

## PHYSICAL EDUCATION DEPARTMENT

## PHYSICAL EDUCATION: COURSE #995

### Contact Information

Acton Boxborough Regional High School  
36 Charter Road  
Acton, MA 01720  
Telephone: (978) 264-4700

### The Department's Educational Philosophy

---

Physical Education is that integral part of total education which contributes to the development of the individual through the natural medium of physical activity - human movement. It gives students the opportunity to develop physically, mentally, and socially through the use of physical activity. Physical Education helps students achieve the skills, physical fitness, knowledge, social qualities, and attitudes that will allow them to develop an optimal quality of life and well-being.

Physical Education supports the broad goals of education by encouraging students to participate in lifelong activities and by giving them the personal living skills that make this possible. This is achieved through the pursuit of skills and knowledge in movement, understanding the effects of physical activity upon the body, feelings of adequacy and mastery, and the development of a personal value system regarding physical activity.

### Guiding Principles

- Develop the skills of movement, the knowledge of how and why one moves, and the ways in which movement may be organized.
- Learn to move skillfully and effectively through exercise, games and sports.
- Enrich the student's understanding of the concepts of space, time and force related to movement.
- Express culturally approved patterns of personal behavior and interpersonal relationships in and through games and sports.
- Demonstrate understanding and respect for differences among people in physical activity settings.
- Condition the heart, lungs, muscles and other organic systems of the body to meet daily and emergency demands.
- Acquire an appreciation and respect for good physical condition, a functional posture, and a sense of well-being.
- Develop an interest and a desire to participate in lifetime recreational sports.
- Understand that physical activity provides opportunity for enjoyment, challenge, self-expression, and social interaction.

## **PHYSICAL EDUCATION: COURSE #995**

**Course Frequency:** One Semester, meets every other day

**Credits Offered:** 1.25

**Prerequisites:** None

### **Background to the Curriculum**

This course was developed by the Acton Boxborough Regional High School Physical Education Department. This course continues to undergo review and revision. Presently, there are five teachers in the Physical Education Department. 3 FTE are assigned to grades 10-12 and 2 FTE are teaching the Fitness for Living course to freshman students.

### **Core Topics/Concepts/Skills**

- Accurate information about health and fitness
- Realistic self-evaluation about critical health and fitness issues
- Self-esteem and communication skills
- Decision-making and self-empowerment skills
- Safety practices associated with physical activity
- Movement skills and movement knowledge
- Knowledge and practice of lifelong physical activities which promote health and fitness
- Enhance social development and interaction skills
- Individual excellence

## Course-End Learning Objectives

<u>Learning objectives</u>	<u>Corresponding state standards, <i>where applicable</i></u>
<b><u>AB Marathon</u></b> <ol style="list-style-type: none"><li>1] Understand the rules and terminology of AB Marathon.</li><li>2] Demonstrate competence in running fundamentals.<ul style="list-style-type: none"><li>• running</li><li>• pacing</li><li>• form</li><li>• endurance</li></ul></li><li>3] Demonstrate the ability to use a progressive approach to running.</li><li>4] Understand and show how to run using proper running technique.</li><li>5] Exhibit sportsmanship while running.</li><li>6] Know and successfully use the safety rules for running.</li><li>7] Demonstrate activities for warming up before and cooling down after exercise.</li></ol>	2.17, 2.26 2.17, 2.19, 2.23, 2.20  2.22, 2.23 2.17 2.26 2.26 2.18
<b><u>AB Physical Education Triathlon</u></b> <ol style="list-style-type: none"><li>1] Understand the three components, rules and terminology for the AB Phys. Ed. Triathlon.<ul style="list-style-type: none"><li>• Demonstrate competence in running fundamentals.<ul style="list-style-type: none"><li>~ running</li><li>~ pacing</li><li>~ form</li><li>~ endurance</li></ul></li><li>• Demonstrate competence in weight training.<ul style="list-style-type: none"><li>~ posture</li><li>~ breathing techniques</li><li>~ body positioning</li><li>~ spotters</li></ul></li><li>• Demonstrate competence in cardiovascular fitness training.<ul style="list-style-type: none"><li>~ target heart rate</li><li>~ posture</li><li>~ proficiency in operation of all cardio equipment</li></ul></li></ul></li></ol>	2.17, 2.19, 2.20, 2.21

