

## WARREN COUNTY SCHOOL DISTRICT

### VIRTUAL PLANNED INSTRUCTION

#### **COURSE DESCRIPTION**

**Course Title:** Physical Education I

**Course Number:** 10617

**Course Prerequisites:** None

**Course Description:** See Attachment

**Suggested Grade Level:** Grades 9-12

**Length of Course:** One Semester

**Units of Credit:** .5

**PDE Certification and Staffing Policies and Guidelines (CSPG) Required Teacher Certifications:**  
CSPG 47

To find the CSPG information, go to <https://www.education.pa.gov/Educators/Certification/Staffing%20Guidelines/Pages/default.aspx>

**Certification verified by the WCSD Human Resources Department:** ☒ Yes ☐ No

#### **WCSD STUDENT DATA SYSTEM INFORMATION**

**Course Level:** Academic

**Mark Types:** Check all that apply.

☒ F – Final Average ☒ MP – Marking Period ☐ EXM – Final Exam

**GPA Type:** ☐ GPAEL-GPA Elementary ☐ GPAML-GPA for Middle Level ☒ NHS-National Honor Society

☒ UGPA-Non-Weighted Grade Point Average ☒ GPA-Weighted Grade Point Average

**State Course Code:** 08001

To find the State Course Code, go to <https://nces.ed.gov/forum/sced.asp>, download the Excel file for SCED, click on SCED 6.0 tab, and chose the correct code that corresponds with the course.

#### **TEXTBOOKS AND SUPPLEMENTAL MATERIALS**

**Supplemental Materials:** Accelerate Education (Virtual Academy)

#### **Curriculum Document**

**WCSD Board Approval:**

**Date Finalized:** 9/19/2019

**Date Approved:** 11/4/2019

**Implementation Year:** 19-20

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#### **SPECIAL EDUCATION, 504, and GIFTED REQUIREMENTS**

The teacher shall make appropriate modifications to instruction and assessment based on a student's Individual Education Plan (IEP), Chapter 15 Section 504 Plan (504), and/or Gifted Individual Education Plan (GIEP).

#### **ASSESSMENTS**

**PSSA Academic Standards, Assessment Anchors, and Eligible Content:** The teacher must be knowledgeable of the PDE Academic Standards, Assessment Anchors, and Eligible Content and incorporate them regularly into planned instruction.

**Formative Assessments:** The teacher will utilize a variety of assessment methods to conduct in-process evaluations of student learning.

**Effective formative assessments for this course include:** Lesson quizzes, projects, discussion boards, and module exams

**Summative Assessments:** The teacher will utilize a variety of assessment methods to evaluate student learning at the end of an instructional task, lesson, and/or unit.

**Effective summative assessments for this course include:** Semester exams

**Course Description:**

Physical Education encompasses learning how to live and maintain a healthy lifestyle. This course covers physical fitness, why it is important, how to have a healthy attitude, and how to stick with a healthy game plan. In this ever-changing world, physical fitness becomes more important and more difficult to find the time for. This course allows the student to discover how to make physical fitness not only a part of their daily life, but also see that it is attainable. This course leads the student to discover healthy behaviors and sets the tone for physical fitness as well as healthy exercise. PE for a Healthy Lifestyle will examine the emotional, physical, and scientific factors that influence physical performance. This course is designed for anyone, ranging from the beginner to advanced abilities.

**Major Concepts:**

Fitness and Health Concepts

FITT Principles

Biomechanics Principles

Health and Fitness Plans

Weight Training

Nutrition

Module	Lesson Title	Objectives
Concepts of Fitness	Heath-Related Components	<ul style="list-style-type: none"><li>• Demonstrating finding your heart rate.</li><li>• Calculate your BMI.</li><li>• Calculate your Target Heart Rate</li></ul>
	President's Fitness Challenge	<ul style="list-style-type: none"><li>• Demonstrate and apply fitness testing components: Sit and Reach, Endurance Run/Walk, etc.</li></ul>
	Principles of Training	<ul style="list-style-type: none"><li>• Understand overload, progression and specificity.</li></ul>

