

**URBANDALE COMMUNITY SCHOOL DISTRICT  
CURRICULUM FRAMEWORK OUTLINE**

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**SUBJECT:** Physical Education  
**COURSE TITLE:** 9<sup>th</sup>/10<sup>th</sup> Physical Education  
**GRADE LEVEL:** 9<sup>th</sup> and 10<sup>th</sup> Grade  
**PREREQUISITES:** None

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**COURSE DESCRIPTION:**

The objective of 9<sup>th</sup>/10<sup>th</sup> grade physical education is to provide students with a variety of activities that include sportsmanship, health/fitness knowledge and skill development. Students will select and register for one of the following sections: PE 9-10 Fitness, PE 9-10 Team Sports, PE 9-10 Recreational Activities, or PE 9-10 Strength Training.

Students will select an area of focus within 9<sup>th</sup> and 10<sup>th</sup> grade. Areas include Fitness, Team Sports, Recreational Activities, and Strength Training. All sections will integrate the State required components of physical fitness activities that increase cardiovascular endurance, muscular strength and flexibility; sports and games; tumbling and gymnastics; rhythms and dance; water safety; leisure and lifetime activities. Fitness and Strength Training will introduce a variety of fitness programs such as aerobics and free weights. Team games sections will include activities such as basketball and volleyball. Recreational activities will include, but not be limited to, bocce ball and archery.

**CONTENT STANDARDS:**

In order that our students may achieve the maximum benefit from their talents and abilities, the students of Urbandale Community School District's Physical Education should be able to . . .

**Content Standard I. Use a variety of basic and advanced movement forms.**

Benchmark: Demonstrate basic motor skills and movement patterns needed to perform a variety of activities.

**Content Standard II. Apply movement concepts and principles to the learning and development of motor skills.**

Benchmark: Apply bio-mechanical concepts and principles to evaluate performance.

**Content Standard III. Participate regularly in physical activity.**

Benchmarks: Participate in regularly in health-enhancing activities.  
Practice preventative health behaviors.

**Content Standard IV. Achieve and maintain a health-enhancing level of physical fitness.**

Benchmark: Monitor personal level of physical fitness.

**Content Standard V. Demonstrate responsible personal and social behavior while respecting differences among people in physical activity settings.**

Benchmark: Follow established rules, procedures and safety guidelines.



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**PREREQUISITES:** None

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**CONTENT STANDARDS AND COURSE BENCHMARKS WITH INDICATORS:**

**Content Standard I. Use a variety of basic and advanced movement forms.**

**Benchmark: Demonstrate basic motor skills and movement patterns needed to perform a variety of activities.**

Indicators: Demonstrate technique for strength training (e.g., squat, bench press).  
Demonstrate strength and cardio techniques.  
Demonstrate motor skills and object manipulation for sports.  
Demonstrate motor skills and object manipulation for recreational activities.  
Demonstrate basic aquatic activities (i.e., front crawl, elementary back stroke, breast stroke, side stroke and stride entry).

Assessment: Teacher developed tasks and checklists

**Content Standard II. Apply movement concepts and principles to the learning and development of motor skills.**

**Benchmark: Apply bio-mechanical concepts and principles to evaluate performance.**

Indicators: Evaluate strength training techniques.  
Evaluate strength and cardio training techniques.  
Evaluate sport specific skills.

Assessment: Individual evaluation technique form and feedback

**Content Standard III. Participate regularly in physical activity.**

**Benchmark: Participate in regularly in health-enhancing activities.**

Indicators: Participate regularly in physical activity that contributes to the attainment and maintenance of the five fitness components (flexibility, muscle strength, cardiovascular endurance, muscle endurance, and body composition).

Assessments: Analysis of fitness testing



**Benchmark: Practice preventative health behaviors.**

Indicators: Engage in behaviors that promote positive mental and emotional health.

Assessment: Student activity log

**Content Standard IV. Achieve and maintain a health-enhancing level of physical fitness.**

**Benchmark: Monitor personal level of physical fitness.**

Indicators: Demonstrate selected physical activities to maintain the five components of fitness (flexibility, muscle strength, cardiovascular endurance, muscle endurance, and body composition).  
Assess and monitor current physical health to meet fitness goals.

Assessment: UHS fitness test  
Personal fitness evaluation

**Content Standard V. Demonstrate responsible personal and social behavior while respecting differences among people in physical activity settings.**

**Benchmark: Follow established rules, procedures and safety guidelines.**

Indicators: Identify and practice safety procedures for selected activities.  
Participate cooperatively with others to integrate group goals in competitive and non-competitive situations.

Assessment: Instructor observation with documentation

No student enrolled in the Urbandale Community School District shall be excluded from participation in, be denied the benefits of, or be subjected to discrimination in the District's programs on the basis of race, color, creed, sex, religion, marital status, ethnic background, national origin, disability, sexual orientation, gender identity, or socio-economic background. The policy of the District shall be to provide educational programs and opportunities for students as needed on the basis of individual interests, values, abilities and potential.