2] Demonstrate the ability to use a progressive approach to all three components.	2.17
3] Understand and show how to run, lift and do cardio exercise, using proper technique.	2.17, 2.26
4] Exhibit sportsmanship while performing the AB Phys. Ed. Triathlon.	2.26
5] Know and successfully use the safety rules for the AB Phys. Ed. Triathlon.	2.26
6] Demonstrate activities for warming up before and cooling down after exercise.	2.18
<b><u>Badminton</u></b>	
1] Understand the rules, terminology and scoring of Badminton.	2.17, 2.26
2] Demonstrate competence in Badminton fundamentals.	2.17, 2.19, 2.23
<ul style="list-style-type: none"> <li>• forehand stroke</li> <li>• backhand stroke</li> <li>• overhead clear</li> <li>• underhand clear</li> <li>• serve</li> <li>• drop shot</li> <li>• overhead smash</li> </ul>	
3] Demonstrate the ability to play proper defense and offense in a Badminton game.	2.17
4] Understand and show how to perform as a team.	2.17, 2.27
5] Exhibit sportsmanship while playing the game of Badminton.	2.26
6] Know and successfully use the safety rules for Badminton.	2.26
7] Demonstrate activities for warming up before and cooling down after exercise.	2.18
<b><u>Basketball</u></b>	
1] Understand the rules, terminology and scoring of Basketball.	2.17, 2.26
2] Demonstrate competence in Basketball fundamentals.	2.17, 2.19, 2.23, 2.20
<ul style="list-style-type: none"> <li>• shooting</li> <li>• passing</li> <li>• dribbling</li> </ul>	
3] Demonstrate the ability to play proper defense and offense in a Basketball game.	2.17
4] Understand and show how to perform as a team.	2.17, 2.27
5] Exhibit sportsmanship while playing the game of Basketball.	2.26
6] Know and successfully use the safety rules for Basketball.	2.26
7] Demonstrate activities for warming up before and cooling down after exercise.	2.18

<b><u>Capture the Flag</u></b>	
1] Understand the rules, terminology and scoring of Capture the Flag.	2.17, 2.26
2] Demonstrate competence in Capture the Flag fundamentals.	2.17, 2.19, 2.23, 2.20
• running	
• dodging	
3] Demonstrate the ability to play proper defense and offense in a Capture the Flag game.	2.17
4] Understand and show how to perform as a team.	2.17, 2.27
5] Exhibit sportsmanship while playing the game of Capture the flag.	2.26
6] Know and successfully use the safety rules for Capture the flag.	2.26
7] Demonstrate activities for warming up before and cooling down after exercise.	2.18
<b><u>Capture the Frisbee Flag</u></b>	
1] Understand the rules, terminology and scoring of Capture the Frisbee Flag.	2.17, 2.19, 2.26
2] Demonstrate competence in Capture the Frisbee Flag.	2.17
• running	
• dodging	
• throwing a Frisbee	
• catching a Frisbee	
3] Demonstrate the ability to play proper defense and offense in a Capture the Frisbee Flag game.	2.17
4] Understand and show how to perform as a team.	2.17, 2.27
5] Exhibit sportsmanship while playing the game of Capture the Frisbee Flag.	2.26
6] Know and successfully use the safety rules for Capture the Frisbee Flag.	2.26
7] Demonstrate activities for warming up before and cooling down after exercise.	2.18
<b><u>Disc Golf</u></b>	
1] Understand the rules, terminology and scoring of Disk Golf.	2.17,2.26
2] Demonstrate competence in Disk Golf fundamentals:	2.17, 2.19
• sidearm throws	• driver shot
• overhead throw	• approach shot
• curve throw	• putt shot
• skip throw	
3] Demonstrate the ability to apply golf strategy.	2.17

