

**Southington Public Schools
Curriculum Map**

Subject: Physical Education

Grade: 12

UNIT TITLE	#1 SELF DEFENSE
CONTENT	<ul style="list-style-type: none">• Personal Safety Skills
STATE STANDARDS	<p>6.1 Pursue new activities, both as individuals and with others</p> <p>6.3 Pursue lifelong physical activities that meet individual needs</p> <p>6.6 Display heightened confidence and broadened interest by selecting new physical activities</p>
ASSESSMENT	<p><u>PERFORMANCE TASK</u></p> <ul style="list-style-type: none">• Students will complete a reaction paper as a final assessment following the self-defense unit. The challenge will be to picture oneself in one of three predicaments and use the information and skills learned to defend oneself and explain that defense.• See attached reaction paper. <p><u>OTHER EVIDENCE</u></p> <ul style="list-style-type: none">• Skills test on random releases• Written test on information learned from film strips and discussions
SKILLS	<p><i>Students will be able to...</i></p> <ul style="list-style-type: none">• Wrist releases• Front and rear choke releases• Release from lying down chokes• Straight-arm bar• Upper arm grab• Forearm choke release• Body hold releases