

## Physical Education (11-12) Curriculum Guide

**Name of Course** Physical Education (11-12)

**Course Numbers** 900.00 through 950.99

**Date written** August, 2009

**Revised** May, 2012

**Level** College Prep A

**Number of Credits** Courses that meet 5 days a week = 5 credits

Courses that meet 4 days a week = 4 credits

**Prerequisites** Successful completion of the previous year

**Grades offered** 11<sup>th</sup>, 12<sup>th</sup> and repeat students

**Course Description** 11<sup>th</sup> and 12<sup>th</sup> grade students will select 3 elective Physical Education units per year comprised from the following activities.

### ROTATION 1

GYM	MP 1	MP 2	MP3	MP 4
EAST	1. WGT RM/FIT 2. PICKELBALL 3. OTDR GMS	1. WGT RM/FIT 2. INDR GMS 3. VOLLEYBALL	1. WGT RM/FIT 2. INDR GMS 3. VOLLEYBALL	1. WGT RM/FIT 2. PICKELBALL 3. OTDR GMS

GYM	MP 1	MP 2	MP3	MP 4
WEST	1. VOLLEYBALL 2. YOGA/PILATE AER/DANCE 3. OTDR GMS	1. YOGA/PILATES AEROBICS/DANC 2. INDOOR GMS 3. TM BLDG	1. YOGA/PILATES AEROBICS/DANC 2. INDOOR GMS 3. TM BLDG	1. VOLLEYBALL 2. YOGA/PILATES AER/DANCE 3. OTDR GMS

### ROTATION 2

GYM	MP 1	MP 2	MP3	MP 4
EAST	1. WGT RM/FIT 2. BADMINTON 3. OUTDOOR GAMES	1. WGT RM/FITNESS 2. VOLLEYBALL 3. INDR GAMES	1. WGT RM/FITNESS 2. VOLLEYBALL 3. INDR GAMES	1. WGT RM/FITNESS 2. BADMINTON 3. OTDR GMS

GYM	MP 1	MP 2	MP3	MP 4
WEST	1. VOLEYBALL 2. YOGA/PILATE AER/DANCE 3. OUTDOOR GAMES	1. YOGA/PILATES AEROB/DANCE 2. INDOOR GMS 3. TM BLDG	1. YOGA/PILATES AEROBICS/DANCE 2. INDOOR GMS 3. TM BLDG	1. VOLLEYBALL 2. OUTDOOR GAMES 3. YOGA/PILTES AER/DANCE

**\* INDOOR/OUTDOOR GAMES WOULD INCLUDE BUT NOT LIMITED TO: BASE GAMES, TEAMS GAMES, AGILGITY GAMES, CARDIOVASCULAR EXERCISES**

Each unit will be a marking period in length and consist of 2 or more activities. All students will be expected to demonstrate and understand the following components of fitness:

Body Composition, Cardiovascular Endurance, Flexibility, Speed, Reaction, Muscular Endurance, Muscular Strength, Agility, Balance, Coordination, and Power

High Point Regional High School's curriculum and instruction are aligned to the state's Core Curriculum Content Standards and address the elimination of discrimination by narrowing the achievement gap, by providing equity in the educational programs and by providing opportunities for students to interact positively with others regardless of race, creed, color, national origin, ancestry, age, marital status, affect ional or sexual orientation, gender, religion, disability, or socio-economical status.

### **Course Objectives**

All students will be able to define wellness.

All students will demonstrate an understanding of overall wellness.

All students will know the eleven components of fitness and movement.

All students will be able to define the eleven components of fitness and movement.

All students will apply the eleven components of fitness and movement to wellness and sport activities.

All students will be able to understand a meaningful nutrition and personal training routine to meet their individual goals and objectives.

### **Core Curriculum Content Standards Addressed**

2.5 All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.

2.6 All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.

### **Common Core State Standards Addressed**

RST.9-10.3.

RST.9-10.4.

WHST

CCR

**Units (name & # of weeks, and objectives)** All of the following units are a marking period in duration (9 weeks). Each unit will satisfy all five-course objectives, and both Core Curriculum Content Standards 2.5 and 2.6.

Field Hockey/Badminton

Field Hockey/Lacrosse

Field Hockey/Pickelball

Floor Hockey/Basketball

Floor Hockey/Games

Football/Soccer

Softball/ Badminton

Softball/Pickelball

Softball/Tennis

Softball/Track & Field

Volleyball/Basketball

Volleyball/Football

Volleyball/Lacrosse

Volleyball/Soccer

Volleyball/Softball

Volleyball/Tennis

Weight Training/Badminton  
Weight Training/Basketball  
Weight Training/Jogging  
Weight Training/ Pickelball  
Weight Training/Volleyball  
Weight Training/Wellness  
Weight Training/Track & Field  
Badminton/Track & Field  
Pickelball/Track & Field  
Fitness Gram Testing each P/E marking period  
Written quiz on Fitness Components each P/E marking period

### **Assignments**

All students are expected to come to class prepared and ready to learn. There are no mandatory out of class assignments for Grades 11-12 Physical Education. Individual teachers may use optional out of class assignments that are appropriate to the learning process.