4] Understand own ability in terms of distance and use of appropriate disc.	2.17
5] Understand how to apply the driver, approach disc and putter.	2.17
6] Understand and show how to perform as an individual.	2.17, 2.26
7] Exhibit sportsmanship while playing the game of Disk Golf.	2.26
8] Know and successfully use the safety rules for Disk Golf.	2.26
9] Demonstrate activities for warming up before and cooling down after exercise.	2.18
<b><u>Fitness Center</u></b>	
1] Understand the Fitness Center rules and Fitness Center terminology.	2.17, 2.26
2] Label and identify the various types of equipment.	2.26
3] Use proper fundamentals of lifting weights.	2.17, 2.19, 2.20, 2.23
• posture	
• breathing techniques	
• body positioning	
• spotters	
4] Know and successfully use the safety rules and equipment in the weight room.	2.26
5] Demonstrate the ability to lift weights correctly.	2.17
6] Understand the principles of strength training.	2.20, 2.19
7] Understand the principles of cardiovascular training.	2.19, 2.20
8] Design and use a progressive resistance weight training and cardiovascular fitness program.	2.21, 2.20
9] Demonstrate activities for warming up and cooling down before and after exercise.	2.18
10] Understand the importance of physical fitness as a life long activity.	2.25
<b><u>Fitness Testing</u></b>	
1] Understand the guidelines and terminology for fitness testing.	2.17, 2.26
2] Demonstrate proper technique in all assessment areas.	2.17, 2.19, 2.20
• muscular strength and endurance	
• cardiovascular endurance	
• flexibility	
3] Demonstrate an understanding of the healthy fitness zone for each assessment category.	2.21, 2.23
4] Understand how to work successfully in groups.	2.27
5] Exhibit sportsmanship during testing.	2.26
6] Follow the safety guidelines associated with each fitness test area.	2.26
7] Demonstrate activities for warming up before and cooling down after exercise.	2.18

<b><u>Fitness Walking</u></b>	
1] Understand the guidelines and terminology for fitness walking.	2.17, 2.20, 2.25
2] Demonstrate competence in fitness walking fundamentals.	2.17, 2.19, 2.20
• posture	• heart rate
• pace	• form
• stride	
3] Demonstrate the ability to walk properly using a progressive approach.	2.17
4] Understand and show how to perform as an individual.	2.17
5] Exhibit a considerate and compassionate manner while walking in groups.	2.26
6] Know and successfully use the safety rules for walking.	2.26
7] Demonstrate activities for warming up before and cooling down after exercise.	2.18
<b><u>Floorball</u></b>	
1] Understand the rules, terminology and scoring of Floorball.	2.17, 2.26
2] Demonstrate competence in Floorball fundamentals.	2.17, 2.19
• passing	• moving the ball
• shooting	• receiving the ball
• goalie play	• moving to open space
• stick use	
3] Demonstrate the ability to play proper defense and offense in a Floorball game.	2.17
4] Understand and show how to perform as a team.	2.17, 2.27
5] Exhibit sportsmanship while playing the game of Floorball.	2.26
6] Know and successfully use the safety rules for Floorball.	2.26
7] Demonstrate activities for warming up before and cooling down after exercise.	2.18
<b><u>Floor Hockey</u></b>	
1] Understand the rules, terminology and scoring of Floor Hockey.	2.17, 2.26
2] Demonstrate competence in Floor Hockey fundamentals.	2.17, 2.19, 2.23, 2.20
3] Demonstrate the ability to play proper defense and offense in a Floor Hockey game.	2.17
4] Understand and show how to perform as a team.	2.17, 2.27
5] Exhibit sportsmanship while playing the game of Floor Hockey.	2.26
6] Know and successfully use the safety rules for Floor Hockey.	2.26
7] Demonstrate activities for warming up before and cooling down after exercise.	2.18

<b><u>Kickball</u></b>	
1] Understand the rules, terminology and scoring of Kickball.	2.17, 2.26
2] Demonstrate competence in Kickball fundamentals.	2.17, 2.19, 2.23
• kicking	• throwing
• catching	• base running
• fielding	
3] Demonstrate the ability to play proper defense and offense in a Kickball game.	2.17
4] Understand and show how to perform as a team.	2.17, 2.27
5] Exhibit sportsmanship while playing the game of Kickball.	2.26
6] Know and successfully use the safety rules for Kickball.	2.26
7] Demonstrate activities for warming up before and cooling down after exercise.	2.18
<b><u>Maplehill Ball</u></b>	
1] Understand the rules, terminology and scoring of a Maplehill Ball game.	2.17, 2.26
2] Demonstrate competence in Maplehill Ball fundamentals.	2.17, 2.19, 2.23
• kicking	• passing
• catching	• shooting
• throwing	• dribbling
• bowling	
3] Demonstrate the ability to play proper defense and offense in a Maplehill Ball game.	2.17
4] Understand and show how to perform as a team.	2.17, 2.27
5] Exhibit sportsmanship while playing the game of Maplehill Ball.	2.26
6] Know and successfully use the safety rules of Maplehill Ball.	2.26
7] Demonstrate activities for warming up before and cooling down after exercise.	2.18
<b><u>Mat Ball</u></b>	
1] Understand the rules, terminology and scoring of a Mat Ball game.	2.17, 2.26
2] Demonstrate competence in Mat Ball fundamentals.	2.17, 2.19, 2.23, 2.20
• kicking	
• catching	
• throwing	
• passing	
3] Demonstrate the ability to play proper defense and offense in a Mat Ball game.	2.17



