

Course Title: Competitive Physical Education

Board Approval Date: 11/18/13

Credit / Hours: .25 credit

Course Description:

This course focuses on mastery of the PA Academic Standards for Health, Safety and Physical Education. Students participate in activities that are designed to help them master the components of health-related fitness and value physical activity and its contributions to a healthy lifestyle. The program includes a variety of team sports and other various group activities with systematic and effective instruction and practice time provided to ensure student achievement. Students in Competitive P.E. will specialize in fitness activities and weight lifting. Students will apply knowledge, skills, and attitudes acquired in physical education experiences from grades kindergarten to twelve to become proficient or advanced in one or more activities that lead to achieving personal goals. In addition, students can pursue excellence in the activities they choose, following a specific regimen and honing specific skills. Competitive P.E. will be more physically demanding than other P.E. classes.

Learning Activities / Modes of Assessment:

Large group instruction	Tests and Quizzes
Group Activities/Tasks	Checklists / Teacher Observation
Individual Activities/Tasks	Projects with Rubrics
Small group work	
Write-ups	

Instructional Resources:

Discovery Ed Streaming
Various Videos

Course Pacing Guide

Course: **Competitive Physical Education**

Course Unit (Topic)	Length of Instruction (Days/Periods)
1. Net Games	15 days
2. Competitive Aerobic Games	13 days
3. Competitive Team Sports	<u>12 days</u>
DAYS TOTAL	40 Days

Topic: 1. Net Games

Days: 15

Subject(s): Physical Education

Grade(s): 10th, 11th, 12th

Know:

Understand:

Do:

10.4.12.B – Essential

Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.

- social
- physiological
- psychological

10.4.12.E – Essential

Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

10.4.12.D – Important

Evaluate factors that affect physical activity and exercise preferences of adults.

- personal challenge
- physical benefits
- finances
- motivation
- access to activity
- self-improvement

10.4.12.F – Important

Assess and use strategies for enhancing adult group interaction in physical activities.

- shared responsibility
- open communication
- goal setting

A high level of competitive fitness impacts a person's overall well being including their physical, mental and emotional health.

10.4.12.A – Essential

Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.

10.4.12.E – Essential

Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

10.4.12.D – Important

Evaluate factors that affect physical activity and exercise preferences of adults.

- personal challenge
- physical benefits
- finances
- motivation
- access to activity
- self-improvement

10.4.12.F – Important

Assess and use strategies for enhancing adult group interaction in physical activities.

- shared responsibility
- open communication
- goal setting

10.5.12.D – Essential

Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.

10.5.12.E – Important

Evaluate movement forms for appropriate application of scientific and biomechanical principles.

- efficiency of movement
- mechanical advantage
- kinetic energy
- potential energy
- inertia
- safety

Topic: 1. Net Games

Days: 15

Subject(s): Physical Education

Grade(s): 10th, 11th, 12th

Know:

Understand:

Do:

10.5.12.D – Essential

Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.

10.5.12.E – Important

Evaluate movement forms for appropriate application of scientific and biomechanical principles.

- efficiency of movement
- mechanical advantage
- kinetic energy
- potential energy
- inertia
- safety

Topic: 2. Competitive Aerobic Games

Days: 13

Subject(s):

Grade(s):

Know:

Understand:

Do:

10.4.12.B – Important

Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.

- social
- physiological
- psychological

10.4.12.E – Essential

Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

10.4.12.D – Important

Evaluate factors that affect physical activity and exercise preferences of adults.

- personal challenge
- physical benefits
- finances
- motivation
- access to activity
- self-improvement

10.4.12.F – Important

Assess and use strategies for enhancing adult group interaction in physical activities.

- shared responsibility
- open communication
- goal setting

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Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

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Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.

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Evaluate factors that affect physical activity and exercise preferences of adults.

- personal challenge
- physical benefits
- finances
- motivation
- access to activity
- self-improvement

10.4.12.F – Important

Assess and use strategies for enhancing adult group interaction in physical activities.

- shared responsibility
- open communication
- goal setting

10.5.12.D – Essential

Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.

10.5.12.E – Important

Evaluate movement forms for appropriate application of scientific and biomechanical principles.

- efficiency of movement
- mechanical advantage
- kinetic energy
- potential energy
- inertia
- safety

Topic: 2. Competitive Aerobic Games
Subject(s):

Days: 13
Grade(s):

Know:

Understand:

Do:

10.5.12.D – Essential

Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.

10.5.12.E – Important

Evaluate movement forms for appropriate application of scientific and biomechanical principles.

- efficiency of movement
- mechanical advantage
- kinetic energy
- potential energy
- inertia
- safety

Topic: 3. Competitive Team Sports

Days: 12

Subject(s):

Grade(s):

Know:

Understand:

Do:

10.4.12.B – Important

Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.

- social
- physiological
- psychological

10.4.12.E – Essential

Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

10.4.12.D – Important

Evaluate factors that affect physical activity and exercise preferences of adults.

- personal challenge
- physical benefits
- finances
- motivation
- access to activity
- self-improvement

10.4.12.F – Important

Assess and use strategies for enhancing adult group interaction in physical activities.

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- personal challenge
- physical benefits
- finances
- motivation
- access to activity
- self-improvement

10.4.12.F – Important

Assess and use strategies for enhancing adult group interaction in physical activities.

- shared responsibility
- open communication
- goal setting

10.5.12.D – Essential

Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.

10.5.12.E – Important

Evaluate movement forms for appropriate application of scientific and biomechanical principles.

- efficiency of movement
- mechanical advantage
- kinetic energy
- potential energy
- inertia
- safety

Topic: 3. Competitive Team Sports
Subject(s):

Days: 12
Grade(s):

Know:

Understand:

Do:

10.5.12.D – Essential

Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.

10.5.12.E – Important

Evaluate movement forms for appropriate application of scientific and biomechanical principles.

- efficiency of movement
- mechanical advantage
- kinetic energy
- potential energy
- inertia
- safety