

# 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.

Units of Study
<ol style="list-style-type: none"><li>1. Team Sports</li><li>2. Racket Sports</li><li>3. Aquatics</li><li>4. Fitness/Lifetime Activities</li><li>5. Project Adventure/Outdoor Activities</li></ol>

<b>Subject/Course</b> Physical Education		<b>Essential Question(s): How can Physical Education be part of a life-long fitness plan?</b>		<b>Academic Vocabulary:</b> Teamwork, cooperation, communication, strategy, sportsmanship, gamesmanship,
<b>Unit/Topic</b>	<b>Activities</b>	<b>Focus Areas/Content Skills/ Learning Objectives</b>	<b>Vocabulary</b>	<b>Next Generation Standards/ Assessments/Projects/Labs</b>
<b>Team Sports</b>	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.	Dribbling, passing, catching, volley, offense, defense, offsides	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.
<b>Racket Sports</b>	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.	Racket, Paddle, Dead Zone, Kitchen Sink, Volley, Forehand, Backhand, Serve	1a, 2a,2b,3a, NS 1,2,4,5 SEL 1-5  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.



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