

WARREN COUNTY SCHOOL DISTRICT

PLANNED INSTRUCTION

COURSE DESCRIPTION

Course Title: High School Adapted Physical Education

Course Number: 00623

Course Prerequisites: None

Course Description: High School Adapted Physical Education provides students of any skill level with an opportunity to incorporate physical activity and lifelong leisure experiences into their lifestyle. Activities will include walking, weightlifting, and non-competitive team, and recreational games. Skills and common concepts of each lifelong activity will be presented and developed through practice and participation.

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 [CSPG](#)

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 [State Course Code](#), download the Excel file for SCED, click on SCED 6.0 tab, and choose the correct code that corresponds with the course.

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TEXTBOOKS AND SUPPLEMENTAL MATERIALS

Board Approved Textbooks, Software, and Materials:

Title: NA

Publisher: NA

ISBN #: NA

Copyright Date: NA

WCSD Board Approval Date: NA

Supplemental Materials: NA

Curriculum Document

WCSD Board Approval:

Date Finalized: 11/6/2019

Date Approved: 2/10/2020

Implementation Year: 2020/2021

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).

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SCOPE AND SEQUENCE OF CONTENT AND CONCEPTS

Marking Period 1

Team Sports: Soccer, Volleyball, Football, Lacrosse,

Recreational Sports: Ultimate Disc, Kickball/Variations, Structured Games,

Individual/Dual Sports: Tennis, Golf, Track & Field, Cooperative Activities

Marking Period 2

Team Sports: Basketball, Floor Hockey, Team Handball, Softball/Baseball

Recreational Sports: Bowling, 4-Square, Structured Games,

Individual/Dual Sports: Racquet Sports, Cooperative Activities, Weightlifting, Walking

Marking Period 3

Team Sports: Basketball, Floor Hockey, Team Handball, Softball/Baseball

Recreational Sports: Bowling, 4-Square, Structured Games

Individual/Dual Sports: Racquet Sports, Cooperative Activities, Weightlifting, Walking

Marking Period 4

Team Sports: Soccer, Volleyball, Football, Lacrosse,

Recreational Sports: Ultimate Disc, Kickball/Variations, Structured Games

Individual/Dual Sports: Tennis, Golf, Track & Field, Cooperative Activities

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Standards/Eligible Content and Skills

Performance Indicator	PA Core Standard and/or Eligible Content	Marking Period Taught
Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.	Safety and Injury Prevention 10.3.12 D	MP 1 & 4 MP 2 & 3
Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.	Physical Activity 10.4.12. A	MP 1 & 4 MP 2 & 3
Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.	Physical Activity 10.4.12. A	MP 1 & 4 MP 2 & 3
Evaluate factors that affect physical activity and exercise preferences of adults.	Physical Activity 10.4.12. D	MP 1 & 4 MP 2 & 3
Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.	Physical Activity 10.4.12. E	MP 1 & 4 MP 2 & 3
Assess and use strategies for enhancing adult group interaction in physical activities.	Physical Activity 10.4.12. F	MP 1 & 4 MP 2 & 3
Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.	Concepts, Principles and Strategies of Movement 10.5.12. A	MP 1 & 4 MP 2 & 3
Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.	Concepts, Principles and Strategies of Movement 10.5.12. B	MP 1 & 4 MP 2 & 3
Evaluate the impact of practice strategies on skill development and improvement.	Concepts, Principles and Strategies of Movement 10.5.12. C	MP 1 & 4 MP 2 & 3
Evaluate the impact of practice strategies on skill development and improvement.	Concepts, Principles and Strategies of Movement 1 0.5.12. F	MP 1 & 4 MP 2 & 3

ASSESSMENTS

PDE 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: Teacher observation and skill assessment.

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: Teacher observation and skill assessment.