Module	Lesson Title	Objectives
	Muscle Groups	<ul style="list-style-type: none"><li>Identify the major muscle groups of the body.</li></ul>
	Benefits of Stretching	<ul style="list-style-type: none"><li>Demonstrate and apply ballistic stretch, static stretch and exercise preparation.</li></ul>
	Concepts of Fitness Module Exam	
FITT Principles	FITT	<ul style="list-style-type: none"><li>Understand the FITT (Frequency, Intensity, Time, Type) principles for cardiovascular endurance. Apply FITT to physical activities.</li></ul>
	Frequency	<ul style="list-style-type: none"><li>Demonstrate and apply frequency principle to physical activities.</li></ul>
	Intensity	<ul style="list-style-type: none"><li>Demonstrate and apply intensity principle to physical activities.</li></ul>
	Time	<ul style="list-style-type: none"><li>Demonstrate and apply Time principle to physical activities.</li></ul>
	Type	<ul style="list-style-type: none"><li>Demonstrate and apply Type principle to physical activities.</li></ul>
	FITT Principles Module Exam	
Biomechanics	Principles of Biomechanics	<ul style="list-style-type: none"><li>Discuss the Principles of Biomechanics.</li><li>Demonstrate force utilizing correct biomechanics.</li></ul>

Module	Lesson Title	Objectives
	Basics of Biomechanics	<ul style="list-style-type: none"> <li>Combine and apply movement patterns simple to complex in individual or dual activities.</li> <li>Identify, explain and apply the skill-related components of balance, reaction time, agility, coordination, explosive power and speed to enhance performance.</li> </ul>
	Biomechanics and Sequence	<ul style="list-style-type: none"> <li>Understand the concepts of sequences in physical activities.</li> <li>Demonstrate sequential biomechanics concepts.</li> </ul>
	Biomechanics in Physical Activities	<ul style="list-style-type: none"> <li>Combine and apply movement patterns, simple to complex in individual or dual activities.</li> <li>Identify, explain and apply the skill-related components of balance, reaction time, agility, coordination, explosive power and speed to enhance performance.</li> </ul>
	Training and Conditioning	<ul style="list-style-type: none"> <li>Explain which training and conditioning practices have the greatest impact on skill acquisition and performance.</li> </ul>
	<b>Biomechanics Exam</b>	
<b>Individualized Health and Fitness Plan</b>	Fitness Journal	<ul style="list-style-type: none"> <li>Explain the importance of journaling</li> <li>Demonstrate a proper fitness journal</li> </ul>
	Fitness Planning	<ul style="list-style-type: none"> <li>Demonstrate concepts of a fitness plan.</li> <li>Create an individualized fitness plan.</li> <li>Demonstrate goals for daily health and fitness improvement.</li> </ul>
	Concepts of Personal Health & Fitness	<ul style="list-style-type: none"> <li>Analyze a personal health and fitness plan.</li> <li>Critique individual health behaviors (i.e. diet, sleep, activity).</li> </ul>

Module	Lesson Title	Objectives
	Barriers to a Physical and Healthy Lifestyle	<ul style="list-style-type: none"> <li>Describe barriers to physical activity.</li> <li>Demonstrate strategies to overcome barriers. and promote a healthy lifestyle.</li> </ul>
	Career Opportunities	<ul style="list-style-type: none"> <li>Analyze careers in the health and fitness.</li> <li>Compare and contrast careers in health and fitness.</li> </ul>
	<b>Individualized Health &amp; Fitness Plan</b>	
<b>Weight Training</b>	Stretching	<ul style="list-style-type: none"> <li>Describe the importance of stretching exercise.</li> <li>Demonstrate proper form in stretching exercises.</li> </ul>
	Free Weights	<ul style="list-style-type: none"> <li>Describe the use of body weight in strength training and endurance.</li> <li>Demonstrate proper form when using body weight.</li> </ul>
	Body Weight	<ul style="list-style-type: none"> <li>Demonstrate proper form when using body weight.</li> <li>Understand the use of body weight in strength training and endurance.</li> </ul>
	Resistance Machines	<ul style="list-style-type: none"> <li>Describe the use of resistance machines.</li> <li>Demonstrate proper form and use of resistance machines.</li> </ul>
	Resistance Bands	<ul style="list-style-type: none"> <li>Demonstrate the proper form when using resistance bands.</li> </ul>
	<b>Weight Training Module Exam</b>	
	Nutritional Planning	<ul style="list-style-type: none"> <li>Compare functions of nutrients.</li> <li>Describe dietary guidelines.</li> <li>Explain categories of the food pyramid.</li> </ul>

