

# Physical Education

## Grade 9 –

### Individual Sport – Movement

#### FIRST NINE WEEKS:

**TEKS Subject: *Individual Sports/Activity/Health***

# =ONGOING

<b>Social Skills</b>	<b>District Focus and Resources</b>
<ul style="list-style-type: none"> <li>❑ 9.21 Evaluate personal skills and sets realistic goals for improvement. (TEKS/SE)(c6A)</li> </ul>	Social Skills (character building) “_____That Teach “Maximizing Output” Pyramid of Success
<ul style="list-style-type: none"> <li>❑ 9.22 Respond to challenges, successes, and failures in physical activities in socially appropriate ways. (TEKS/SE)(c6B) #</li> </ul>	
<ul style="list-style-type: none"> <li>❑ 9.23 Accept successes and performance limitations of self and others. (TEK/SE)(c6C) #</li> </ul>	
<ul style="list-style-type: none"> <li>❑ 9.24 Anticipate potentially dangerous consequences of participating in selected individual sports. (TEK/S)(c6D) #</li> </ul>	
<ul style="list-style-type: none"> <li>❑ 9.25 Demonstrate responsible behavior in individual sports such as playing by the rules, accepting lack of skill on others. (TEK/SE)(c6D) #</li> </ul>	

**TEKS Subject: *Individual Sports/Social Development***

# = ONGOING

<b>Basic Components</b>	<b>District Focus and Resources</b>
<ul style="list-style-type: none"> <li>❑ 9.7 Acknowledge good play from an opponent during competition. (TEKS/SE)(c3A) #</li> </ul>	Sportsmanship Fair Play Accepting Responsibility
<ul style="list-style-type: none"> <li>❑ 9.8 Accept the roles and decisions of officials. (TEKS/SE)(c3B) #</li> </ul>	
<ul style="list-style-type: none"> <li>❑ 9.9 Demonstrates officiating techniques. (TEK/SE)(c3C) #</li> </ul>	

**TEKS Subject: *Individual Sports/ Activity Health***

# =ONGOING

<b>Safety Practices</b>	<b>District Focus and Resources</b>
<ul style="list-style-type: none"> <li>❑ 9.18 Evaluate risks and safety factors that may affect individual sport preferences. (TEKS/SE)(c5A)</li> </ul>	Safety & Injury Prevention -Weather conditions -Safety issues -Foot wear -Biomechanics Injury Prevention & Care -Ways To Prevent Injuries -Medical Evaluations
<ul style="list-style-type: none"> <li>❑ 9.19 Identify and follow safety procedures when participating in individual sports. (TEK/SE)(c5B) #</li> </ul>	
<ul style="list-style-type: none"> <li>❑ 9.20 Describe equipment and practices that prevent or reduce injuries. (TEK/SE)(c5C)</li> </ul>	
<ul style="list-style-type: none"> <li>❑ 9.3 Use internal and external information to modify movement during performance. (TEK/SE)(c2A) #</li> </ul>	

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<b>Applies Movement Concepts</b>	<b>District Focus and Resources</b>
<ul style="list-style-type: none"> <li>❑ 9.4 Describe appropriate practice procedures to improve skill and strategy in a sport. (TEKS/SE)(c2B)</li> </ul>	Personal Fitness Continuum Why Do People Stop Exercising? Improve Adherence Designing Physical Activity Exercise Program -Dose -Overload -F.I.T. Personal Fitness Prescription
<ul style="list-style-type: none"> <li>❑ 9.5 Develop an appropriate conditioning program for the selected sport. (TEKS/SE)(c2C)</li> </ul>	
<ul style="list-style-type: none"> <li>❑ 9.6 Identify correctly the critical elements for successful performance of a sport skill. (TEKS/SE)(c2D)</li> </ul>	
<ul style="list-style-type: none"> <li>❑ 9.11 Select and participate in individual sports that provide for enjoyment and challenge. (TEKS/SE)(c4A) #</li> </ul>	
<ul style="list-style-type: none"> <li>❑ 9.12 Analyze and evaluate personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body composition. (TEKS/SE)(c4B) #</li> </ul>	

**SECOND NINE WEEKS:**

**TEKS Subject: *Individual Sports/Activity/Health***

# =ONGOING

<b>Physically-Active Lifestyle</b>	<b>District Focus and Resources</b>
<ul style="list-style-type: none"> <li>❑ 9.13 Analyze and compare health and fitness benefits derived from participating in selected individual sports (TEKS/SE)(c4C)</li> </ul>	Scientific Principle of Specificity Conditioning Mode Special Situations Journal Goal Setting STRESS Body Types Steroid Use Eating Disorders Advertisements -Cure-alls -Quick Fixes
<ul style="list-style-type: none"> <li>❑ 9.14 Establish realistic yet challenging health -related fitness goals for selected individual sports. (TEKS/SE)(c4D)</li> </ul>	
<ul style="list-style-type: none"> <li>❑ 9.15 Explain the interrelatedness between selected individual sports and a personal fitness program. (TEKS/SE)(c4E)</li> </ul>	
<ul style="list-style-type: none"> <li>❑ 9.16 Describe two training principles appropriate for enhancing flexibility, muscular strength and endurance, and cardio respiratory endurance. (TEK/SE)(cF4)</li> </ul>	
<ul style="list-style-type: none"> <li>❑ 9.17 Explain the effects of substance abuse on personal health and performance in physical activity such as side effects of steroid use. (TEK/SE)(c4G)</li> </ul>	

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<b>Participation with Confidence</b>	<b>District Focus and Resources</b>
<ul style="list-style-type: none"> <li>❑ 9.10 Research and describe the historical development of an individual sport. (TEKS/SE)(c3D)</li> </ul>	*Basketball – NCAA Tournament Bracket *Baseball -Attend Spring Tournament -Movie *Golf *Track *Soccer *Football *Volleyball
<ul style="list-style-type: none"> <li>❑ 9.1 Exhibit level of competency in two or more individual sports that include aquatics, archer, badminton, bicycling, bowling, gymnastics, golf, handball, racquetball, self-defense, table tennis, track and field, weight training or (more). (TEKS/SE)(c1A) #</li> </ul>	
<ul style="list-style-type: none"> <li>❑ 9.2 Consistently perform skills and strategies and follow rules at a basic level of competency. (TEKS/SE)(c1B) #</li> </ul>	