



## LINCOLN-WOODSTOCK COOPERATIVE SCHOOL DISTRICT COURSE SYLLABUS

Course Name: Physical Education 9-12

Length: Semester

Teacher: Ms. Peabody and Mr. Loukes

### Course Description:

This course is a hands-on exploration of movement designed to bridge the gap between physical activity and long-term wellness. Rather than focusing on a single discipline, students will engage in a diverse array of experiences—ranging from cooperative team games and group activities to individual strength training and recreational pursuits. The goal is to equip students with the "physical literacy" needed to navigate any environment, whether it be a professional gym, a public park, or a home workout space. Through a balance of theory and practice, students will move beyond "working out" to understanding the why behind their movement. Ultimately, this course aims to build the knowledge and lifelong habits necessary to use regular activity as a vital tool for mental health, social connection, and an enhanced quality of life.

### Competencies or Standards Assessed:

National Standards for K-12 Physical Education

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### Anchor Texts or Major Curriculum:

OPEN PE and SHAPE

| Course Outline (major units of study): |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|----------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Unit Title                             | Essential Question or Overarching Understanding                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Group Activities                       | <ul style="list-style-type: none"> <li>• How does individual proficiency and understanding of an opponent's patterns shift both group function and personal strategy?</li> <li>• In what ways can we use spatial awareness to actively create or close opportunities during an activity?</li> <li>• How does a group environment push us further than solo efforts, and how do we resolve disagreements while staying focused on the goal?</li> <li>• How do we communicate effectively without words, hold peers accountable with kindness, and prioritize the spirit of the game over the final score?</li> <li>• How do we distinguish between the need to push through a challenge and the biological necessity for recovery?</li> <li>• How can the lessons forged in high-intensity group activities be applied to life outside the gym?</li> </ul> |
| Lifetime Fitness                       | <ul style="list-style-type: none"> <li>• How do I design a plan that actually forces my body to adapt and improve over time?</li> <li>• How does a fundamental understanding of muscle groups and joint actions allow me to perform exercises safely and effectively?</li> <li>• How do I structure a single workout session from dynamic warm-up to cool-down to maximize performance and minimize the risk of injury?</li> <li>• How do I transform a desire into a SMART goal with a specific, data-driven plan of action?</li> <li>• How do I balance the different components of fitness, strength, endurance, flexibility, and mobility to maintain a body that functions well in everyday life?</li> <li>• How can I accurately monitor and manage my own physical exertion and recovery without the need for a coach</li> </ul>                   |



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### COURSE SYLLABUS

|                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|-----------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                 | <ul style="list-style-type: none"><li>• or external direction?</li><li>• How can I design an effective workout using whatever resources are available, whether in a high-end gym, a public park, or a small hotel room?</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Lifetime Sports | <ul style="list-style-type: none"><li>• How do I modify my movement patterns and intensity to stay active across different stages, ages, and physical conditions of my life</li><li>• How do the skills and strategies I learn in one sport serve as a "movement foundation" for new activities I might try in the future?</li><li>• How do I identify and overcome the personal, social, and environmental barriers that often stop adults from staying active?</li><li>• Beyond physical fitness, how does regular movement contribute to my mental health, social connection, and overall quality of life?</li><li>• How does my personal conduct and sportsmanship help build a "culture of play" that keeps activities welcoming and accessible for everyone?</li></ul> |

#### **Portrait of a Learner**

##### **Independent Learner**

I make thoughtful plans and do my best to reach personal goals using feedback to work through challenges.

##### **Responsible Collaborator**

I work with others to achieve shared goals by listening actively, contributing ideas, and managing conflict.

##### **Critical Thinker**

I analyze information, ask thoughtful questions, and apply reasoning skills to solve problems and make decisions.

##### **Effective Communicator**

I express ideas clearly, adapting strategies based on the audience, setting, and/or purpose.

##### **Global Citizen**

I show that I care and take responsibility by helping in my community and the world around me.

**Additional Classroom Expectations:**

Be respectful to yourself, others, and all equipment.

Come to class prepared for physical activity.

Prioritize safety and use correct form during all exercises.

Participate actively and give your best effort every day.