



Course Overview

High School | 11 & 12 | Team Sports - Last Updated on April 2, 2025

DESCRIPTION

K-12 Content Area | Mission & Philosophy Statement

- Empowered, health-literate individuals, equipped with the knowledge and skills for lifelong physical activity and wellness, proactively balance physical, mental, social and emotional health needs.
- Leaders and active participants in health and wellness initiatives with a strong sense of ownership and responsibility for their health and that of their peers drive positive change within their communities, demonstrating commitment to collective well-being.
- Benefiting from partnerships with local health organizations and wellness professionals, learners cultivate informed, community-minded individuals who value collaboration and the importance of holistic health education for themselves and their families.
- In a school environment that models health and well-being through policies and daily practices—like offering healthy eating options and providing spaces for emotional support—physically literate learners prioritize their health and wellness through deliberate practice of well-designed learning tasks that allow for skill acquisition in an instructional climate focused on mastery. They become accustomed to integrating physical activity into their daily routines, setting the foundation for a balanced and healthy lifestyle.

Course Description

This course is an elective designed for students who wish to participate in an advanced physical education experience that emphasizes competition, challenge, leadership skills and alternative physical education type activities. Students will also receive instruction in basic anatomy and physiology and learn how to apply this knowledge to their performance in physical activities, as well as developing fitness programs and coaching techniques. Activities will include lifetime, team, individual, conditioning and other fitness related activities. Aquatic activities will also be included.

Students will incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills; demonstrate rules of the specific team sport; interact to follow rules during game play; evaluate the impact of practice strategies during game play; evaluate the impact of practice strategies on skill development. Students will be able to demonstrate correct use of rules during game play; analyze the interrelationship among regular participation in physical and motor skill improvement; identify and apply practice strategies for skill improvement. Additionally, students will be able to develop endurance and muscle coordination in swimming the basic swim strokes; demonstrate the ability to comfortably swim with their face in the water; demonstrate a feet first entry; attempt to demonstrate a head first entry (dive); participate in various aerobic activities that will allow them to reach their target heart rate during team play, demonstrate knowledge of the rules of the game, and co-operate with teammates. Lastly, students will be able to engage in and understand the benefits of weight training exercises that are individually appropriate for meeting student's goals.

STANDARDS

Pennsylvania - Grade 9 - Health, Safety, and Physical Education



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- 10.3.9.B
- 10.4.9.D
- 10.4.9.E
- 10.4.9.A
- 10.4.9.C
- 10.4.9.F
- 10.5.9.A
- 10.5
- 10.5.9.B
- 10.5.9.C
- 10.5.9.E
- 10.4

Pennsylvania - Grade 12 - Health, Safety, and Physical Education

- 10.5
- 10.5.12.B
- 10.5.12.C
- 10.5.12.E
- 10.5.12.F

COURSE OBJECTIVES

Specific objectives for this course are aligned to the Pennsylvania Department of Education Standards for Health, Safety and Physical Education.

ASSESSMENT TYPES

The following assessment types will be used during the course:

- Curriculum-based Measures
- Formative Assessments
- Performance-based Assessments
- Summative Assessments

SUGGESTED METHODS OF INSTRUCTION

Below is a list of suggested strategies for high-quality instruction Health and Physical Education:

- Instructional components outlined in *The Framework for Teaching* by Charlotte Danielson
- Demonstration
- Tactical approach
- Student-selected activity

RESOURCES

District Approved Program Resources	District Approved Supplemental Resources	District Approved Technology Resources
Equipment and supplies		