

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

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**Department:** Health and Physical Education

**Course:** Advanced Physical Education

**Grade Level(s):** 10

**Course Description:** The Advanced Physical Education curriculum will emphasize a personal commitment to lifetime activity and fitness for enjoyment, challenge, self-expression, and social interaction. The course will provide students with opportunities to achieve and maintain a health-enhancing level of physical fitness, and will increase the students' knowledge of fitness concepts. At this grade level, students should be demonstrating mastery of skills in games, sports, dances, and improved strength and conditioning technique. The department's goal at this level is for students to begin and/or continue the participation of fitness-related activities outside of school hours, on a regular basis. Curricular units for Advanced Physical Education are as follows: Badminton, Golf, Dance, Group Fitness, Tennis, and Basketball II.