

Course Title: Physical Education 11 & 12 **Board Approval Date:** June, 2011
Credit/Hours: .5 Credit

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. Eleventh and Twelfth grade students are given the opportunities to participate in badminton, pickle ball, lacrosse soccer, weight training, volleyball, aerobic conditioning, ultimate frisbee and organized activities that include the use of cardio watches. Students will encouraged to design, monitor and participate in personal fitness programs in accordance with the principles of training and conditioning that will aid them in achieving their goals. Through active participation, opportunity is given to the students to develop desirable attitudes of sportsmanship, cooperation, responsibility, appreciation of the skill 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 11 & 12

Course Unit	Length of Instruction (Days/Periods)
1. Course introduction	1 Day
2. Lock and locker distribution	1 Day
3. Fitness testing	11 Days
4. Soccer	10 Days
5. Lacrosse	10 Days
6. Weight Training	10 Days
7. Badminton	10 Days
8. Pickle ball	10 Days
9. Volleyball	10 Days
10. Ultimate Frisbee	10 Days
11. Final Exams	3 Days
12. Lock collecting	1 Day
13. Preview	3 Days