

Department: Health & Physical Education **Course Title:** Physical Education **Course #:** Female – 001 Male - 002

DESCRIPTION OF COURSE: Ninth grade physical education students will evaluate their fitness needs, experience enjoyment, develop an appreciation of fitness and learn to interact with others through team and individual activities. The various activities may include soccer, touch football, volleyball, floor hockey, basketball, dodge ball, swimming, bowling, ice skating, golf, weight training, badminton, table tennis, softball, aerobics and mat ball. Female students will demonstrate their knowledge and understanding of aerobics by creating and demonstrating an original routine. Furthermore, students will have the opportunity to utilize community resources in developing a lifelong appreciation of physical activity. Included in the class will be both a pretest and a post test to measure fitness.

REQUIRED TOPICS OF STUDY	SUGGESTED INSTRUCTIONAL TIME	STANDARDS/ ASSESSMENT ANCHORS		
		10.3.9	10.4.9	10.5.9
Fitness Testing	2 Weeks	D	A,B,E	A,B,E
Aerobics	2 Weeks	B-D	A,B,E	A,B,C,D,E
Weight Training	2 Weeks	B,C,D	A,B,E	A,B,C,D,E
Soccer	2 Weeks	B,C,D	B,E,F	A-C,F
Touch Football	2 Weeks	B,C,D	B,E,F	A-C,F
Field Hockey	2 Weeks	B,C,D	B,E,F	A-C,F
Volleyball	2 Weeks	B,C,D	B,E,F	A-C,F
Basketball	2 Weeks	B,C,D	B,E,F	A-C,F
Floor Hockey	2 Weeks	B,C,D	B,E,F	A-C,F
Racquet Sports	2 Weeks	B,C,D	B,E,F	A-C,F
Softball	2 Weeks	B,C,D	B,E,F	A-C,F
Mini-Golf	1 Weeks	B-D	B,E	A,B
Ice Skating	1 Weeks	B-D	B,E	A,B
Bowling	1 Weeks	B-D	B,E	A,B
Swimming	2 Weeks	B-D	A,B,E,F	A,B

(Tab to Create a New Row)

INSTRUCTIONAL RESOURCES: 1. PECentral.com 2. Secondary Activities Book 3. Fitnessgram Test
 4. Computers – Fitness Testing Research/Tables 5. Red Cross Swimming & Safety Book 6. Current Health Magazines
 7. Academic PE Learning Packets 8. PIAA Rulebooks