

CURRICULUM OVERVIEW

Physical Education



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Physical Education Course Overview

Physical Education is a semester-long elective designed for high school students. The course focuses on performance of individual and team sports, with explanations of proper technique, rules of the game, and preparation. Team sports introduced include soccer, basketball, football, baseball, and volleyball. An introduction to fitness, strength, endurance, and nutrition is also included.

Students will have the opportunity to perform each sport on their own time, while keeping a log of activity. The goal is incorporation of activity into their daily lives and the gain of lifelong healthy fitness habits.

Throughout the course, students may be asked to answer questions or to reflect on what they've read in their notes. The notes are not graded. Rather, they are a way for students to extend their thinking about the lesson content. Students may keep handwritten or typed notes.

Upon completion of Physical Education, students should possess the knowledge and skills needed to do the following:

- Define physical fitness and describe the components of being physically fit
- Evaluate their fitness level
- Apply physical fitness, nutrition-related, and weight-management skills to their lives
- Understand and apply safe exercise rules
- Describe the history and rules of sports such as basketball, baseball, football, soccer, volleyball, and gymnastics
- Describe and apply skills needed for a variety of sports

Unit 1: Physical Education	
Physical Education	Assignments
	1. Course Overview
	2. Defining Physical Fitness
	3. Principles of Training
	4. Project: Principles of Training
	5. Risk Factors and Behaviors
	6. Project: Risk Factors and Behaviors
	7. Balance and Flexibility
	8. How the Heart Works
	9. Project: How the Heart Works
	10. Muscular Strength and Endurance
	11. Evaluating Your Fitness Level
	12. Nutrition
	13. Project: Nutrition
	14. Weight Management
	15. Responsible Choices
	16. Project: Responsible Choices
	17. Handling Your Stress
	18. Exercise Safety
	19. Soccer
	20. Project: Soccer
	21. Basketball Overview
	22. Project: Basketball Overview
	23. Understanding Football
	24. Project: Understanding Football
	25. Modern Baseball
	26. Project: Modern Baseball
	27. Baseball History
	28. Project: Baseball History
	29. Volleyball
	30. Project: Volleyball
	31. Title IX and Gender Issues in Sports
	32. Project: Title IX and Gender Issues in Sports
	33. Olympics
	34. Project: Olympics
	35. Controversy in the Olympic Games
	36. Project: Controversy in the Olympic Games
	37. Golf
	38. Project: Golf
	39. Tennis
	40. Swimming
	41. Project: Swimming
	42. Gymnastics
	43. Running
	44. Project: Running
	45. Racewalking
	46. Careers in Sports
	47. Project: Careers in Sports
	48. Test
	49. Glossary and Credits