

High School Physical Education Curriculum

Course Description: High School Physical Education

Level: 9-12 Grade

Credit: 1/2

Length: one semester

Prerequisites: None

Program: Physical Education

Description: The secondary Physical Education program consists of a variety of recreational sports activities and places emphasis on “life-time” sports, such as: swimming, racquetball, archery, tennis, badminton, and weight training just to name a few. Team sports such as basketball, volleyball, softball, and flag football also incorporated in the program.

Performance Standards (Learner Outcomes)	Alaska Reading, Writing, Math, Science Performance Standards	National Standards	Alaska Cultural Standards	Assessment	Activity
1. Students will demonstrate competency in many movement forms and proficiency in a few movement forms. (Motor Skills)		1	A1	Performance test for the teacher.	1. Swimming 2. Running 3. Fitness test 4. Other
2. Student will apply movement concepts and principles to the learning and development of motor skills. (Application)		2	D6	Fitness Journal	Fitness program

3. Student will exhibit a physical active lifestyle. (Active Living)		3		Personal goal chart.	1. outside activity.
4. Student will achieve and maintain a health-enhancing level of fitness. (Physical Fitness)		4	A6	1. Self evaluate 2. Classmates evaluate. 3. Create a presentation.	1. Resting heart rate chart. 2. Stretching 3. Fitness test
5. Student will demonstrate responsible personal and social behavior in physical activity settings. (Personal and Social Skills)		5	B3	1. Group Discussion	1. Observe activities. 2. Officiate an event.
6. Student will demonstrate understanding and respect for differences among people in physical activity settings. (Cooperation)		6	E8	1. Design a personal fitness program	1. Participate in a community event. 2. Participate in cultural games.
7. Students will understand the physical activity provides, opportunities for enjoyment, challenge, self-expression, and social interaction. (Values, Physical Activity)		7	C3	1. Promotional presentation.	1. Introduce new games. 2. Team sports

Recommended Resources: (websites, textbooks, equipment, reference materials, supplies)