Module	Lesson Title	Objectives
Nutrition Essentials for Physical Fitness	Nutritional Facts	<ul style="list-style-type: none"><li>• Discuss food labels for calories.</li><li>• Discuss nutrient density, types of fats, empty calories.</li><li>• Discuss healthy food choices.</li></ul>
	Nutritional Needs	<ul style="list-style-type: none"><li>• Evaluate nutritional change based on caloric needs, metabolic rates and special conditions.</li><li>• Describe portion control and calorie expenditure.</li></ul>
	Nutrition in Every Day Life	<ul style="list-style-type: none"><li>• Describe the importance of nutritional choices.</li></ul>
	Nutritional Journal	<ul style="list-style-type: none"><li>• Describe the importance of nutritional planning.</li><li>• Demonstrate a nutritional journal.</li></ul>
	Nutrition Essentials for Physical Fitness Module Exam	
Semester Exam		

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**Major Concepts:**

Sportsmanship, Rules and Safety Practices

Strategies and Tactical Approach

Skill-Related Fitness

Movement Skills

Strategies for Individual and Team Excellence

Rhythmic Movement

Module	Lesson Title	Objectives
<b>Sportsmanship, Rules and Safety Practices</b>	Sportsmanship	<ul style="list-style-type: none"><li>• Define sportsmanship.</li><li>• Identify examples of good sportsmanship.</li><li>• Identify examples of poor sportsmanship.</li></ul>
	Rules of the Game	<ul style="list-style-type: none"><li>• Explain the purposes served by rules.</li><li>• Discuss safety strategies for class activities.</li></ul>
	Safety	<ul style="list-style-type: none"><li>• Recognize types of injuries.</li><li>• Provide basic care for minor injuries.</li><li>• Identify potential hazards of physical activities.</li></ul>



Module	Lesson Title	Objectives
	Healthy Practices	<ul style="list-style-type: none"> <li>Explain why frequent water breaks, UV protection and warm-up/cool down is important.</li> <li>Identify correct procedure for treating an injury.</li> </ul>
	Performance Enhancement	<ul style="list-style-type: none"> <li>Describe recent events involving athletes who used performance-enhancing substances.</li> <li>Explain the impact of performance-enhancing substances on an individual's health, sports performance, and career.</li> </ul>
	<b>Sportsmanship, Rules and Safety Practices</b>	
<b>Strategies and Tactical Approach</b>	Basic Strategy	<ul style="list-style-type: none"> <li>Demonstrate and apply strategy to team activities.</li> </ul>
	Offense and Defense	<ul style="list-style-type: none"> <li>Demonstrate and assess the differences between offensive strategies and defensive strategies.</li> </ul>
	Tactical Communication	<ul style="list-style-type: none"> <li>Demonstrate and apply communication with your teammates.</li> <li>Demonstrate reaction to different strategies (i.e. fake, change of speed, change of direction)</li> </ul>
	Cooperation and Competition	<ul style="list-style-type: none"> <li>Explain the advantages of cooperative and competitive approaches to sports.</li> <li>Explain the disadvantages of cooperative and competitive approaches to sports.</li> </ul>
	Movement Skills	<ul style="list-style-type: none"> <li>Identify the basic movement skills involved in an individual player's movements.</li> <li>Demonstrate independent learning of movement skills</li> </ul>
	<b>Strategies and Tactical Approach Module Exam</b>	
<b>Skill-Related Fitness</b>	Agility	<ul style="list-style-type: none"> <li>Explain the concept of agility and what it entails.</li> <li>Identify activities that utilize agility components.</li> <li>Demonstrate an agility activity.</li> </ul>

