

**Department:** Health and Physical Education

**Course Title:** Phys. Ed. 2

**Course #:** 007-F, 008-M

## DESCRIPTION OF COURSE:

The eleventh grade physical education curriculum is structured so that students will meet the Pennsylvania Standards for Physical Education through the introduction of lifetime activities and the refinement of techniques and strategic concepts in selected activities. Students will have the opportunity to utilize community and recreational resources to further develop an appreciation of exercise. The weightlifting and fitness unit will be offered as a primary focus of our wellness program.

REQUIRED TOPICS OF STUDY	SUGGESTED INSTRUCTIONAL TIME	STANDARDS/ ASSESSMENT ANCHORS
Football	2 Weeks	10.4.12.A,B,C,D,E,F 10.5.12.A,B,C,D,E,F
Tennis	2 Weeks	10.4.12.A,B,C,D,E,F 10.5.12.A,B,C,D,E,F
Volleyball	2 Weeks	10.4.12.A,B,C,D,E,F 10.5.12.A,B,C,D,E,F
Softball	2 Weeks	10.4.12.A,B,C,D,E,F 10.5.12.A,B,C,D,E,F
Swimming	2 Weeks	10.4.12.A,B,C,D,E,F 10.5.12.A,B,C,D,E,F
Floor Hockey	2 Weeks	10.4.12.A,B,C,D,E,F 10.5.12.A,B,C,D,E,F
Team Handball	2 Weeks	10.4.12.A,B,C,D,E,F 10.5.12.A,B,C,D,E,F
Aerobics	2 Weeks	10.4.12.A,B,C,D,E,F 10.5.12.A,B,C,D,E,F
Weight Training	2 Weeks	10.4.12.A,B,C,D,E,F 10.5.12.A,B,C,D,E,F
Activities Games	2 Weeks	10.4.12.A,B,C,D,E,F 10.5.12.A,B,C,D,E,F
Lifetime Sports	2 Weeks	10.4.12.A,B,C,D,E,F 10.5.12.A,B,C,D,E,F

## INSTRUCTIONAL RESOURCES:

PIAA Rulebook

PECentral.com

Red Cross Water Safety

Aerobic Fitness Tapes

Secondary PE Activities

Jordan Lanes

Lehigh Valley Ice Arena