



North East ISD Physical Education & Health Department

High School Physical Education Course Comparison Beginning 22-23 School Year			
Course Title	Lifetime Fitness and Wellness Pursuits	Lifetime Recreation and Outdoor Pursuits	Skill-Based Lifetime Activities
Course Number	7215	7216	7217
Course Length	1 Full Year	1 Full Year	1 Full Year
Primary Course Location	Classroom/Gym/Fitness Center	Gym/Outdoor Field/Court	Gym/Outdoor Field/Court
What students should know	<p>The Lifetime Fitness and Wellness Pursuits course offers current approaches for the foundation of personal fitness, physical literacy, lifetime wellness, and healthy living. Students in Lifetime Fitness and Wellness Pursuits will apply the knowledge and skills to demonstrate mastery of the concepts needed to achieve lifetime wellness.</p>	<p>The Lifetime Recreation and Outdoor Pursuits course provides opportunities to develop competency in five or more life-long recreational and outdoor pursuits for enjoyment and challenge. Students in Lifetime Recreation and Outdoor Pursuits will participate in activities that promote physical literacy and respect for and connection to nature and the environment and promote opportunities for enjoyment for a lifetime. Students will experience opportunities that promote self-worth and support community engagement.</p>	<p>The Skill-Based Lifetime Activities course offers students the opportunity to increase knowledge of and demonstrate proficiency in the skills necessary for participating in lifetime activities while also making connections between lifetime activities and health and fitness principles. Students will experience opportunities that promote physical literacy and lifetime wellness. Students in Skill-Based Lifetime Activities will participate in a minimum of one lifelong activity from each of the following five categories: target games, striking and fielding games, fitness activities, rhythmic activities, and innovative games and activities.</p>
Activities	<ul style="list-style-type: none"> • Health-Related Fitness <ul style="list-style-type: none"> ◦ training principles • Personal Fitness <ul style="list-style-type: none"> ◦ programs ◦ nutrition ◦ technology • Self-Management and Social Skills <ul style="list-style-type: none"> ◦ recognizing and responding to challenges, success, conflicts, and failure • Lifetime Wellness <ul style="list-style-type: none"> ◦ analyze the daily impact of performance, physical activity, and health throughout your lifespan <p>...and much, much, more!</p>	<ul style="list-style-type: none"> • Lawn/Backyard Games <ul style="list-style-type: none"> ◦ horseshoes, washers, corn hole, ladder golf, disc golf • Adventure Activities <ul style="list-style-type: none"> ◦ Rock Wall ◦ Challenge Course ◦ Archery • Paddle Sports <ul style="list-style-type: none"> ◦ Pickleball ◦ Badminton ◦ Speedminton • Outdoor Survival Safety <ul style="list-style-type: none"> ◦ Camping ◦ Geocaching and Orienteering ◦ Outdoor Cooking <p>...and much, much, more!</p>	<ul style="list-style-type: none"> • Target Games <ul style="list-style-type: none"> ◦ Birdie Ball ◦ Archery ◦ Sabakiball ◦ <u>Disc Golf</u> • Striking and Fielding <ul style="list-style-type: none"> ◦ Wiffle Ball ◦ Kick Ball ◦ Mat Ball • Fitness Activities <ul style="list-style-type: none"> ◦ Spin Bikes ◦ Circuit Training ◦ Agility Drills • Innovative Games <ul style="list-style-type: none"> ◦ Ultimate Games <p>...and much, much, more!</p>