

Grade 10 Physical Education



Fitness

Am I fit and healthy? How do I stay fit and healthy? How do I improve my fitness and health?

Health-related fitness incorporates the areas of cardiovascular fitness, flexibility, muscular strength, muscular endurance, nutrition and other health related topics. Students must develop lifelong habits of activity that insure daily moderate and vigorous exercise. Technology (heart rate monitors) is used as a tool to improve fitness.

- Participates in the CT Physical Fitness Assessment and understand their own levels of fitness
- Understands and utilizes the process of cool down stretch
- Applies the concept of pacing to the long periods of running
- Continues to use knowledge for proper eating habits
- Continues strategies to refrain from abusing drugs
- Utilizes heart monitors to monitor fitness levels

Adventure Education

How does what I say or do impact others in my group? What makes an effective team? What does a good leader do?

- Identifies the critical characteristics of good communication
- Demonstrates effective, respectful communication skills
 - Expresses feelings or opinions appropriately
 - Agrees or disagrees in constructive way
 - Listens respectfully
- Knows the steps of effective problem solving
- Demonstrates respect, trust, and cooperation as a team in problem solving activities
- Accepts responsibility for safety of oneself and others
 - Knows and utilizes spotting correctly, including correct body position
 - Uses verbal commands to initiate a fall, jump, lean, or other physical task
 - Uses verbal commands to finish a fall, jump, lean, or physical task
 - Uses of correct performer body position for lean or fall
 - Indicates verbally if they detect any emotional or physical conditions that indicate it is not safe for group to proceed

Individual, dual, and team sports

What do I need to do to be an effective player or performer? What makes a successful team?

We intend that students will have sufficient skills to enjoy participation in many activities and select a few they would want to pursue in adulthood. In keeping with this goal, the sport offerings required in grades ten offer opportunities for students to try a new sport and refine others.

Students in grade ten may participate in the following sports:

Fencing

Non-specific sport invasion games

Tennis

Ultimate Frisbee

Ballroom Dance

What does the style of this dance express? How? What can I do to enjoy this more?

Dance is an essential part of a comprehensive physical education program. Dance provides a balance between functional and expressive purposes of movement. In ninth grade we focus on ballroom/social dance.

- Performs dance steps and variations
 - Combines basic dance steps into sequences using transitions
 - Performs the dance keeping with the overall style
- Options include:
- Swing
 - Cha-Cha
 - Foxtrot
 - Waltz
 - Polka
 - Rumba
 - Tango
 - Salsa/Mambo
- Performs the partner position as appropriate to the specific dance
 - Perform dance moving around the floor counterclockwise, if appropriate
 - Move in direction as determined by role (leader, follower) and particular dance
 - Demonstrate cooperation in partner work as it pertains to leading, following, and dance etiquette
 - Perform the dance keeping with the overall style
 - Perform combinations of dance steps and transitions