

**Southington Public Schools****Curriculum Map****Subject:** Physical Education**Grade:** 9

<b>UNIT TITLE</b>	<b>#1 TRACK AND FIELD</b>
<b>CONTENT</b>	<ul style="list-style-type: none"><li>• Track and Field Event</li><li>• Technical Knowledge</li></ul>
<b>STATE STANDARDS</b>	<p><b>1.0</b> Physical Activity-students will become competent in a variety of, and proficient in a few, physical activities.</p> <p><b>2.0</b> Human Movement-students will understand and apply principles of human movement to the learning and development of motor skills.</p>
<b>ASSESSMENT</b>	<p><b><u>PERFORMANCE TASK</u></b></p> <ul style="list-style-type: none"><li>• At the end of the unit, the students should be able to officiate a track meet and observe and make corrections of other students' performances.</li></ul> <p><b><u>OTHER EVIDENCE</u></b></p> <ul style="list-style-type: none"><li>• Performance of different track and field skills</li><li>• Written test</li></ul>
<b>SKILLS</b>	<p><i>Students will be able to...</i></p> <ul style="list-style-type: none"><li>• throw the shot put correctly</li><li>• throw the discus correctly</li><li>• perform the triple jump correctly</li><li>• perform the long jump correctly</li><li>• perform a relay exchange correctly in the exchange zone</li><li>• run a sprint using proper form</li></ul>