
9P.E. 7.1  
The student understands that correct dribbling techniques involves keeping the ball on the right side of the body and propelling the ball with a series of taps or dragging the head of the stick behind the ball as you move forward.

**Objectives**  
- 7.1.1 -performs a series of dribbling and dodging drills.

**BENCHMARK**  
9P.E. 7.2  
The student understands that the two basic passes in field hockey are the push pass and the drive and that each technique is utilized in shooting. The push pass is performed with the hands in basic grip position beginning with the stick in contact with the ball and being pushed to the intended target. The drive is performed with both hands at the upper end of the handle, back swing can be raised to hip level, contact is made on the down swing during the forward weight shift.

**Objectives**  
- 7.2.1 -performs in passing and shooting drills.
**BENCHMARK** 9P.E  7.3  The student understands that positioning and teamwork are essential to game play.

**Objectives**  
- 7.3.1 - demonstrates the ability to move without the ball to an advantages location.  
- 7.3.2 - demonstrates proper body and stick position while staying between the ball and the goal.

**CONTENT STANDARD 9 P.E 8:** The student will understand and demonstrate knowledge of the rules.

**BENCHMARK** 9P.E  8.1  The student is able to follow the rules of field hockey during game play.

**Objectives**  
- 8.1.1 - obeys rules even when not observed.  
- 8.1.2 - plays a game of field hockey.

**CONTENT STANDARD 9 P.E 9:** The student will understand that showing respect for teammates, teachers and maintaining self-control is important for teamwork and fair play.

**BENCHMARK** 9P.E  9.1  The student understands that teamwork and fair play is showing respect for teammates, teachers, and opponents.

**Objectives**  
- 9.1.1 - applauds or congratulates good play by teammates and opponents.

**Softball**

**CONTENT STANDARD 9 P.E 10:** The student will demonstrate a basic mastery of the skills needed to play softball.

**BENCHMARK** 9P.E.  10.1  The student understands that correct throwing technique involving stepping with the opposite leg and pointing the non-throwing shoulder towards the target.

**Objectives**  
- 10.1.1 - throws ball at a designated target.
### Benchmark 9P.E. 10.2

**The student understands that the location of the ball in relationship to their body will determine whether they use the palm up or palm down technique to make a successful catch using two hands.**

**Objectives**
- 10.2.1 - catches a thrown or batted ball.

### Benchmark 9P.E. 10.3

**The student understands that proper hitting technique involves holding the hands together with the lead hand on the bottom, having legs shoulder width apart and parallel to the plate with a majority of the weight on the back leg which is transferred forward during the swing.**

**Objectives**
- 10.3.1 - hits off a tee and/or a pitched ball.

### Content Standard 9 P.E. 11: The student will understand and demonstrate knowledge of the rules of softball.

**Benchmark 9P.E. 11.1**

The student is able to demonstrate a basic knowledge of responsibilities of offense, which includes knowing where and when to run, and defense, which includes proper positioning and knowing where and when to throw the ball.

**Objectives**
- 11.1.1 - obeys rules, even when not observed.
- 11.1.2 - plays a game of softball.

### Content Standard 9 P.E. 12: The student will understand that showing respect for teammates, teachers and maintaining self-control is important for teamwork and fair play.

**Benchmark 9P.E. 12.1**

The student understands that teamwork and fair play is showing respect for teammates, teacher and opponents.

**Objectives**
- 12.1.1 - applauds or congratulates good play by teammates and opponents.
**Track and Field**

**CONTENT STANDARD 9 P.E 13:** The student understands and performs skills needed to participate in various activities included in track and field.

<table>
<thead>
<tr>
<th>BENCHMARK</th>
<th>The student understands that the correct shot put and discus throwing techniques includes twisting to create momentum, using the entire body and follow through.</th>
</tr>
</thead>
<tbody>
<tr>
<td>9P.E. 13.1</td>
<td>The student…</td>
</tr>
<tr>
<td>Objectives</td>
<td>-recognizes correct shot put and discus throwing techniques during practice trials.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>BENCHMARK</th>
<th>The student is able to perform correct running technique involving leaning forward, arm action and proper breathing rhythm.</th>
</tr>
</thead>
<tbody>
<tr>
<td>9P.E. 13.2</td>
<td>The student…</td>
</tr>
<tr>
<td>Objectives</td>
<td>-performs in the sprint, relay, dash and hurdle events.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>BENCHMARK</th>
<th>The student is able to perform correct jumping techniques involving identifying a power and lead leg in order to maximize height and distance and the relationship between speed and propulsion.</th>
</tr>
</thead>
<tbody>
<tr>
<td>9P.E. 13.3</td>
<td>The student…</td>
</tr>
<tr>
<td>Objectives</td>
<td>-performs in the high jump, triple jump, and long jump.</td>
</tr>
</tbody>
</table>

**CONTENT STANDARD 9 P.E 14:** The student will understand the importance of each event, while individual, is part of the team sport of Track and Field.

