



HUDSONVILLE HIGH SCHOOL COURSE FRAMEWORK



COURSE / SUBJECT

Adapted P.E.

KEY COURSE OBJECTIVES/ ENDURING UNDERSTANDINGS Important ideas and core processes	UNIT PACING Names of units and approximate pacing	UNIT LEARNING TARGETS By the end of the unit, students will be able to. . .	STANDARD Which standards (i.e. common core, MMC, etc.) does this address?
<p>There are four main objectives for the Adapted PE class.</p> <ol style="list-style-type: none"> 1. To teach students the fundamentals of selected team and individual sports. I will do this by adapting the skills and rules of each sport. 2. To increase each students fitness level. Students will perform daily fitness routines designed to improve each of the five fitness components. 3. To teach the importance of fun play. Cooperative games provide a fun way to teach fundamental motor and sport skills and concepts and to develop fitness levels. 	<p>Fitness Unit Once a week. 12 times a semester</p>	<p>Students will be using the cardio room, walking the 2 mile block, and doing circuit training.</p>	<ul style="list-style-type: none"> • Content Standard 2: L4, benchmark D • Content Standard 4: L4 benchmarks A,C,E • Content Standard 5: L4 benchmarks A,C,E
	<p>Sports Unit Twice a week 24 times a semester</p>	<p>Students will practice skills, play organized games and learn the rules to: Basketball Floor Hockey Volleyball Handball Soccer Pickleball Tennis</p>	<ul style="list-style-type: none"> • Content Standard 1: L4 benchmark A • Content Standard3: L4 benchmark B • Content Standard 5: L4 benchmark A,C,D,E

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OVERARCHING/ESSENTIAL SKILLS OR QUESTIONS (ideas/skills that transcend discipline-specific learning)	Swimming Unit Once a week 12 times a semester	Students will learn and demonstrate proper swimming skills and play a variety of water games and learn to go off the diving board.	<ul style="list-style-type: none"> • Content Standard 1: L4 benchmark A • Content Standard3: L4 benchmark B • Content Standard 5: L4 benchmark A,C,D,E
	Field Trips	Students will get the opportunity to go to: MVP athletic club Tarry Hall Roller Rink Parks Gymnastics Unlimited	