4] Understand and show how to perform as a team.	2.17, 2.27
5] Exhibit sportsmanship while playing the game of Mat Ball.	2.26
6] Know and successfully use the safety rules of Mat Ball.	2.26
7] Demonstrate activities for warming up before and cooling down after exercise.	2.18
<b><u>Ninja Dash</u></b>	
1] Understand the rules, terminology and scoring of Ninja Dash.	2.17, 2.26
2] Demonstrate competence in Ninja Dash fundamentals.	2.17, 2.19, 2.23, 2.20
• running	
• dodging	
• pulling flags	
3] Demonstrate the ability to play proper defense and offense in a Ninja Dash game.	2.17
4] Understand and show how to perform as a team.	2.17, 2.27
5] Exhibit sportsmanship while playing the game of Ninja Dash.	2.26
6] Know and successfully use the safety rules for Ninja Dash.	2.26
7] Demonstrate activities for warming up before and cooling down after exercise.	2.18
<b><u>Pilates</u></b>	
1] Understand the meaning of Pilates.	2.17, 2.20
2] Demonstrate competence in the Pilates fundamentals.	2.17, 2.19, 2.20
• proper breathing techniques	
• performing proper body form and movements	
• concentration and control focusing on the “powerhouse” or core muscle groups	
3] Know the physical benefits of increased strength and stamina, improved flexibility and muscular development.	2.21
4] Demonstrate activities for warming up before and cooling down after exercise.	2.18
5] Know and successfully use safety rules and own physical limitations.	2.26
6] Exhibit sportsmanship while participating in Pilates.	2.27
<b><u>Quarter Football</u></b>	
1] Understanding the rules and terminology for Quarter Football.	2.17, 2.19, 2.26
2] Demonstrate competence in Quarter Football fundamentals.	2.17
• running	
• dodging	

<ul style="list-style-type: none"> <li>• cutting</li> <li>• stopping</li> <li>• accelerating</li> <li>• tagging</li> </ul>	
3] Understand and show how to perform as a team.	2.17, 2.27
4] Exhibit sportsmanship while participating in Quarter Football.	2.26
5] Know and successfully use the safety rules for Quarter Football.	2.26
6] Demonstrate activities for warming up before and cooling down after exercise	2.18
<b><u>Resistance Training</u></b>	
1] Understand the meaning of Resistance Training.	2.17, 2.20
2] Demonstrate competence in the Resistance Training fundamentals.	2.17, 2.19, 2.20
<ul style="list-style-type: none"> <li>• proper breathing techniques</li> <li>• performing proper body form and movements</li> <li>• using resistance bands</li> <li>• using body bars</li> </ul>	
3] Know the physical benefits of improvement of overall health and well-being.	2.21
4] Demonstrate activities for warming up before and cooling down after exercise.	2.18
5] Know and successfully use safety rules and own physical limitations.	2.26
6] Exhibit sportsmanship while participating in Resistance Training.	2.27
<b><u>Soccer</u></b>	
1] Understand the rules, terminology and scoring of a soccer game.	2.17, 2.26
2] Demonstrate competence in Soccer fundamentals.	2.17, 2.19, 2.23, 2.20
<ul style="list-style-type: none"> <li>• passing</li> <li>• shooting</li> <li>• trapping</li> <li>• dribbling</li> </ul>	
3] Demonstrate the ability to play proper defense and offense in a Soccer game.	2.17
4] Understand and show how to perform as a team.	2.17, 2.27
5] Exhibit sportsmanship while playing the game of Soccer.	2.26
6] Know and successfully use the safety rules of Soccer.	2.26
7] Demonstrate activities for warming up before and cooling down after exercise.	2.18

