## **High School Physical Education**

**Course: 898** 

**Big Idea/Conceptual Lens:** Physical education is a class that is designed to help students improve their physical health and well-being. Students can expect to participate in various activities such as team sports, individual sports, aquatics, fitness activities/lifetime activities and project adventure/outdoor education.

**Course Overview:** The Brentwood High School physical education curriculum is based on the premise that physical activity and participation are important for all students, regardless of their level of athletic skill or ability. Through various activities, students in our program will learn how to incorporate physical activity into their daily lives. In addition, we hope to instill enjoyment of physical activity, as well as an understanding of the importance of maintaining physical fitness.

Physical Education classes are designed to practice and develop skills in activities that will help you maintain fitness throughout your life.

## In addition to providing great exercise and developing motor skills, physical education class....

- 1. Inspires Self-Discipline. Students who have access to high-quality PE programs are taught life skills that can be used forever.
- 2. Improves Peer Relationships.
- 3. Provides Stress Relief.
- 4. Encourages Goal Setting.

<b>Units of Study</b>	
1.	Team Sports
2.	Racket Sports
3.	Aquatics
4.	Fitness/Lifetime Activities
5.	Project Adventure/Outdoor Activities

Subject/Course Physical Education				operation, communication, strategy, sportsmanship,		
		plan? gamesmanship,				
Unit/	Activities	Focus Areas/Content Skills/	Vocabulary		Next Generation Standards/	
Topic		Learning Objectives			Assessments/Projects/Labs	
Team Sports	Soccer Football Basketball Team Hand Ball Volleyball Hockey Broomball Softball	Basic skills for each sport Rules Scoring Etiquette Bracketology Students will develop and be able to perform the proper skills necessary to compete in game play	volley, offense offsides	ssing, catching, e, defense,	1a,2a, 2b,3a NS1,2,4,5 SEL 1-5  Students will perform basic motor and manipulative skills. They will attain competency in a variety of physical activities and proficiency in a few selected complex motor and sports activities.  Students will apply knowledge of concepts, principles, strategies and tactics related to movement and performance.  Students will demonstrate responsible personal and social behavior while engaged in physical activity. Students will understand that physical activity provides the opportunity for enjoyment, challenge, self-expression and communication.	
					1a, 2a,2b,3a, NS 1,2,4,5 SEL 1-5	
Racket Sports	Tennis Badminton Pickleball Ping Pong	Basic skills Rules Scoring Etiquette History of the Sport  Students will develop and be able to perform the proper skills necessary to compete in individual and partner game play.  Students will understand that physical activity provides the opportunity for enjoyment, challenge, self-expression and communication.	Kitchen Sink, Forehand, Bad	•	Demonstrates competency in a variety of motor skills and movement patterns.  Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.  Demonstrates the knowledge and skills to achieve and maintain the health-enhancing level of physical activity and fitness.  Students will exhibit responsible personal and social behavior that respects self and others.  Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and social interaction.	

				1a, 2a, 2b,2c,3c, NS1-5 SEL 1-5
Aquatics	Intro to Aquatics Swimming 101	Students will learn the importance of water safety and pool rules. Students will also be assessed by the teacher, their first time in the water to determine their individual swimming level. Students will be introduced and taught:  Front Crawl Elementary Backstroke Backstroke Underwater Swimming Survival Back Float Treading Water polo	Streamline, flutter kick, frog kick, freestyle, glide, rhythmic breathing, floating, shallow, deep, diving, buoy, life preserver, life jacket, kick board, flippers, lifeguard, CPR, AED, First Aid	Students will demonstrate competency in a variety of motor skills and movement patterns while in the pool. Demonstrates the knowledge and skills to achieve and
	Lifeguarding	The Lifeguarding program is a specialized program that requires students to be proficient swimmers before entering the program. Students will be put through rigorous training in accordance with the Red Cross Certification requirements. Students will also be trained in CPR/First Aid in accordance with the Red Cross Certification requirements.		
Fitness/ Lifetime Activities	Yoga Weight Training Fitness Walking Mountain Biking Physical Fitness Testing	This unit is taught in alliance with SEL standards. Students will be taught the importance of mind, body and well-being. During this unit, students will focus on their own personal abilities. Proper	Heart Rate, BPM, Set, Rep, Cardiovascular endurance, Muscular Strength, Muscular endurance, Flexibility,	1a, 1b, 2b, 2c, 3a, NS 1, 3,4,5 SEL 1-4  Demonstrates competency in a variety of motor skills and movement patterns.  Students will design personal fitness programs to improve cardio-respiratory endurance, flexibility, muscular strength, endurance and body composition.

	Archery	stretching, technique and goal	Muscles of the Body, Core,	Students will understand that physical activity provides
		setting will be emphasized.	Hands Only CPR	the opportunity for enjoyment, challenge, self-
		Students will be introduced to	-	expression and communication.
		activities that they can do on their		Students will be able to identify safety hazards and
		own at home or wherever they		react effectively to ensure a safe and positive experience
		choose to work out or practice.		for all.
				Students will be aware of and able to access
		Students will also learn the		opportunities available to them within their community
		importance of lifetime activity.		to engage in physical activity.
				Students will exhibit responsible personal and social
		Students will understand that		behavior that respects self and others.
		physical activity provides the		Students will recognize the value of physical activity
		opportunity for enjoyment,		for health, enjoyment, challenge, self- expression and/or
		challenge, self-expression and		social interaction.
		communication.		
				2b, 2c, 3a, NS 4 &5, SEL 1-5
Project	Cooperative Games	Students will be introduced to	Teamwork, cooperation,	
Adventure/	Ropes	games and activities that promote	communication, challenge by	Students will understand that physical activity provides
Outdoor	Belaying	cooperation, teamwork, trust	choice, Studebaker, belay,	the opportunity for enjoyment, challenge, self-
Activities	Climbing	building, problem solving, and	harness, carabiner, stitch	expression and communication.
		communication skills.	plate, pea cord, rock wall,	Students will be able to identify safety hazards and
		Throughout the activities the	cargo net, giants' ladder, fire	react effectively to ensure a safe and positive experience
		students will be enhancing their	cracker ladder	for all.
		personal development and		Students will be aware of and able to access
		challenged as individuals to face		opportunities available to them within their community
		their own perceived limitations.		to engage in physical activity.
				Students will exhibit responsible personal and social
				behavior that respects self and others.
				Students will recognize the value of physical activity
				for health, enjoyment, challenge, self- expression and/or
				social interaction.