

Physical Education

- I. Description:
 - 2-year requirement
 - Available to all students and grades 9-12
- II. Aims and objectives:
 - Physical activity is critical to the development and maintenance of good health.
 - The goal of physical education is to develop physically educated individuals who have the knowledge, skill, and confidence to enjoy a lifetime of healthful physical activity.
- III. Methods of Instruction:
 - Lecture on Physical Education activities
 - Demonstration on how to do different Physical Education activities.
- IV. Methods of Evaluation:
 - Students will be required to demonstrate knowledge of the activity through tests, skill testing, and fitness. Students will be tested at the end of each unit.
 - Skill testing students will demonstrate their ability to complete skills associated with each unit. Students will learn the rules for each unit. Fitness, students will be evaluated on their effort level during daily exercise routines. Dressing down will be a requirement for each student. The clothing will be of activity type with proper shoes. Each unit will last between 2 and 4 weeks.
- V. Course Outline:
 - A. Introduction
 - 1. Class Rules
 - 2. Grading policy
 - 3. Skill tests
 - 4. Fitness level
 - B. Units:
 - 1. How to properly stretch
 - 2. Volleyball
 - 3. Flag football
 - 4. Soccer
 - 5. Fitness & weights
 - 6. Basketball
 - 7. Badminton
 - 8. Pickleball
 - 9. Indoor games
 - 10. Outdoor games
 - 11. Ultimate frisbee
 - 12. Softball
 - 13. Other activities

VI. Physical Education Expectations:

Expectation #1-Analyze offensive and defensive strategies in games and sports.

Expectation #2-Students will participate in an individualized fitness program.

Expectation # 3-Students will be able to discuss the historical roles of games and sports in the cultural life of the population.

Expectation #4-Freshmen students will take and pass or fail the state physical fitness test.