

Traditional PE

Course Description:

This course offers students a basic introduction and understanding of a variety of sports and physical activities. Emphasis will be placed on basic skills, general rules, common language, health-related concepts, safety procedures, sport and activity etiquette, and sportsmanship. Individual, dual, and team units will be offered, aiming to enhance and increase students' physical education literacy.

Course Outcomes/Objectives:

- Apply concepts of each physical activity in non-competitive and competitive gameplay
- Utilize specific motor skills, patterns, and physical techniques to effectively engage in gameplay and fitness activities.
- Demonstrate knowledge of general safety
- Demonstrate proper body control, spatial awareness and competency in activity-specific movement skills
- Demonstrate the ability to assess one's own fitness level
- Ability to set personal goals as they pertain to the Specific Measurable Achievable Relevant Time Based (SMART) goal setting concepts
- Obtain general healthy knowledge and methods for maintaining a healthful level of fitness
- Discuss the benefits of a physically active lifestyle
- Identify general safety and proper hygiene practices as they pertain to fitness and resistance training

Enrollment:

Freshman
Sophomore

Units:

Each unit will last three weeks, with a total of three units per marking period.

Length: Full Year

The following can be selected and implemented in this course:

Invasion	Net Games	Striking/Fielding	Individual
Football	Volleyball	Softball/Kickball	Yoga, Step, or Zumba
Team Handball	Badminton		Backyard Games
Rugby	Tennis		
Ultimate Frisbee			
Floor Hockey			
Basketball			
Soccer			

*Instructor must select: (4) Invasion games, (2) Net, (2) Individual, (1) Striking unit