<b><u>Softball</u></b>	
1] Understand the rules, terminology and scoring of Softball.	2.17, 2.26
2] Demonstrate competence in Softball fundamentals.	2.17, 2.19, 2.23
• batting	
• catching	
• throwing	
• base running	
3] Demonstrate the ability to play proper defense and offense in a Softball game.	2.17
4] Understand and show how to perform as a team.	2.17, 2.27
5] Exhibit sportsmanship while playing the game of Softball.	2.26
6] Know and successfully use the safety rules for Softball.	2.26
7] Demonstrate activities for warming up before and cooling down after exercise.	2.18
<b><u>Speedball</u></b>	
1] Understand the rules, terminology and scoring of Speedball.	2.17, 2.26
2] Demonstrate competence in Speedball fundamentals.	2.17, 2.19, 2.20
• shooting	
• passing	
• catching	
• tagging	
• goalie play	
• running	
• dodging	
• moving to open space	
3] Demonstrate the ability to play proper defense and offense in a Speedball game.	2.17
4] Understand and show how to perform as a team.	2.17, 2.27
5] Exhibit sportsmanship while playing the game of Speedball.	2.26
6] Know and successfully use the safety rules for Speedball.	2.26
7] Demonstrate activities for warming up before and cooling down after exercise.	2.18
<b><u>Speedminton</u></b>	
1] Understand the rules, terminology and scoring of Speedminton.	21.7, 2.26
2] Demonstrate competence in Speedminton fundamentals.	2.17, 2.19, 2.23
• forehand stroke	
• backhand stroke	
• overhead clear	
• underhand clear	
• shot accuracy	
• serve	
• drop shot	
• overhead smash	

3] Demonstrate the ability to play proper defense and offense in a Speedminton game.	2.17, 2.26
4] Understand and show how to perform as an individual.	2.17
5] Exhibit sportsmanship while playing the game of Speedminton.	2.26
6] Know and successfully use the safety rules for Speedminton.	2.26
7] Demonstrate activities for warming up before and cooling down after exercise.	2.18
<b><u>Sportball</u></b>	
1] Understand the rules, playing area, terminology and scoring of Sportball.	2.17, 2.26
2] Demonstrate competence in Sportball fundamentals.	2.17, 2.20
<ul style="list-style-type: none"> <li>• shooting</li> <li>• passing</li> <li>• catching</li> <li>• tagging</li> </ul>	<ul style="list-style-type: none"> <li>• running</li> <li>• dodging</li> <li>• moving to open space</li> </ul>
3] Understand the methods of scoring for each offensive component of Sportball.	2.17
4] Demonstrate the ability to play proper defense and offense in a Sportball game.	2.17
5] Understand and show how to perform as a team.	2.17, 2.27
6] Exhibit sportsmanship while playing the game of Sportball.	2.26
7] Know and successfully use the safety rules for Sportball.	2.26
8] Demonstrate activities for warming up before and cooling down after exercise.	2.18
<b><u>Spud</u></b>	
1] Understand the rules, terminology and scoring of Spud.	2.17, 2.26
2] Demonstrate competence in Capture the Spud fundamentals.	2.17, 2.19, 2.23
<ul style="list-style-type: none"> <li>• running</li> <li>• listening</li> <li>• throwing</li> </ul>	
3] Demonstrate the ability to play proper defense and offense in a Spud game.	2.17
4] Understand and show how to perform as a group.	2.17, 2.27
5] Exhibit sportsmanship while playing the game of Spud.	2.26
6] Know and successfully use the safety rules for Spud.	2.26
7] Demonstrate activities for warming up before and cooling down after exercise.	2.18

