The sophomore curriculum is designed with an emphasis on introducing a wide variety of individual sports and lifetime activities, as well as a number of new team sports. Students will gain a basic competency in each activity and will be able to further pursue their areas of interest during units offered in the junior/senior physical education curriculum. The principles of active participation, teamwork, respect, and sportsmanship will continue to be focal points as the students become more aware of the necessity to pursue life long fitness.

**Activities**

Cooperative Learning/Adventure Activities

Volleyball

Floor Hockey

Team Handball

Group Fitness

Weight Training/Circuit Training

Pickleball

Flag Rugby

Badminton

Lacrosse

Archery

Ultimate Frisbee/Football

Orienteering

Fitness Testing
## PHYSICAL EDUCATION

### Grade 10

### Cooperative Learning/Adventure Activities

<table>
<thead>
<tr>
<th>CONTENT STANDARD 10 P.E. 1: The student will understand effective communication skills when working in a group setting.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BENCHMARK</strong></td>
</tr>
<tr>
<td><strong>10P.E. 1.1</strong></td>
</tr>
<tr>
<td><strong>Objectives</strong></td>
</tr>
<tr>
<td>• 1.1.1</td>
</tr>
</tbody>
</table>

| **BENCHMARK** | The student is able to communicate effectively to meet a desired goal. |
| **10P.E. 1.2** |  |
| **Objectives** | The student… |
| • 1.2.1 | -participates in initiative exercises that offer a series of clearly defined problems. |

<table>
<thead>
<tr>
<th>CONTENT STANDARD 10 P.E. 2: The student will understand the importance of brainstorming and problem-solving as a group.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BENCHMARK</strong></td>
</tr>
<tr>
<td><strong>10P.E. 2.1</strong></td>
</tr>
<tr>
<td><strong>Objectives</strong></td>
</tr>
<tr>
<td>• 2.1.1</td>
</tr>
</tbody>
</table>
Volleyball

CONTENT STANDARD 10 P.E. 3: The student will perform a basic mastery of the skills needed to play volleyball.

BENCHMARK 10P.E. 3.1 The student understands that the proper mechanics to a bump include: ball contact on the forearms, elbow lock, body positioning.

Objectives The student…
- 3.1.1 -performs the proper mechanics to a bump.

BENCHMARK 10P.E. 3.2 The student understands that an effective set includes fingertip contact, hands overhead, arm extension and follow-through.

Objectives The student…
- 3.2.1 -performs the proper mechanics to a set.

BENCHMARK 10P.E. 3.3 The student understands that a good serve includes ball contract on the heel of the hand and weight transfer.

Objectives The student…
- 3.3.1 -performs the proper mechanics to a serve.

CONTENT STANDARD 10 P.E. 4: The student will show respect for teammates and teachers and will understand why maintaining self control is important for teamwork and fair play.

BENCHMARK 10P.E. 4.1 The students understands that teamwork and fair play is showing respect for teammates, teachers and opponents.

Objectives The student…
- 4.1.1 -congratulates good play by teammates.
- 4.1.2 -works with teammates to improve skills.
- 4.1.3 -follows instruction without arguing.
- 4.1.4 -applauds or congratulates good play by opponents.
**BENCHMARK**

**10P.E. 4.2**  The student understands that teamwork and fair play is maintaining self-control.

**Objectives**
- 4.2.1 - performs to the best of his or her ability regardless of the situation.
- 4.2.2 - refrains from verbal or physical abuse of others.
- 4.2.3 - does not use profanity.
- 4.2.4 - calls their own violations, fouls, and lines.

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**Floor Hockey**

**CONTENT STANDARD 10 P.E. 5:** The student will demonstrate a basic mastery of the skills needed to play floor hockey.

**BENCHMARK**

**10P.E. 5.1**  The student is able to pass, receive, and shoot while using proper stick position and technique.

**Objectives**
- 5.1.1 - performs passing, receiving and shooting during practice trials.

**BENCHMARK**

**10P.E. 5.2**  The student is able to demonstrate a basic knowledge of the responsibilities of offense and defense.

**Objectives**
- 5.2.1 - executes proper positioning for play.
- 5.2.2 - anticipates and shifts position to correspond with puck movement.

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**CONTENT STANDARD 10 P.E. 6:** The student will understand and demonstrate knowledge of the rules of the game of floor hockey.

**BENCHMARK**

**10P.E. 6.1**  The student is able to adhere to the rules when placed in a game situation.

**Objectives**
- 6.1.1 - calls own violations and faults.
- 6.1.2 - obeys rules and show respect for opponents.
CONTENT STANDARD 10 P.E 7: The student will demonstrate knowledge of the positions and the responsibilities associated with each position.

BENCHMARK
10P.E. 7.1 The student is able to understand positioning and the responsibilities of each position when in a game situation.

Objectives
- 7.1.1 -executes skills and strategies in a game situation.

