

WARREN COUNTY SCHOOL DISTRICT

Planned Instruction

Course Title: Physical Education - 12

Course Number: 00612

Suggested Educational Level(s): Grade 12

Suggested Periods Per Week: 5 **Length of Period:** 40 min

Suggested Length Of Course: Semester

Units Of Credit (If Appropriate): .250

Date Written: November 2002 **Date Approved:** February 24, 2003

Date Reviewed: 2002-2003 **Implementation Year:** 2003-2004

Teacher Certification Required: Health and Physical Education

Standards Addressed (code): 10.3.12
10.4.12
10.5.12

Relationship to Other Planned Instruction: Required Course

Prerequisites: Phys. Ed. 11

Special Requirements: Modifications for special needs students.

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Standards addressed (code and description):

10.3.9 – Safety and Injury Prevention

10.4.9 – Physical Activity

10.5.9 – Concepts, principles, and strategies of movement

COURSE DESCRIPTION: Physical Education – 12 focuses on three basic areas that promote regular physical activity, team sport concepts and an awareness of the values and benefits of physical fitness in maintaining a healthy lifestyle. The successful completion of this course provides students with a foundation for meeting the requirements of the Pennsylvania Health and Physical Education Standards.

Outline of Content Sequence and Recommended Time:

- I. Motor Fitness (10.4 – 10.5)
 - Spatial Awareness
 - Non locomotor movement
 - Locomotor movement
 - Eye-hand skills
 - Eye-foot skills
 - Striking

- II. Physical Fitness
 - Endurance – (10.4.)
 - Strength
 - Speed
 - Flexibility – (10.5.)
 - Ability
 - Body response monitoring (10.4)

- III. Cognitive
- Rules – (10.5.)
 - Terminology
 - Strategies
 - Safety
 - Sportsmanship (10.4.)
 - Benefits of Physical fitness (10.4.)

Specific Educational Objectives to be Taught:

1. The student will evaluate the benefits, risks and safety factors associated with self-selected life long physical activities.
2. The student will develop and engage in an individualized physical activity plan that focuses on personal fitness and activity goals.
3. The student will evaluate and identify factors that affect physical activity and the body's response during activity according to changes in adult health status.
4. The student will experience interrelationships among regular participation in activity, skill improvement and the selection in lifetime physical activities.
5. The student will evaluate and demonstrate practice strategies for age appropriate skill development.
6. The student will be able to incorporate age appropriate vocabulary for principles of training and biomechanical movement.
7. The student will analyze and apply game strategies for individual, team, lifetime and outdoor activities.
8. The student will apply and demonstrate practice strategies for age appropriate skill development.
9. The student will be able to identify and utilize age appropriate vocabulary for principles of training and biomechanical movement.
10. The student will be able to describe and demonstrate strategies for complex games and physical activity.

Summative Assessments: Attached

Required/Approved Textbooks and Materials:

Book Title:

Publisher:

ISBN #:

Copyright:

Date of Adoption: