
Coal City Unit District #1
High School Physical Education
Physical Education Curriculum

- PE.HS:1 Students will demonstrate the game of team handball. (IL 19A, 19B, 19C, 21A)**
- PE.HS:1-1 Identify the 3 types of throws in team handball: jump, step around, and set.
 - PE.HS:1-2 Identify proper skills and rules of passing, catching and shooting in team handball.
 - PE.HS:1-3 Interpret the difference between offensive and defensive rules in team handball.
 - PE.HS:1-4 Identify different player roles in team handball. (e.g. offense, defense, goalies).
 - PE.HS:1-5 Identify and apply rules and knowledge of infractions in team handball.
 - PE.HS:1-6 Identify the positions and boundaries in team handball.
- PE.HS:2 Students will demonstrate the game of speedball. (IL 19A, 19B, 19C, 21A)**
- PE.HS:2-1 Identify 3 types of scoring in speedball: touchdown, field goal, hoop and their point value.
 - PE.HS:2-2 Recognize proper skills of throwing and catching in speedball.
 - PE.HS:2-3 Recognize rules and strategies in speedball.
- PE.HS:3 Students will demonstrate the game of floor hockey. (IL 21A, 21B)**
- PE.HS:3-1 Identify player position in floor hockey.
 - PE.HS:3-2 Identify penalties in floor hockey.
 - PE.HS:3-3 Identify proper shooting skills in floor hockey.
 - PE.HS:3-4 Recognize rules and strategies in floor hockey.
- PE.HS:4 Students will demonstrate the game of badminton. (IL 19A, 19B, 19C, 21A, 21B)**
- PE.HS:4-1 Recognize rules of badminton.
 - PE.HS:4-2 Identify safety precautions in badminton.
 - PE.HS:4-3 Define the 3 badminton shots: drop, smash, and clear.
 - PE.HS:4-4 Define proper terminology and vocabulary in badminton.
 - PE.HS:4-5 Clarify correct scoring in badminton.
 - PE.HS:4-6 Identify proper rotation in doubles and singles play in badminton.
 - PE.HS:4-7 Label badminton court on the diagram.

PE.HS:5 Students will demonstrate the game of pickleball. (IL 19A, 19B, 19C, 21A, 21B)

- PE.HS:5-1 Recognize and apply knowledge of rules in pickleball.
- PE.HS:5-2 Identify proper safety in pickleball.
- PE.HS:5-3 Define proper terminology and vocabulary in pickleball.
- PE.HS:5-4 Clarify correct scoring in pickleball.
- PE.HS:5-5 Identify the 3 types of shots in pickleball: drop, smash, clear.

PE.HS:6 Students will demonstrate the game of lacrosse. (IL 19A, 19B, 19C)

- PE.HS:6-1 Demonstrate and apply knowledge of rules and penalties in lacrosse.
- PE.HS:6-2 Identify scoring in lacrosse.
- PE.HS:6-3 Identify player positions in lacrosse.
- PE.HS:6-4 Establish proper safety in lacrosse.
- PE.HS:6-5 Define proper terminology and vocabulary in lacrosse.

PE.HS:7 Students will demonstrate the game of ultimate Frisbee. (IL 19A, 19B, 19C, 21A, 21B)

- PE.HS:7-1 Identify the 4 basic throws in ultimate Frisbee: backhand, sidearm, thumber, and bayonet.
- PE.HS:7-2 Identify the 4 catches in ultimate Frisbee: sandwich, “c” catch, rim catch, and body trap.
- PE.HS:7-3 Recognize rules in ultimate Frisbee.

PE.HS:8 Students will demonstrate the game of tennis. (IL 19A, 19B, 19C, 21A)

- PE.HS:8-1 Recognize proper serving and hitting techniques in tennis.
- PE.HS:8-2 Identify proper scoring in tennis.
- PE.HS:8-3 Define proper vocabulary and terminology in tennis.
- PE.HS:8-4 Identify the court markings in tennis.
- PE.HS:8-5 Identify proper rules and regulations in tennis.

PE.HS:9 Students will demonstrate the game of bowling. (IL 19A, 19B, 19C, 21A)

- PE.HS:9-1 Identify and apply knowledge of etiquette when bowling.
- PE.HS:9-2 Identify proper scoring by use of a scorecard in bowling.
- PE.HS:9-3 Identify symbols and terminology in bowling.
- PE.HS:9-4 Recognize proper techniques and fundamentals of a bowling approach.