<table>
<thead>
<tr>
<th>BENCHMARK</th>
<th>The student is able to participate in a track meet, keep score and conduct the meet.</th>
</tr>
</thead>
<tbody>
<tr>
<td>9P.E. 14.1</td>
<td>The student…</td>
</tr>
<tr>
<td>Objectives</td>
<td>-selects 3-4 events to perform in a track meet.</td>
</tr>
</tbody>
</table>
# Tennis

**CONTENT STANDARD 9 P.E 15:** The student will demonstrate a basic mastery of the skills needed to play tennis.

<table>
<thead>
<tr>
<th>BENCHMARK</th>
<th>The student is able to demonstrate proper form when using the various strokes.</th>
</tr>
</thead>
<tbody>
<tr>
<td>9P.E 15.1</td>
<td></td>
</tr>
</tbody>
</table>

**Objectives**
- 15.1.1 -performs the forehand stroke during practice trials.
- 15.1.2 -performs the backhand stroke during practice trials.
- 15.1.3 -performs the overhead volley during practice trials.
- 15.1.4 -performs the lob volley during practice trials.
- 15.1.5 -performs the server volley during practice trials.

<table>
<thead>
<tr>
<th>BENCHMARK</th>
<th>The student is able to demonstrate the ability to hit a variety of shots in a game situation.</th>
</tr>
</thead>
<tbody>
<tr>
<td>9P.E 15.2</td>
<td></td>
</tr>
</tbody>
</table>

**Objectives**
- 15.2.1 -performs an execution of skills and strategies with the forehand, backhand, volley and serve.

**CONTENT STANDARD 9 P.E 16:** The student will understand and demonstrate knowledge of the rules for tennis.

<table>
<thead>
<tr>
<th>BENCHMARK</th>
<th>The student is able to adhere to the rules in a game situation.</th>
</tr>
</thead>
<tbody>
<tr>
<td>9P.E 16.1</td>
<td></td>
</tr>
</tbody>
</table>

**Objectives**
- 16.1.1 -calls own violations, fouls and liners.

**CONTENT STANDARD 9 P.E 17:** The student will understand and demonstrate knowledge of the strategies of tennis.

<table>
<thead>
<tr>
<th>BENCHMARK</th>
<th>The student is able to understand and demonstrate knowledge of strategies in a game situation.</th>
</tr>
</thead>
<tbody>
<tr>
<td>9P.E 17.1</td>
<td></td>
</tr>
</tbody>
</table>

**Objectives**
- 17.1.1 -executes skills and strategies in a game situation.
## Flag Football

**CONTENT STANDARD 9 P.E 18:** The student will perform skills used in flag football.

<table>
<thead>
<tr>
<th>BENCHMARK</th>
<th>The student is able to pass, receive, and punt a football.</th>
</tr>
</thead>
<tbody>
<tr>
<td>9P.E 18.1</td>
<td>The student…</td>
</tr>
<tr>
<td></td>
<td>18.1.1 -performs the pass, receives, and punts a football during practice trials.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>BENCHMARK</th>
<th>The student understands that different strategies and positioning make up football play.</th>
</tr>
</thead>
<tbody>
<tr>
<td>9P.E 18.2</td>
<td>The student…</td>
</tr>
<tr>
<td></td>
<td>18.2.1 -executes different passing and receiving plays.</td>
</tr>
<tr>
<td></td>
<td>18.2.2 -executes proper positioning for play.</td>
</tr>
<tr>
<td></td>
<td>18.2.3 -anticipates and shifts to correspond with ball movement.</td>
</tr>
</tbody>
</table>

**CONTENT STANDARD 9 P.E 19:** The student will understand and demonstrate knowledge of the rules of flag football.

<table>
<thead>
<tr>
<th>BENCHMARK</th>
<th>The student is able to apply the rules when placed in a game situation.</th>
</tr>
</thead>
<tbody>
<tr>
<td>9P.E 19.1</td>
<td>The student…</td>
</tr>
<tr>
<td></td>
<td>19.1.1 -calls own violations and fouls.</td>
</tr>
<tr>
<td></td>
<td>19.1.2 -obeys rules and shows respect for opponents.</td>
</tr>
</tbody>
</table>

## Power Walking

**CONTENT STANDARD 9 P.E 20:** The student will perform power walking.

<table>
<thead>
<tr>
<th>BENCHMARK</th>
<th>The student understands that heart rate is important to overall health and fitness.</th>
</tr>
</thead>
<tbody>
<tr>
<td>9P.E 20.1</td>
<td>The student…</td>
</tr>
<tr>
<td></td>
<td>20.1.1 -recognizes their personal target heart rate.</td>
</tr>
<tr>
<td></td>
<td>20.1.2 -applies this information in the activity of power walking.</td>
</tr>
</tbody>
</table>
**CONTENT STANDARD 9 P.E 21:** The student will understand and perform the proper technique.

