

Course Outline

I. General Information

- a. Physical education-Todd Buller & Donna O'Donnell
- b. Prerequisites: none
- c. Grade Level 9-12
- d. Course Summary:Each student at Pacific Grove High School must take and pass 20 units of physical education.
They will have the opportunity to participate in a variety of physical experiences which will provide a base for an active healthy lifestyle.

II. Course Content

Academic Content Standards	Q1	Q2	Q3	Q4
Standard 1 The student will be competent in many movement activities. <i>The students will demonstrate their competence in various movement forms by participating in team sports using the skills and strategies required for success</i>	X	X	X	X
Students play volleyball, basketball and participate in a schedule of cardiovascular and weight training activities	X			
Students play soccer, badminton and participate in a schedule of cardiovascular and weight training activities		X		
Students play court hockey, team handball and participate in a schedule of cardiovascular and weight training activities			X	
Students play soccer, tennis and participate in a schedule of cardiovascular and weight training activities				X
Standard 2 The student will understand how and why one moves in a variety of situations and will use this information to enhance his/her skills.	X	X	X	X
The students will be able to identify the characteristics of a highly skilled performance, by observing an organized sporting event (assigned quarter sport), and analyze how the basic offensive and defensive strategies contributed to the outcome of the event.	X	X	X	X
Standard 3 The student will achieve and maintain a health enhancing level of fitness	X	X	X	X
The students will develop a notebook that contains(1) a definition of physical fitness (2) fitness components (3)principals of training (4)health risk factors (5)benefits of exercise; and(6) exercises/activities designed to achieve fitness.	X			
The students will develop a personal fitness plan that would include an assessment of their present fitness level, goal setting, and a development of a plan for improvement.The students will implement their fitness plan and document their their progress.		X	X	X
Standard 4 The student will exhibit a physically active lifestyle and will understand that physical activity provides opportunity for enjoyment, challenge, and self-expression.				X
Students will write an essay reflecting on the personal benefits and feeling that result from participating in a favorite physical activity.				X
Standard 5 The student will demonstrate responsible personal behavior while participating in movement activities.	X	X	X	X
Students and teacher will discuss and agree upon rules to ensure a risk-free class environment. This list of rules needs to include etiquette, ways of interacting, safety, care of facilities and equipment.	X	X	X	X
Standard 6 The student will demonstrate responsible social behavior while participating in movement activities. The student will understand the importance of respect for all others.	X	X	X	X
The student will work cooperatively in groups to develop skills needed in various sports	X	X	X	X
Standard 7 The student will understand the interrelationship between history and culture and games, sports, play, and dance.				X

<p>The students will have a choice; (1) describe what impact women have had in the area of competitive sports since 1900. Where women began, their progress, and their future in sports. (2) Describe the impact that television has had on professional sports over the past three decades.</p>				X
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III. Instructional Plan

IV. Assessment: Assessment will be made by the assignments listed above, and daily observation of dressing out and participation.

V. Text and Other Materials