Module	Lesson Title	Objectives
	Balance and Coordination	<ul style="list-style-type: none"> <li>Explain what balance and coordination are.</li> <li>Identify activities that require balance and coordination.</li> <li>Explain the importance of having good balance and coordination.</li> </ul>
	Reaction Time	<ul style="list-style-type: none"> <li>Explain what reaction time is.</li> <li>Identify activities that utilize reaction time.</li> <li>Demonstrate a sport/activity that uses this concept.</li> </ul>
	Speed	<ul style="list-style-type: none"> <li>Explain what speed is.</li> <li>Identify activities that utilize speed is.</li> <li>Demonstrate a sport/activity that uses this concept.</li> </ul>
	Physical Power	<ul style="list-style-type: none"> <li>Identify activities that require a combination of strength and speed.</li> <li>Demonstrate exercises that increase strength and speed simultaneously.</li> </ul>
	<b>Skill-Related Fitness Module Exam</b>	
<b>Movement Skills</b>	Basics of Human Movement	<ul style="list-style-type: none"> <li>Identify complex motor skills that represent basic human movements.</li> </ul>
	Walking & Running	<ul style="list-style-type: none"> <li>Demonstrate how to modify movements like walking and running for various terrains.</li> <li>Describe safety measures to apply when walking or running.</li> </ul>
	Throwing	<ul style="list-style-type: none"> <li>Identify the differences between various throwing techniques.</li> <li>Explain the impact of the shape and size of objects on throwing technique.</li> </ul>
	Striking	<ul style="list-style-type: none"> <li>Demonstrate striking with various objects.</li> <li>Indicate safety measures to utilize when throwing.</li> </ul>

Module	Lesson Title	Objectives
	Kicking	<ul style="list-style-type: none"> <li>Demonstrate how to kick various sized sports balls safely and skillfully.</li> </ul>
	<b>Movement Skills Module Exam</b>	
<b>Strategies for Individual and Team Excellence</b>	Team Spirit	<ul style="list-style-type: none"> <li>Identify the components and advantages of team spirit.</li> <li>Apply team spirit in group activity (volleyball, basketball, etc.)</li> </ul>
	Team Strategies	<ul style="list-style-type: none"> <li>Identify team strategies and the goals of these strategies.</li> <li>Apply strategies for team success in game play (volleyball, basketball, etc.).</li> </ul>
	Group Dynamics	<ul style="list-style-type: none"> <li>Define and identify the components of group dynamics.</li> <li>Distinguish between a positive and a negative group dynamic.</li> <li>Identify strategies for improving group dynamics.</li> </ul>
	Social Aspects of Competition	<ul style="list-style-type: none"> <li>Discuss maintaining self-control.</li> <li>Discuss the importance of conducting oneself ethically.</li> <li>Discuss the importance of knowing and following the rules.</li> </ul>
	Team Etiquette	<ul style="list-style-type: none"> <li>Define and identify examples of sports etiquette.</li> <li>Explain the appropriate response to various situations related to sports and team etiquette.</li> </ul>
	<b>Strategies for Individual and Team Excellence Module Exam</b>	
<b>Rhythmic Movement</b>	Rhythmic Movement	<ul style="list-style-type: none"> <li>Identify and define the components of rhythmic movement.</li> <li>Demonstrate slow and fast movements keeping rhythm and beat at various tempos.</li> </ul>
	Rhythmic Patterns	<ul style="list-style-type: none"> <li>Identify activities that require someone to perform rhythmic patterns of movement.</li> <li>Demonstrate the ability to perform patterns of movement independently and as part of a group.</li> </ul>

Module	Lesson Title	Objectives
	Rhythm in Sports	<ul style="list-style-type: none"><li>Describe the skills needed to use rhythmic movement within the context of sports and physical activities.</li></ul>
	Locomotor Skills	<ul style="list-style-type: none"><li>Demonstrate various locomotor and non-locomotor skills to a beat.</li></ul>
	Rhythmic Movement and Social Interaction	<ul style="list-style-type: none"><li>Analyze the role that physical activity plays in social interaction and cooperative opportunities in physical activities.</li></ul>
	Rhythmic Movement Module Exam	
Semester Exam		