**BENCHMARK**

9P.E 21.1 The student understands that proper form and muscle control are important techniques in power walking.

**Objectives**

- The student…
  - 21.1.1 -recognizes proper form and muscle control in power walking.

**Basketball**

**CONTENT STANDARD 9 P.E 22:** The student will perform a basic mastery of the skills needed to play basketball.

**BENCHMARK**

9P.E 22.1 The student understands that correct dribbling technique involves using the fingertips and keeping the head up.

**Objectives**

- The student…
  - 22.1.1 -performs the basketball dribble.

**BENCHMARK**

9P.E 22.2 The student understands that correct passing technique involves using two hands, stepping toward the target, and follow-through.

**Objectives**

- The student…
  - 22.2.1 -performs the bounce and the chest pass.

**BENCHMARK**

9P.E 22.3 The student understands that correct shooting technique includes bending the knees, keeping the elbow under the ball, extension and follow-through.

**Objectives**

- The student…
  - 22.3.1 -demonstrates the set shot and the lay-up.

**BENCHMARK**

The student is able to demonstrate a basic knowledge of the
### Objectives

**22.4.1** - performs the ability to move without the ball to an advantageous location.

**22.4.2** - performs proper body positioning while staying between the ball and the basket.

### CONTENT STANDARD 9 P.E 23: The student will understand that showing respect for teammates and teachers and maintaining self control is important for teamwork and fair play.

**BENCHMARK**
The student understands that teamwork and fair play is showing respect for teammates, teacher and opponents.

**Objectives**
The student...

- **23.1.1** - applauds or congratulates good play by teammates and opponents.

### CONTENT STANDARD 9 P.E 24: The student will understand and demonstrates knowledge of the rules of the game of basketball.

**BENCHMARK**
The student is able to follow the rules in a game situation.

**Objectives**
The student...

- **24.1.1** - obeys rules, even when not observed.
- **24.1.2** - calls own violations and fouls.

### Self Defense

### CONTENT STANDARD 9 P.E 25: The student will perform the skills needed to protect themselves in the event of a physical attack.

**BENCHMARK**
The student understands that a punch involves making a proper fist, drawing the arm and weight back and exploding forward through the target.

**Objectives**
The student...

- **25.1.1** - identifies the vulnerable areas of the body.
- **25.1.2** - performs a variety of punches.
- **25.1.3** - recognizes the importance of timing and the element of surprise.
**BENCHMARK**

**9P.E.  25.2** The student understands that a kick involves drawing the foot and weight back and exploding through the target while maintaining proper balance.

**Objectives** The student…
- 25.2.1 - demonstrates a variety of kicks.

**BENCHMARK**

**9P.E.  25.3** The student understands that throwing involves maximizing leverage by using your entire body and grabbing the attacker in a vulnerable area.

**Objectives** The student…
- 25.3.1 - performs a variety of throws.

**CONTENT STANDARD 9 P.E 26: The student will understand preventative actions for personal and family protection, are their own responsibility.**

**BENCHMARK**

**9P.E.  26.1** The student understands that preventative measures can be taken to protect their own personal safety.

**Objectives** The student…
- 26.1.1 - identifies strategies to prevent from being attacked.
- 26.1.2 - recognizes personal safety.

**Wrestling**

**CONTENT STANDARD 9 P.E. 27: The student will demonstrate the ability to perform basic wrestling moves and starting positions.**

**BENCHMARK**

**9P.E.  27.1** The student understands that correct technique in the referee’s position consists of one wrestler starting on his hands and knees with his weight back and the other wrestler kneeling on one knee with his outside hand on the opponent’s elbow and the other hand over his back and on his stomach.

**Objectives** The student…
- 27.1.1 - performs the referees position during practice trials.

**BENCHMARK**

**9P.E.  27.2** The student understands that starting in the neutral position involves having both wrestlers facing each other with the right foot forward in a slightly crouched position.
### Objectives
- **27.2.1** - recognizes the neutral position during practice trials.

### BENCHMARK
**9P.E 27.3** The student is able to understand and perform techniques involved in performing introductory wrestling moves.

### Objectives
- **27.3.1** - recognizes the difference between legal and illegal moves.
- **27.3.2** - performs wrestling moves during a wrestling match.
- **27.3.3** - performs escape, takedown, and pinning moves.

