

DEPARTMENT NAME: Health & Wellness: P.E. GRADE LEVEL: 11/12 <sup>th</sup> Semester Electives	<b>YEAR AT A GLANCE</b> <b>Student Learning Outcomes by Marking Period</b> <b>2019-2020</b>
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FIRST TERM	Overarching/general themes	
Dates	References	To Demonstrate Proficiency by the End of the course, Students Will.... (with eligible content references):
Marking Period Starts: 9/5/19 or 2/3/20  Suggested Completion Date: <i>Semester long course (two marking terms)</i>	Course Theme: Movement Skills and Concepts  <b>Elective Title examples:</b> Sport Medley, Invasive Sports, Net/Wall Sports, Intramural Independent Study	Content/skill SWBAT statement (corresponding standards) <ul style="list-style-type: none"> <li>● Demonstrate mastery of all locomotor skills needed to participate in an elected physical activity (M. 69)</li> <li>● Demonstrate mastery of all non-locomotor skills needed to participate in an elected physical activity (M. 70)</li> <li>● Demonstrate mastery of all manipulative skills needed to participate in an elected physical activity (M. 71)</li> <li>● Demonstrate the ability to apply manipulative skills competently in an elected physical activity (M. 72)</li> <li>● Analyze movement skill cues and use them to enhance performance (M. 73)</li> <li>● Analyze the biomechanics of movement skills within an elected physical activity (M. 74)</li> <li>● Demonstrate ability to apply content knowledge, such as rules, roles and strategies to an elected physical activity (M. 77-M. 82)</li> <li>● Demonstrate the ability to meet the healthy fitness zone in three FitnessGram assessment components (F. 58, F. 62, F. 63, F. 66, F. 67)</li> </ul>
Marking Period Starts: 9/5/19 or 2/3/20  Suggested Completion Date: <i>Semester long (two marking terms)</i>	Course Theme: Health-Related Fitness  <b>Elective Title examples:</b> Fitness & Conditioning, Aerobic Dance, Weight Training, Community Fitness Independent Study	Content/skill SWBAT statement (corresponding standards) <ul style="list-style-type: none"> <li>● Develop, implement and monitor an individualized fitness plan based on goals (F. 70)</li> <li>● Analyze community fitness facilities based on given criteria (F. 73)</li> <li>● Create and lead a health-related fitness routine that can be applied independently or as a group (F. 60, F. 64, F. 68)</li> <li>● Assess how personal needs are met, such as wellness, enjoyment, challenge, social interactions, etc, during an elected fitness course or activity (LL. 53, LL. 62)</li> <li>● Demonstrate the ability to meet the healthy fitness zone in three FitnessGram assessment components (F. 58, F. 62, F. 63, F. 66, F. 67)</li> </ul>
Marking Period Starts: 9/5/19 or 2/3/20  Suggested Completion Date: <i>Semester long (two marking terms)</i>	Course Theme: Personal & Social Skills Development  <b>Elective Title examples:</b> Adventure Activities, Outdoor Adventure, Orienteering, Crew Rowing	Content/skill SWBAT statement (corresponding standards) <ul style="list-style-type: none"> <li>● Demonstrate respect for self and others in all settings (PS. 35-50)</li> <li>● Design a cooperative activity game or activity for a group to implement (PS. 35, PS. 40)</li> <li>● Analyze and utilize the strengths of others in a physical activity setting (PS. 46)</li> <li>● Participate willingly with all individuals and groups in cooperative activities (PS. 50)</li> <li>● Analyze how cooperative, problem solving and inclusion skills contribute to life outside of school (PS. 35-50)</li> <li>● Demonstrate the ability to meet the healthy fitness zone in three FitnessGram assessment components (F. 58, F. 62, F. 63, F. 66, F. 67)</li> </ul>
Marking Period Starts: 9/5/19 or 2/3/20  Suggested Completion Date: <i>Semester long (two marking terms)</i>	Course Theme: Lifelong Physical Activities  <b>Elective Title examples:</b> Yoga, Dance, Active Transportation (Biking,	Content/skill SWBAT statement (corresponding standards) <ul style="list-style-type: none"> <li>● Demonstrate mastery of movement skills needed to participate in an elected leisure activity (M. 69, M. 72, LL. 38)</li> <li>● Apply knowledge of safety and proper procedures for participation in an elected leisure activity (LL. 38, LL. 41)</li> <li>● Compare and contrast an elected physical activity with a traditional competitive team sport in terms of personal needs and wellness (LL. 39, LL. 42, LL. 49, LL. 53)</li> </ul>

	Walk/Jog/Run), Leisure Sports, Swim/Aquatics	<ul style="list-style-type: none"> <li>• Evaluate an elected leisure activity in terms of feasibility and accessibility as a personal lifelong leisure activity (LL. 52</li> <li>• Analyze the role of lifelong physical activities activities in disease prevention and wellness (LL. 50, LL. 51)</li> <li>• Create a plan, including all given components, for participating in an elected leisure activity after course completion (LL. 59, LL. 61)</li> <li>• Demonstrate the ability to meet the healthy fitness zone in three FitnessGram assessment components (F. 58, F. 62, F. 63, F. 66, F. 67)</li> </ul>
<p>Marking Period Starts: 9/5/19 or 2/3/20</p> <p>Suggested Completion Date: <i>Semester long (two marking terms)</i></p>	<p>Course Theme: Wellness (<i>Health and Physical Education Hybrid</i>)</p> <p><b>Elective Title:</b> Wellness or Health and Fitness</p>	<p>Content/skill SWBAT statement (corresponding standards)</p> <ul style="list-style-type: none"> <li>• Demonstrate the ability to use the decision-making skills of appropriate goal-setting, risk taking and problem solving (5.8.2; 5.12.2; PS.23; PS.27; PS.35; PS43)</li> <li>• Formulate an effective long-term personal fitness plan that incorporates daily physical activity and healthy eating habits (6.12.4; F.70; LL.59)</li> <li>• Demonstrate the ability to access reliable and valid information related to personal health and wellness (3.12.3; 3.12.5; LL.61)</li> <li>• Choose the healthier option when dealing with stress and evaluate the effectiveness of that decision (5.8.6; 5.12.7; LL.55; LL.49)</li> </ul>
<p>Marking Period Ends: 1/31/20 or 6/19/20 (12<sup>th</sup> grade ends 6/5/20)</p> <p>Assessments During This Period: <i>FitnessGram; Student Outcomes Portfolio</i></p>		