All students will be able to keep a daily log of their personal nutrition (caloric intake) and their workout activities (caloric expenditure).

### **Additional Materials (needed or supplied)**

All students will be supplied with a High Point Physical Education shirt and gym lock. All other clothes appropriate to a Physical Education activity will be the student's responsibility.

### **Evaluation Tools**

The Physical Education grade will be based on participation (60 points), skills (20 points), and knowledge (20 points)

**Participation** – demonstration of overall wellness, good school citizenship, understanding of rules, and demonstration of strategies in the various activities

**Skills** – demonstration and improvement in the eleven components of fitness

**Knowledge** – demonstration of an understanding of the eleven components of fitness through written or oral quizzes

**All students will participate in a fitness assessment during week one of the school year and twice during the rest of the year. Students taking health during marking period two will take a health exam during the week of midterms. Students in physical education classes will participate in the second round of the fitness assessment.**

Optional methods of evaluation may include an additional written or oral knowledge assessment covering the activities in each unit, rubrics, reports, video presentations, technology presentations, portfolios, displays, and self-evaluations

### **Course Policy**

Physical Education in grades 11 and 12 is a mandatory/selective program that allows students to elect three separate units each year and a combined twelve activities for both years.

While it is possible to repeat units, a student that has not had a unit will have preference over a student that has already participated in that particular unit. Seniors will have preference over juniors when the preceding criteria are the same. Each unit, which is a marking period in length, will make up one quarter of a student's grade. A student that has a doctor's medical note for at least half of a marking period will receive an "excused" for a grade. If a student receives an "excused" for a grade their credit earned will be reduced by one credit for that marking period. The three Physical Education grades combined with a Health grade; also a marking period in length will comprise their Health and Physical Education grade for the year.

### **OPTIONS FOR CREDITAL RETRIEVAL WHEN ON LONG TERM MEDICAL LEAVE**

Students on long term medical excuse extending beyond 4.5 weeks for a marking period will lose one physical education credit. The following three options have been developed to permit students the opportunity to retrieve lost credit due to extended medical leave from physical education classes.

#### **Students will be given the following three options:**

**OPTION 1-** Students can choose a reduction of one credit for each marking period they are not participating in physical education classes. Students must provide an updated physician's note for each marking period they are excused from physical education classes. Students must present this note to the recording secretary in the nurses' office before the start of each marking period.

**OPTION 2-** Students can choose to complete one ten page report on a topic designated by their physical education teacher. This report will include: cover page, ten doubled spaced pages, and a reference page.

**OPTION 3-** Students can choose to complete 2 five page reports on topics designated by their physical education teacher. Each report will include: cover page, five double spaced pages, and a reference page.

Every student on long term medical leave is to report to their teacher or the department supervisor at the beginning of each marking period. Students selecting options 2 or 3 must complete the assignment prior to the end of the marking period. Failure to complete the assignment will result in loss of credit.

A student that does not successfully complete a year of Physical Education and Health must either repeat and pass those units when offered again or attend summer school.

#### **Audio Visual Aids**

#### **Fitness Tapes**

Aerobic Tips  
Aerobic: Alaska Fitness Connection  
Body by Jake  
Body Shaping-Step-Beginner Workout  
Bruce Jenner's 29 Minute Workout  
Callanetics  
Calorie Burner Workout  
Dance Aerobics  
Dance Away - the 50's 60's 70's 80's  
Dynamite Legs  
Fast Foods  
Hightech Workout  
Jane Fonda's New Workout  
Jane Fonda's Workout  
Jazzercise  
Joanie Greggains-High Energy Aerobics  
Jogging  
Jump Aerobics  
Karen Voight's Pure and Simple Stretch  
Kathy Smith's Aerobox Workout  
Kathy Smith's Body Basic  
Kathy Smith's Kick Boxing  
Kathy Smith's New Yoga  
Kathy Smith's Power step  
Power 90 – Cardio Workout  
Power Stepping  
Richard Simons – Sweatin' to the Oldies  
Step Aerobics  
Stretch Aerobics  
Stretch & Tone  
Super Stomach  
Super Workout  
Susan Powter's Burn Fat and Get Fit  
Susan Powter's Lean Strong and Healthy  
Sweatin' To The Oldies  
TaeBo -Instructional, Basic (2), Advanced, & Preview  
TaeBo - Live Vol 1-2-3-4-5  
Tami Lee Webb Xertube Exercise  
The 29 Minute Workout for the Entire Family  
Yoga for Abs  
Welcome to the World of Rope Jumping

