

**Elizabethtown Area School District
Scope & Sequence - Quick Reference**



Department: Health and Physical Education

Course: 10th Grade Physical Education

Grade Level(s): 10

Course Description: The primary aim of physical education is to equip students with the knowledge, skills, capacities, and values along with the enthusiasm to maintain a healthy lifestyle into adulthood, regardless of their physical abilities. Activities included in the program are designed to promote physical fitness, to develop motor skills, to instill knowledge and understanding of rules, concepts, and strategies, and to teach students to work as part of a team, or as individuals, in a wide variety of fitness and cooperative activities. Specific units of study include softball, fitness II, volleyball, pickleball, team games, and adventure based activities II.