### CONTENT STANDARD 9 P.E 28: The student will understand and demonstrate the ability to score a wrestling match.

### BENCHMARK
**9P.E 28.1** The student is able to score an individual and team wrestling match.

### Objectives
- **28.1.1** - recognizes how to keep score individually and team.

### CONTENT STANDARD 9 P.E 29: The student will understand that showing respect for teammates, teachers and maintaining self-control is important for teamwork and fair play.

### BENCHMARK
**9P.E 29.1** The student understands that teamwork and fair play is showing respect for teammates, teachers, and opponents.

### Objectives
- **29.1.1** - applauds or congratulates good play by teammates and opponents.

### Volleyball

### CONTENT STANDARD 9 P.E 30: The student will perform a basic mastery of the skills needed to play volleyball.

### BENCHMARK
**9P.E 30.1** The student understands that the proper mechanics to a bump include; ball contact on the forearms, elbow lock, and body positioning.

### Objectives
- **30.1.1** - performs the proper mechanics to a bump.
**BENCHMARK**

*9P.E  30.2*

The student understands that an effective set includes fingertip contact, hands overhead, arm extension and follow-through.

**Objectives**

- 30.2.1 - performs the proper mechanics to a set.

---

**BENCHMARK**

*9P.E  30.3*

The student understands that a good serve includes ball contact on the heel of the hand and weight transfer.

**Objectives**

- 30.3.1 - performs the proper mechanics to a serve.

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**CONTENT STANDARD 9 P.E 31:** The student will show respect for teammates and teachers and will understand why maintaining self control is important for teamwork and fair play.

**BENCHMARK**

*9P.E  31.1*

The student understands that teamwork and fair play is showing respect for teammates, teachers and opponents.

**Objectives**

- 31.1.1 - congratulates good play by teammates.
- 31.1.2 - works with teammates to improve skills.
- 31.1.3 - follows instruction without arguing.
- 31.1.4 - applauds or congratulates good play by opponents.

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**BENCHMARK**

*9P.E  31.2*

The student understands that teamwork and fair play is maintaining self-control.

**Objectives**

- 31.2.1 - performs to the best of his or her ability regardless of the situation.
- 31.2.2 - refrains from verbal or physical abuse of others.
- 31.2.3 - does not use profanity.
- 31.2.4 - calls their own violations, fouls, and lines.
## Dance

**CONTENT STANDARD 9 P.E 32:** The student will understand the importance of history and culture as it relates to dance.

<table>
<thead>
<tr>
<th>BENCHMARK</th>
<th>The student understands that throughout history dance has played an important role in celebrations, religion, cultural rituals, and self-expression.</th>
</tr>
</thead>
</table>
| **9P.E 32.1** | Objectives: The student…  
- **32.1.1** -recognizes the important role of dance in celebrating religion, and cultural rituals. |

**CONTENT STANDARD 9 P.E 33:** The student will perform effective dance skills, incorporating proper social skills and listening skills.

<table>
<thead>
<tr>
<th>BENCHMARK</th>
<th>The student is able to perform a basic competency in a variety of dance styles.</th>
</tr>
</thead>
</table>
| **9P.E 33.1** | Objectives: The student…  
- **33.1.1** -executes the basic steps in current social, folk, square and line dances. |

<table>
<thead>
<tr>
<th>BENCHMARK</th>
<th>The students understands that appropriate behavior and respect is necessary when dancing with others.</th>
</tr>
</thead>
</table>
| **9P.E 33.2** | Objectives: The student…  
- **33.2.1** -recognizes appropriate behavior and respect when dancing with others. |

<table>
<thead>
<tr>
<th>BENCHMARK</th>
<th>The student is able to listen and respond accordingly to the music/calls/instructions of a variety of dances.</th>
</tr>
</thead>
</table>
| **9P.E 33.3** | Objectives: The student…  
- **33.3.1** -listens and responds to the music/calls instructions of a variety of dances. |
## Fitness Testing

**CONTENT STANDARD 9 P.E 34:** The student will perform the 4 components of the Connecticut state fitness test using proper techniques.

<table>
<thead>
<tr>
<th>BENCHMARK</th>
<th>The student is able to perform the sit and reach, push-ups, and curl-ups in accordance to the testing guidelines.</th>
</tr>
</thead>
<tbody>
<tr>
<td>9P.E 34.1.</td>
<td></td>
</tr>
</tbody>
</table>

**Objectives**  
- 34.1.1 -demonstrates proper technique when engaging in sit and reach, push-ups, and curl-ups while giving maximum effort.

<table>
<thead>
<tr>
<th>BENCHMARK</th>
<th>The student is able to perform the mile run in accordance to the testing guidelines.</th>
</tr>
</thead>
<tbody>
<tr>
<td>9P.E 34.2</td>
<td></td>
</tr>
</tbody>
</table>

**Objectives**  
- 34.2.1 -demonstrates maximum effort in running the mile.