PE.HS:10 Students will demonstrate the game of flag football. (IL 19A, 19B, 19C, 21A)

- PE.HS:10-1 Identify proper scoring in flag football.
- PE.HS:10-2 Identify proper terms and vocabulary in flag football.
- PE.HS:10-3 Recognize proper skills of throwing and catching in flag football.
- PE.HS:10-4 Identify and apply knowledge of rules and penalties in flag football.

PE.HS:11 Students will demonstrate the game of soccer. (IL 19A, 19B, 19C, 20A, 21B)

- PE.HS:11-1 Identify proper kicking and dribbling in soccer.
- PE.HS:11-2 Identify and apply knowledge of rules in soccer.
- PE.HS:11-3 Identify vocabulary and terminology in soccer.
- PE.HS:11-4 Identify player positions in soccer.
- PE.HS:11-5 Identify types of kicks in soccer. (e.g. goal, penalty, corner).

PE.HS:12 Students will demonstrate lifetime leisure activities of bocce ball, washers, Baggo and horse shoes. (IL 19A, 19C, 20C)

- PE.HS:12-1 Recognize rules of leisure activities.
- PE.HS:12-2 Identify proper scoring in leisure activities.
- PE.HS:12-3 Identify legal plays and regulations in leisure activities.
- PE.HS:12-4 Recognize proper sportsmanship and etiquette in leisure activities.
- PE.HS:12-5 Recognize safety and strategies in leisure activities.

PE.HS:13 Students will demonstrate the game of softball. (IL 19A, 19B, 19C, 21A)

- PE.HS:13-1 Recognize knowledge of rules in softball.
- PE.HS:13-2 Explain knowledge of the objective of the game of softball.
- PE.HS:13-3 Identify strategies of the game play in softball.
- PE.HS:13-4 Identify player positions and responsibilities in softball.
- PE.HS:13-5 Recognize proper throwing and catching technique in softball.
- PE.HS:13-6 Recognize basic techniques and fundamentals of batting in softball.

PE.HS:14 Students will demonstrate line dancing. (IL 19A, 21A, 21B, 22A)

- PE.HS:14-1 Identify basic steps involved with line dancing.
- PE.HS:14-2 Identify terminology associated with line dancing.

PE.HS:15 Students will demonstrate ballroom dance. (IL 19A, 21A, 21B, 22A)

- PE.HS:15-1 Demonstrate proper form in ballroom dancing.
- PE.HS:15-2 Demonstrate dance etiquette in ballroom dancing.
- PE.HS:15-3 Demonstrate basic steps in ballroom dancing.

PE.HS:16 Students will demonstrate lifetime wellness/fitness activities. (IL 20A, 20B, 20C, 21A, 22A)

- PE.HS:16-1 Identify a variety of vocabulary terms associated with fitness.
- PE.HS:16-2 Create a personal fitness plan while incorporating personal goals.
- PE.HS:16-3 Establish personal goals.
- PE.HS:16-4 Incorporate and recognize the 5 fitness components: cardiovascular, muscle/strength, muscle endurance, flexibility, and improve body composition.
- PE.HS:16-5 Perform and recognize what each pre and posttest measures.
- PE.HS:16-6 Participate in daily fitness.
- PE.HS:16-7 Demonstrate improvement in daily skills – related fitness activities (e.g. agility, balance, coordination, speed, power, reaction time)
- PE.HS:16-8 Assess personal physical activity level through the use of technology and standard measures.
- PE.HS:16-9 Label and identify major muscle groups through diagrams and demonstration.
- PE.HS:16-10 Know and list the benefits of exercise from inside to outside the body.

PE.HS:17 Students will demonstrate individual responsibility during group activity and daily routines. (IL 21A, 21B)

- PE.HS:17-1 Dress in proper physical education attire.
- PE.HS:17-2 Participate willingly daily.
- PE.HS:17-3 Respect and cooperate with teachers and peers.
- PE.HS:17-4 Use equipment in proper manner.
- PE.HS:17-5 Conduct behavior in an appropriate manner.