



Course Overview

High School | 10-12 | Comprehensive Physical Education - 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

Comprehensive Physical Education is a test-out option for students in 10th-12th grade. Successful completion (85% or better) of the Comprehensive Physical Education Final Exam is required. Successful completion of the exam will allow students to earn their additional Physical Education credit for graduation without completing an additional physical education course. **PREREQUISITE:** *Successful completion of Health/Wellness and General Physical Education*

STANDARDS

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



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SUGGESTED METHODS OF INSTRUCTION

A health and physical education program demands the use of a variety of instructional strategies to foster active and healthy habits. Below is a list of suggested strategies for high-quality instruction:

- Instructional components outlined in *The Framework for Teaching* by Charlotte Danielson
- Cooperative learning and collaboration
- Inquiry & Project-based learning

RESOURCES

| District Approved Program Resources | District Approved Supplemental Resources | District Approved Technology Resources |
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