

**Course Title:** Physical Education Grade 10  
**Credit/Hours:** .5 credit

**Board Approval Date:** June, 2011

**Course Description:**

This course focuses on mastery of the PA Academic Standards for Physical Education to allow students to actively participate in a variety of individual and team activities to promote overall general health and fitness. Tenth grade students are offered opportunities to participate in flag football, team handball, tumbling, jump rope, aerobic conditioning, physical fitness testing, hockey, basketball, volleyball, softball, core training and organized activities that include the use of cardio watches. Students will have the opportunity to assess personal strengths and weaknesses to allow them to select activities most appropriate to their personal goals. Through active participation, opportunity is given to the students to develop desirable attitudes of sportsmanship, cooperation, responsibility, appreciation of the skills of others and an understanding of the strategies employed while playing a particular sport.

**Learning Activities/Modes of Assessment:**

Teacher Observation  
Large Group Instruction  
Small Group Work  
Written Tests and Quizzes  
Checklists/Teacher Observations  
Projects with Rubrics

**Instructional Resources:**

Athletic Equipment

## Course Pacing Guide

**Course:** Physical Education 10

<b>Course Unit</b>	<b>Length of Instruction (Days/Periods)</b>
1. Course introduction	1 Day
2. Lock and locker distribution	1 Day
3. Fitness testing	10 Days
4. Flag Football	12 Days
5. Core Training	12 Days
6. Team Handball	12 Days
7. Tumbling and Jump Rope	12 Days
8. Basketball	12 Days
9. Volleyball	12 Days
10. Softball	12 Days
11. Final Exams	2 Days
12. Lock collecting	1 Day
13. Preview	3 Days