

Physical Education (11-12) Curriculum Guide

Name of Course Physical Education (11-12)

Course Numbers 900.00 through 950.99

Date written May 2009

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 11th, 12th and repeat students

Course Description 11th and 12th 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.

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.

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

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.

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.

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
Jazzercize
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
Fitness Wellness Portfolio
www.students.dsu.edu/zwetzigj/Portfolio/components.htm
Physical Education Quizzes
www.teachpe.com/Interactivelearning.htm

New Mexico State Performance Training Handbook

web.nmsu.edu/~johtaylo/

Shape Up America

shapeup.org

Fitness Online

fitnessonline.com

Sport! Science @the Exploratorium

exploratorium.edu/sports/index.html

Intoximeters Incorporated

intox.com/default.asp

Stretching Inc. Online

stretching.com

Dr. Pribut's Sports Pages

clark.net/pub/pribut/spsport.html

Project Adventure

pa.org

Aerobics & Fitness Association of America

aerobics.com

The School Athletics Center

edgate.com/school_athletics/educator

The Hockey Net

fieldhockey.org

Tennis.com

tennis.com

Pickleball.com

pickleball.com

SportsID.com

sportsid.com

Mysport.com

mysport.com

Sports for Women.com

sportsforwomen.com

PE Central

pecentral.org

Special Olympics

specialolympics.org

Disabled Sports USA

dsusa.org

KidsRunning.com

www.kidsrunning.com

Nutrition Navigator

www.navigator.tufts.edu/index.html

Sports Media

www.sports-media.org

Floor Hockey Rules

www.uaf.edu/src/FloorHockey.html

USA Floorball Association

www.usafloorball.org

Floor Hockey for Special Olympics

www.sonc.org/intro/sports/floor_hockey.htm

Coffee Break Arcade (Sports Games)

www.coffeebreakarcade.com

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