

Physical Education

Physical Education is a semester-long elective designed for high school students. The course focuses on performance of individual and team sports, with explanations of proper technique, rules of the game, and preparation. Team sports introduced include soccer, basketball, football, baseball, and volleyball. An introduction to fitness, strength, endurance, and nutrition is also included.

Students will have the opportunity to perform each sport on their own time, while keeping a log of activity. The goal is incorporation of activity into their daily lives and the gain of lifelong healthy fitness habits.

Throughout the course, students may be asked to answer questions or to reflect on what they've read in their notes.

The notes are not graded. Rather, they are a way for students to extend their thinking about the lesson content.

Students may keep handwritten or typed notes.

Upon completion of Physical Education, students should possess the knowledge and skills needed to do the following:

- Define physical fitness and describe the components of being physically fit
- Evaluate their fitness level
- Apply physical fitness, nutrition-related, and weight-management skills to their lives
- Understand and apply safe exercise rules
- Describe the history and rules of sports such as basketball, baseball, football, soccer, volleyball, and gymnastics
- Describe and apply skills needed for a variety of sports

Unit 1: Physical Education	
Assignments	
Physical Education	1. Course Overview
	2. Defining Physical Fitness
	3. Principles of Training
	4. Project: Principles of Training
	5. Risk Factors and Behaviors
	6. Project: Risk Factors and Behaviors
	7. Balance and Flexibility
	8. How the Heart Works
	9. Project: How the Heart Works
	10. Muscular Strength and Endurance
	11. Evaluating Your Fitness Level
	12. Nutrition
	13. Project: Nutrition
	14. Weight Management
	15. Responsible Choices
	16. Project: Responsible Choices
	17. Handling Your Stress
	18. Exercise Safety
	19. Soccer
	20. Project: Soccer
	21. Basketball Overview
	22. Project: Basketball Overview
	23. Understanding Football
	24. Project: Understanding Football
	25. Modern Baseball
	26. Project: Modern Baseball
	27. Baseball History
	28. Project: Baseball History
	29. Volleyball
30. Project: Volleyball	
31. Title IX and Gender Issues in Sports	
32. Project: Title IX and Gender Issues in Sports	
33. Olympics	
34. Project: Olympics	
35. Controversy in the Olympic Games	
36. Project: Controversy in the Olympic Games	
37. Golf	
38. Project: Golf	
39. Tennis	
40. Swimming	
41. Project: Swimming	
42. Gymnastics	
43. Running	
44. Project: Running	
45. Racewalking	
46. Careers in Sports	
47. Project: Careers in Sports	
48. Test	
49. Glossary and Credits	