

Advanced Physical Education

Summit High School

Course Description:

This course offers students with an advanced sport experience in dual, team, and individual sports aiming to increase students' awareness and literacy of sport. Emphasis will be placed on acquiring specialized sport skills, tactics, and appropriate decision-making during modified gameplay. Further, students will gain historical, societal, and cultural understandings and experience in various different roles found in sport (i.e., player, coach, fitness instructor, referee, sports photographer, statistician).

Course Outcomes/Objectives:

Utilize and develop correct techniques of most sport skills and effectively apply in competitive gameplay.

Knowledge on the key features of the game or activity (e.g., rules, techniques, tactics, team strategies, history, traditions, etiquette).

Accumulate high physical activity in and out of class.

Demonstrate beginning knowledge and performance in other team and specialized sport-related roles (officiating, scorekeeping, team managing, coach, fitness coach).

Understanding and demonstrating behavior that is consistent with good sportsmanship.

Demonstrate knowledge of general safety.

Self-efficacy and enjoyment to engage in a specific activity.

Enrollment:

Juniors

Seniors

Units:

Individual, dual, and team sport units. Lasting three weeks each.

Length/Duration of Units:

One marking period

The following can be selected and implemented in this course:

Invasion	Net/Wall Games	Striking/Fielding	Individual
Football	Volleyball	Softball/Kickball	Backyard Games
Speedball	Badminton	Cricket	Golf
Rugby	Pickleball		
Ultimate Frisbee			
Floor Hockey			
Basketball			
Lacrosse			
Soccer			

*Cannot select more than 2 units from one category in a marking period.