

**Argenta-Oreana High School
Co-Ed Physical Education**

Date Semester	IL Learning Standards	Unit and/or Essential Question Content and/or Skills	Assessments and/or Products
Fall August and continuing throughout the year	19.A.3 19.B.3 19.A.4 20.A.3a 20.B.3a 20.B.3b 20.A.5 20.B.5.a 20.C.5a	Conditioning Skills -Exercises -Stretching -Jogging -Sprinting -Building up endurance -Cool-down -Height and Weight	Timed Mile
September	21.A.3a 21.A.3b 21.A.3c 21.B.3 21.A.4b 21.A.5 21.B.5	Tennis Skills -Athletic Stance and Grip -Serving -Ground Strokes -Shots Drop Lob Smash -Scoring -Rules	Written Quiz Written Test Work-up Tournament
September	21.A.3a 21.A.3b 21.B.4 21.A.4a	Flag Football Skills -Gripping Football -Throwing and Catching	Written Quiz Written Test Skills Test Pass Patterns

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	21.A.4b 21.A.4c 21.A.5 21.A.B5	-Pass Patterns -Rules	
October- November (as weather permits)	19.C.5b 19.B.5 19.A.5 21.A.3a 21.A.3c 21.B.3 21.A.5 21.B.5	Speedball/ Speedaway/ Soccer Skills: -Dribbling -Shot on Goal -Passing -Lifts -2 foot lift Toe Roll Up Toe Roll Back -Rules to all 3 Games	Written Quiz Written Test Tournament
November- December	21.A.3a 21.A.3b 21.A.3c 21.B.3 21.A.4b 21.A.5 21.B.5	Pickleball Skills: -Athletic Stance -Gripping Paddle -Serving -Shots Drop Drive Smash Lob Down the Line -Rules	Written Quiz Written Test Court Workup Tournament Coed and Girls/Boys
January	21.A.3a 21.A.3b 19.C.5b 19.B.5 19.A.5 21.A.3c 21.B.3	Volleyball Skills: -Athletic Stance -Forearm Passing Hand Position, Thumbs Down, Elbows locked, Shrug Shoulders -Setting Elbows Up and Out, Hands relaxed and open	Written Quiz Written Test Class Tournament Skills Test - Serving

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	21.B.5	-Serving Toss, Step, Hit Open Hand Over Hand -Hitting 3 Step Approach 1 long, 2 gather & Jump, Open Hand -Rally Scoring -Rules	
February	19.C.5b 19.B.5 21.A.3a 21.A.3b 21.A.3c 21.B.3 21.B.5	Basketball Skills: -Defensive Stance - Dribbling - Passing Chest Overhead Bounce -Shooting Layup Set Shot Jump Shot Free Throw -Rules	Written Quiz Written Test Class 4on4 Tournament Skills Test Layups Shooting
February-March	21.A.3a 21.A.3b 21.A.3c 21.B.3	Badminton Skills: -Athletic Stance -Grip Eastern -Serving Underhand No Steps -Shots Overhead Clear Drop Smash Drive -Strategy Doubles -Scoring -Rules	Written Quiz Written Test Court Work Up Tourney Skills Test Serving
March	21.A.3a 21.A.3b	Eclipse Ball Skills:	Written Quiz Class Tournament

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	21.A.3c	<ul style="list-style-type: none"> -Athletic Stance -Grip Eastern Safety with racquet -Serving -Rules 	
March-April	19.A 19.C.5b 19.A.5 19.B.5 21.A.3a 21.A.3b 21.A.3c	Rollerskating Skills: <ul style="list-style-type: none"> -Safety -How to put on skates and put away -How to stand up -How to fall down -Forward Skating Toes Out and Walk -Backward Skating Toes In -Stopping- Forward/Backward -Crossover Turning -Mohawk Turn -Forward & Backward Scissors -Partner Skating -Group Skating 	Written quiz Skills Test- All skills
April	19.C.5b 19.B.5 19.A.5 21.A.3	Floor Hockey Skills: <ul style="list-style-type: none"> -Safety -Holding Stick -Shot on Goal -Positions -Rules 	Written Quiz
April		Team Handball Skills:	Written Test Class Tourney

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		<ul style="list-style-type: none"> -Dribbling -Shooting -Defense -Positions -Rules 	
April –May	19.B.5 19.C.5 19.A.5 21.A.3a 21.A.3b 21.A.3c 21.B.3 21,B..5	Softball Skills: <ul style="list-style-type: none"> -Throwing -Catching -Hitting -Sliding -Positions -Rules 	Written Quiz Written Test Team Tournament
May	21.A.3a. 21.A.3b 21.A.3c 21.B.3a 21.B.3b 21.B.3c	Archery Skills: <ul style="list-style-type: none"> -Safety Rules -Stringing a Bow -Parts of the Arrow / Parts of Bow -7 Steps of Shooting Archery <ul style="list-style-type: none"> Address the Target Knock your Arrow Draw Anchor under your chin Aim Release Follow Through -Scoring – Colors of the Target/Point Values 	Written Quiz Written Test Skills Test - Shooting 1 round at 25 yds

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May	21.A.3a 21.A.3b 21.A.3c	Golf Skills: -Grip -Swing -Safety Rules - Etiquette -Course Play -Scoring	Written Test Skills Test- Score Card
May	19.A.3 19.A.4 19.B.3 20.A.3a 20.A.5 20.B.3a 20.B.5a 20.C.5a	Physical Fitness Testing -Mile -Sit-ups -Pushups -Shuttle Run -Sit and Reach -Measure- Ht. Wt.	Presidential Physical Fitness Testing