### **Sport Tapes**

Basketball Let's Play  
Basketball I Men's  
Complete tennis From the Pros I & II

ESPN's Unbelievable Sports Plays  
Field Hockey  
Field Hockey - The Basic Game  
Football Follies on Parade  
100 Years of Olympic glory I & II  
Pele the Master and His Method  
Pickleball  
Soccer for Everyone  
Volleyball  
Volleyball - Making of a Champion  
Volleyball - Power - Individual Offensive Skills

### **Additional Materials/Books**

Assessing Student Responsibility and Teamwork  
Assessment in Games Teaching  
Back Pocket Adventure (Proj Adv)  
Bench Stepping- Inst Guide  
Building the Total Athlete  
Cambridge Career Products  
Changing Bodies-Changing Times  
Cholesterol Guide (5)  
CPR for the Prof. Rescuer (16)  
Fat Counter Guide (5)  
Fitness Facts  
Fitness Leaders  
Food & Nutrient I & II  
Games Galore  
Health: a Guide to Wellness 3  
Health: A guide to Wellness (Teachers) 2  
Interdisciplinary Teaching Through PE  
NASM – Essentials for Personal Training  
NASM – Optimum Performance Training  
Nutrition  
Nutrition Curriculum Activities  
Portfolio Assessment for K-12 PE  
Physical Activities and Sports for the Secondary School Student  
Superstar's Contest in Your PE  
T Factor Fat Gram Counter (20)

### **Technology/Fitness Tools**

Body Fat Meter (4)  
Pulse Monitor (baton style) (5)  
Pulse Monitor and Calorie Recorders (10)  
Stop Watch (10)

### Web Links

Fitness Training

[www.fitness-training.net/introduction/10](http://www.fitness-training.net/introduction/10)

Fitness Wellness Portfolio

[www.students.dsu.edu/zwetzigj/Portfolio/components.htm](http://www.students.dsu.edu/zwetzigj/Portfolio/components.htm)

Physical Education Quizzes

[www.teachpe.com/Interactivelearning.htm](http://www.teachpe.com/Interactivelearning.htm)

New Mexico State Performance Training Handbook

[web.nmsu.edu/~johtaylo/](http://web.nmsu.edu/~johtaylo/)

Shape Up America

[shapeup.org](http://shapeup.org)

Fitness Online

[fitnessonline.com](http://fitnessonline.com)

Sport! Science @the Exploratorium

[exploratorium.edu/sports/index.html](http://exploratorium.edu/sports/index.html)

Intoximeters Incorporated

[intox.com/default.asp](http://intox.com/default.asp)

Stretching Inc. Online

[stretching.com](http://stretching.com)

Dr. Pribut's Sports Pages

[clark.net/pub/pribut/spsport.html](http://clark.net/pub/pribut/spsport.html)

Project Adventure

[pa.org](http://pa.org)

Aerobics & Fitness Association of America

[aerobics.com](http://aerobics.com)

The School Athletics Center

[edgate.com/school\\_athletics/educator](http://edgate.com/school_athletics/educator)

The Hockey Net

[fieldhockey.org](http://fieldhockey.org)

Tennis.com

[tennis.com](http://tennis.com)

Pickleball.com

[pickleball.com](http://pickleball.com)

SportsID.com

[sportsid.com](http://sportsid.com)

Mysport.com

[mysport.com](http://mysport.com)

Sports for Women.com

[sportsforwomen.com](http://sportsforwomen.com)

PE Central

[pecentral.org](http://pecentral.org)

Special Olympics  
[specialolympics.org](http://specialolympics.org)  
Disabled Sports USA  
[dsusa.org](http://dsusa.org)  
KidsRunning.com  
[www.kidsrunning.com](http://www.kidsrunning.com)

Nutrition Navigator  
[www.navigator.tufts.edu/index.html](http://www.navigator.tufts.edu/index.html)

Sports Media  
[www.sports-media.org](http://www.sports-media.org)

Floor Hockey Rules  
[www.uaf.edu/src/FloorHockey.html](http://www.uaf.edu/src/FloorHockey.html)

USA Floorball Association  
[www.usafloorball.org](http://www.usafloorball.org)

Floor Hockey for Special Olympics  
[www.sonc.org/intro/sports/floor\\_hockey.htm](http://www.sonc.org/intro/sports/floor_hockey.htm)

Coffee Break Arcade (Sports Games)  
[www.coffeebreakarcade.com](http://www.coffeebreakarcade.com)

**Field Trips** may be taken as needed to accomplish course objectives.