

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