Team Handball

CONTENT STANDARD 10 P.E. 8: The student will understand and perform skills needed to play team handball.

BENCHMARK
10P.E. 8.1 The student is able to demonstrate a basic knowledge of the responsibilities of offense and defense.

Objectives
- 8.1.1 -passes, catches, the handball.
- 8.1.2 -executes proper positioning for play.
- 8.1.3 -anticipates and shifts position to correspond with handball movement.

CONTENT STANDARD 10 P.E. 9: The student will demonstrate knowledge of the rules of team handball.

BENCHMARK
10P.E. 9.1 The student is able to adhere to the rules when placed in a game situation.

Objectives
- 9.1.1 -calls own violations and fouls.
- 9.1.2 -obeys rules and shows respect for opponents
Group Fitness

**CONTENT STANDARD 10 P.E. 10:** The student will perform aerobic exercises in many different forms.

<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>10P.E. 10.1</td>
<td></td>
</tr>
</tbody>
</table>

**Objectives**

- 10.1.1 -recognizes their personal target heart rate.
- 10.1.2 -applies this information in the activities of cardio-kick boxing and step aerobics.

**CONTENT STANDARD 10 P.E. 11:** The student will understand and perform the principals of relaxation, yoga and stress reduction.

<table>
<thead>
<tr>
<th>BENCHMARK</th>
<th>The student understands that proper breathing and muscle control are important techniques in relaxation.</th>
</tr>
</thead>
<tbody>
<tr>
<td>10P.E. 11.1</td>
<td></td>
</tr>
</tbody>
</table>

**Objectives**

- 11.1.1 -recognizes proper breathing and muscle control in relaxation and yoga.

**BENCHMARK**

<table>
<thead>
<tr>
<th>10P.E. 11.2</th>
<th>The student is able to reduce their heart rate by applying the principles of relaxation, yoga and stress reduction.</th>
</tr>
</thead>
</table>

**Objectives**

- 11.2.1 -participates in listening to relaxation, yoga and stress reduction tapes.

**Weight Training/Circuit Training**

**CONTENT STANDARD 10 P.E. 12:** The student will understand and perform skills necessary to lift safely and develop their own individual weight training program.

<table>
<thead>
<tr>
<th>BENCHMARK</th>
<th>The student understands that proper spotting, tempo, range of motion, and breathing techniques needed to lift correctly and safely.</th>
</tr>
</thead>
<tbody>
<tr>
<td>10P.E. 12.1</td>
<td></td>
</tr>
</tbody>
</table>

**Objectives**

- 12.1.1 -performs proper spotting, tempo, range of motion and breathing during work out routines.
The student is able to find their maximum weight load on each piece of equipment and convert that information to the proper weight load for repetitions.

Objectives
- 12.2.1 - executes and comprehends proper lifting techniques.

The student is able to record their workout on an individual record sheet designed to monitor progress.

Objectives
- 12.3.1 - records the weight they are lifting and how many repetitions they complete on each piece of equipment.

The student will perform aerobic exercise in circuit training.

The student understands that heart rate is important to overall health and fitness.

Objectives
- 13.1.1 - recognizes their personal target heart rate.
- 13.1.2 - applies this information in the activity of circuit training.

Flag Rugby

The student will demonstrate knowledge of basic skills used in modified rugby.

The student is able to punt, toss and catch a rugby ball.

Objectives
- 14.1.1 - punts, tosses and catches a rugby ball during practice trials.

The student is able to participate in a scrum.

Objectives
- 14.2.1 - performs proper positioning for play.
- 14.2.2 - anticipates and shifts position to correspond with ball movement.
CONTENT STANDARD 10 P.E. 15: The student will understand and demonstrate knowledge of the rules of flag rugby.

BENCHMARK The student is able to apply the rules in a game situation.
10P.E. 15.1

Objectives The student…
- 15.1.1 comprehends that rugby class is modified to encourage active participation and safety.
- 15.1.2 obeys rules and show respect for opponents.

Pickleball/Badminton (Racquet Sports)

CONTENT STANDARD 10 P.E. 16: The student will demonstrate a basic mastery of the skills needed to play badminton and pickleball.

BENCHMARK The student is able to demonstrate proper form when using the various strokes.
10P.E. 16.1

Objectives The student…
- 16.1.1 performs the forehand stroke during practice trials.
- 16.1.2 performs the backhand stroke during practice trials.
- 16.1.3 performs the overhead volley during practice trials.
- 16.1.4 performs the lob volley during practice trials.
- 16.1.5 performs the server volley during practice trials.

BENCHMARK The student is able to demonstrate the ability to hit a variety of shots in a game situation.
10P.E. 16.2

Objectives The student…
- 16.2.1 performs an execution of skills and strategies with the forehand, backhand, volley and serve.

CONTENT STANDARD 10 P.E. 17: The student will understand and demonstrate knowledge of the rules for badminton and pickleball.

