

Physical Education (9-10) Course Outline and Proficiencies

Name of Course Physical Education (9-10)

Level College Prep A

Number of Credits 5 days per week - 5 credits
4 days per week - 4 credits

Date written December 2007

Prerequisites Successful completion of the previous year

Course Description The Physical Education curriculum is a comprehensive program that promotes overall wellness. In grades (9-10) each student will complete 3 mandatory Physical Education units (and 1 health unit) per year, which incorporates both skill, and health related fitness components. Each unit will be a marking period in length, and will be comprised of 2 or more activities.

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.

Core Curriculum Content Standards Addressed

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

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

Proficiencies

All students will demonstrate and understand the following components of fitness:

Health related:

1. **Body Composition** – the amount of fat cells compared to lean cells in the body mass, lean cells are the nonfat tissue of muscles, bones, ligaments, and tendons
2. **Cardiovascular endurance** – the body's ability to undergo vigorous exercise for an extended period of time
3. **Flexibility** – the capacity of a joint to move through it's potential range of motion
4. **Muscular endurance** – the muscle's ability to produce force for an extended period of time
5. **Muscular strength** – the amount of force a muscle can produce

Skill related:

1. **Agility** – performing a series of directional changes in rapid succession
2. **Balance** - a state of stability or equilibrium
3. **Coordination** – the skillful and balanced movement of different body parts at the same time
4. **Power** – a physical force or strength
5. **Reaction time** – the time between stimulus and response
6. **Speed** – the rate at which someone or something moves

Materials and Resources A complete list is available on the department's inventory records, located in the Department Supervisor's office.

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

Mid-Term- A mid term will be given mid-year that will be an evaluation of the first 2 marking periods. The mid-term is worth 10% over students overall grade.

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

Optional methods of evaluation may include rubrics, reports, video presentations, technology presentations, portfolios, displays, and self-evaluations.

District Policy All students must pass 4 years of Physical Education and Health in order to fulfill the graduation requirements. Students who are unprepared for P.E. will be issued loaner clothes and be expected to participate. They will receive a 2-point deduction on their grade for the marking period for each time they are unprepared. Students who are unprepared and refuse to participate will receive the following:

1. First offense- A verbal warning and a five point deduction on their grade for the marking period.
2. Second offense- Notification sent home to the parents/guardians (phone call, email, H/PE notice) and a five point deduction on their grade for the marking period.
3. Third offense- A teacher detention and a five point deduction on their grade for the marking period.

4. Forth offense- A disciplinary referral to the Main Office and a five point deduction on their grade for the marking period.

5. Fifth and subsequent offenses- Student will be sent to the Main Office, a detention will be issued and a five point deduction on their grade for the marking period.

Course Policy 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.

Units

**Rotation 1: Football/Soccer or
Indoor Sports/Games**

**Fitness/ Volleyball/
Wellness**

**Badminton/Wellness/
Fitness/Basketball**

**Rotation 2: Lacrosse/Field Hky or
Indoor Sports/Games**

**Track/
Pickleball/Wellness**

**Volleyball/Wellness/
Fitness/Basketball**

Web Site - www.hpregional.org - click on Health and Physical Education

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