

Blackhawk School District

CURRICULUM

Course Title:	Physical Education (Boys and Girls)
Course Number:	1313 (girls) / 1353 (girls) / 1314 (boys) / 1354 (boys)
Grade Level(s):	Grades 10-12
Periods per week:	Every Other day
Length of Period:	42 minutes
Length of Course:	semester
Credits:	.25 credits
Faculty Author(s):	Mark Balbach, Nancy Davies, Diane Huston, Joe Verbosky
Date:	Fall 2008; Revised May '09

COURSE DESCRIPTION:

Girls' physical education for grades 10, 11 and 12 includes a variety of activities, both team and individual, as well as leisure and lifetime sports. Activities include, but are not limited to, the following: flag football, soccer, floor hockey, tumbling, aerobics, basketball, tennis, softball, golf, walking, obstacle courses, volleyball, biking, climbing wall, volleyball, and badminton. Fitness training and activities are also conducted in the fitness center and dance studio facilities.

Boys' physical education for grades 10, 11 and 12 provides a variety of team and individual activities. Course content is to a large degree, dependent upon class size and season. Activities include, but are not limited to the following: touch football, soccer, team handball, basketball, hockey, weight lifting, biking, badminton, volleyball, climbing wall, walking and tennis. Fitness training is also conducted in the weight room and fitness center.

The following outline provides a general overview of the course content, not a chronological timetable. The weeks denoted for each area provide an idea for the overall time spent working with a given topic throughout the school year.

COURSE OUTLINE & Proposed Time	OBJECTIVES (PA standard)	RESOURCES	LESSON REFLECTION (for future revisions)
<p>Fitness Center 20 classes</p> <ul style="list-style-type: none"> ➤ Cardio machines, muscle machines, muscular endurance <p>Team Sports 40 classes</p> <ul style="list-style-type: none"> ➤ Football, basketball, volleyball, team hand ball, Frisbee, speedball, kickball, wiffle ball, hockey, soccer, lacrosse, softball <p>Lifetime Activities 20 classes</p> <ul style="list-style-type: none"> ➤ Badminton, ping pong, tennis, wall climbing, bocce, aerobics, self-defense, archery, walking, biking 	<p>10.3.12 D Understand the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.9 F Understand the effects of positive and negative interactions of adolescent group members in physical activities.</p> <p>10.5.12 F Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p> <p>10.5.9 C Identify and apply practice strategies for skill improvement</p> <p>10.5.9 D Identify and describe the principles of training using appropriate vocabulary including specificity, overload, progression, aerobic / anaerobic, circuit / interval, repetition/set.</p> <p>10.4.9 C Understanding factors that affect the responses of body systems during moderate to vigorous physical activities (exercise, healthy fitness zone, individual fitness status, drug / substance / abuse).</p> <p>10.4.9 A Engage in physical activities that are developmentally appropriate and support achievement of personal fitness and activity goals.</p> <p>10.5.12 A Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>10.4.9 Understand the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement (stress management, disease prevention, and weight management).</p> <p>10.4.9 E Analyze factors that impact on the relationship between regular participation</p>	<p>Climbing Wall</p>	