BENCHMARK The student is able to adhere to the rules in a game situation.
10P.E. 17.1

Objectives The student…
- 17.1.1 calls own violations, fouls and liners.

CONTENT STANDARD 10 P.E. 18: The student will understand and demonstrate knowledge of the strategies of badminton and pickleball.
BENCHMARK 10P.E. 18.1 The student is able to understand and demonstrate knowledge of strategies in a game situation.

Objectives The student…
• 18.1.1 -executes skills and strategies in a game situation.

Lacrosse

CONTENT STANDARD 10 P.E. 19: The student will demonstrate a basic mastery of the skills needed to play lacrosse.

BENCHMARK 10P.E. 19.1 The student is able to pass, catch, shoot, cradle, and face-off with correct technique.

Objectives The student…
• 19.1.1 -performs passing, catching, shooting, cradling and facing off during practice trials.

CONTENT STANDARD 10 P.E. 20: The student will understand and demonstrate knowledge of the rules of lacrosse.

BENCHMARK 10P.E. 20.1 The student is able to apply the rules when placed in a game situation.

Objectives The student…
• 20.1.1 -calls own violations and fouls.
• 20.1.2 -obeys rules and shows respect for opponents.

CONTENT STANDARD 10 P.E. 21: The student will demonstrate knowledge of the positions and the responsibilities associated with each.

BENCHMARK 10P.E. 21.1 The student is able to play different positions and know their responsibilities in a game situation.

Objectives The student…
• 21.1.1 -executes proper positioning for play.
• 21.1.2 -anticipates and shifts positions to correspond with ball movement.

Archery

CONTENT STANDARD 10 P.E. 22: The student will understand and be able to apply the rules of safety.
The student understands that all safety precautions are necessary for safe shooting.

Objectives
- 22.1.1 - follows instructions.

CONTENT STANDARD 10 P.E. 23: The student will understand and demonstrate proper shooting technique.

The student is able to load, aim, draw, and release on command.

Objectives
- 23.1.1 - performs the skills, load, aim, draw and release accurately and effectively towards an archer target.

CONTENT STANDARD 10 P.E. 24: The student will understand scoring in archery.

The student is able to keep score using the 9 point scoring system.

Objectives
- 24.1.1 - recognizes the execution of skills and strategies in scoring.

Ultimate Frisbee/Football

CONTENT STANDARD 10 P.E. 25: The student will understand and demonstrate the skills needed to play Ultimate Frisbee and Ultimate Football.

The student is able to demonstrate a basic knowledge of the responsibilities of offense and defense.

Objectives
- 25.1.1 - throws, catches, and slaps down the frisbee/football.
- 25.1.2 - executes proper positioning for play.
- 25.1.3 - anticipates and shifts position to correspond with frisbee/football movement.
CONTENT STANDARD 10 P.E. 26: The student will understand and demonstrate knowledge of the rules of Ultimate Frisbee and Ultimate Football.

**BENCHMARK** 10P.E. 26.1 The student is able to adhere to the rules when placed in a game situation.

**Objectives**
- 26.1.1 - throws, catches, and slaps down the frisbee/football.
- 26.1.2 - calls own violations and fouls.

**Orienteering**

CONTENT STANDARD 10 P.E. 27: The student will understand and demonstrate the navigational skills needed to use a map and compass to navigate from point to point in diverse and usually unfamiliar terrain.

**BENCHMARK** 10P.E. 27.1 The student is able to demonstrate a basic knowledge of reading a map and compass.

**Objectives**
- 27.1.1 - will be able to mark locations on a map.
- 27.1.2 - identify directions based off reading a compass.

CONTENT STANDARD 10 P.E. 28: The student will understand and demonstrate knowledge of letterboxing in orienteering.

**BENCHMARK** 10P.E. 28.1 The student is able to combine elements of orienteering, art and puzzle solving.

**Objectives**
- 28.1.1 - will use compass and clues to move from letterbox to letterbox.
- 28.1.2 - will collect proof of each letterbox and keep a “find count”.

**Fitness Testing**

CONTENT STANDARD 10 P.E. 29: The student will perform the 4 components of the Connecticut state fitness test using proper techniques.

**BENCHMARK** 10P.E. 29.1. The student is able to perform the sit and reach, push-ups, and curl-ups in accordance to the testing guidelines.
<table>
<thead>
<tr>
<th>Objectives</th>
<th>The student…</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 29.1.1</td>
<td>-demonstrates proper technique when engaging in sit and reach, push-ups, and</td>
</tr>
<tr>
<td></td>
<td>curl-ups while giving maximum effort.</td>
</tr>
</tbody>
</table>

| BENCHMARK 10P.E. 29.2 | The student is able to perform the mile run in accordance to the testing guidelines. |

<table>
<thead>
<tr>
<th>Objectives</th>
<th>The student…</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 29.2.1</td>
<td>-demonstrates maximum effort in running the mile.</td>
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</tbody>
</table>