<b><u>Step Aerobics</u></b>	
1] Understand the terminology of Step Aerobics.	2.17, 2.20
2] Demonstrate competence in the Step Aerobics fundamentals.	2.17, 2.19, 2.20
<ul style="list-style-type: none"> <li>• Basic Step</li> <li>• Corner Knee</li> <li>• Repeater Knee</li> <li>• T-Step</li> <li>• Over the Top</li> <li>• Lunges</li> <li>• V-Step</li> <li>• L-Step</li> <li>• I-Step</li> </ul>	
3] Understand and show how to perform choreography sequence of Step Aerobic moves.	2.17, 2.20
4] Demonstrate activities for warming up before and cooling down after exercise.	2.18
5] Know and successfully use safety rules and own physical limitations.	2.26
6] Exhibit sportsmanship while participating in Step Aerobics.	2.27
<b><u>Table Tennis</u></b>	
1] Understand the rules, terminology and scoring of a Table Tennis game.	2.17, 2.26
2] Demonstrate competence in Table Tennis fundamentals.	2.17, 2.19
<ul style="list-style-type: none"> <li>• forehand</li> <li>• backhand</li> <li>• serve</li> <li>• spin</li> <li>• smash shot</li> <li>• drop shot</li> <li>• footwork</li> </ul>	
3] Demonstrate the ability to move to proper position in a Table Tennis game.	2.17
4] Understand and show how to perform as a team when playing doubles.	2.17
5] Exhibit sportsmanship while playing the game of Table Tennis.	2.26
6] Know and successfully use the safety rules for Table Tennis.	2.26
7] Demonstrate activities for warming up before and cooling down after exercise.	2.18
<b><u>Tag games</u></b>	
1] Understand the rules, terminology and scoring of the different tag games.	2.17, 2.26
2] Demonstrate competence in tag game fundamentals.	2.17, 2.19, 2.20
<ul style="list-style-type: none"> <li>• running</li> <li>• dodging</li> <li>• tagging</li> </ul>	
3] Demonstrate the ability to play proper defense and offense in a tag game.	2.17

4] Understand and show how to perform as a team.	2.17, 2.27
5] Exhibit sportsmanship while playing a tag game.	2.26
6] Know and successfully use the safety rules for all tag games.	2.26
7] Demonstrate activities for warming up before and cooling down after exercise.	2.18
<b><u>Tennis</u></b>	
1] Understand the rules, terminology and scoring of a Tennis game, set and match.	2.17, 2.26
2] Demonstrate competence in Tennis fundamentals.	2.17, 2.19, 2.23, 2.20
• forehand	
• backhand	
• serve	
3] Demonstrate the ability to move to proper court position in a Tennis game.	2.17
4] Understand and show how to perform as a team when playing doubles.	2.17, 2.27
5] Exhibit sportsmanship while playing the game of Tennis.	2.26
6] Know and successfully use the safety rules for Tennis.	2.26
7] Demonstrate activities for warming up before and cooling down after exercise.	2.18
<b><u>Touch or Flag Football</u></b>	
1] Understand the rules, terminology and scoring of football.	2.17, 2.26
2] Demonstrate competence in Touch or Flag Football fundamentals.	2.17, 2.19, 2.20, 2.23
• pass	• block
• catch	• kick field goals
• center	• punt
3] Demonstrate the ability to play proper defense and offense in a Touch or Flag Football game.	2.17
4] Understand and show how to perform as a team.	2.17, 2.27
5] Exhibit sportsmanship while playing the game of Touch or Flag Football.	2.26
6] Know and successfully use the safety rules for Touch or Flag Football.	2.26
7] Demonstrate activities for warming up before and cooling down after exercise.	2.18
<b><u>Ultimate Frisbee</u></b>	
1] Understand the rules, terminology and scoring of Ultimate Frisbee.	2.17, 2.26
2] Demonstrate competence in Ultimate Frisbee fundamentals.	2.17, 2.19, 2.20, 2.23
• sidearm throw	• right hand catch
• overhead throw	• left hand catch

<ul style="list-style-type: none"> <li>• curve throw</li> <li>• skip throw</li> </ul>	<ul style="list-style-type: none"> <li>• tip catch</li> <li>• two hand catch</li> </ul>	
3] Demonstrate the ability to play proper defense and offense in an Ultimate Frisbee game.		2.17
4] Understand and show how to perform as a team.		2.17, 2.27
5] Exhibit sportsmanship while playing the game of Ultimate Frisbee.		2.26
6] Know and successfully use the safety rules for Ultimate Frisbee.		2.26
7] Demonstrate activities for warming up before and cooling down after exercise.		2.18
<b><u>Volleyball</u></b>		
1] Understand the rules, terminology and scoring of Volleyball.		2.17, 2.26
2] Demonstrate competence in Volleyball fundamentals.		2.17, 2.19, 2.23
<ul style="list-style-type: none"> <li>• forearm pass</li> <li>• overhead pass</li> <li>• serve</li> </ul>	<ul style="list-style-type: none"> <li>• spike</li> <li>• block</li> </ul>	
3] Demonstrate the ability to play proper defense and offense in a Volleyball game.		2.17
4] Understand and show how to perform as a team.		2.17, 2.27
5] Exhibit sportsmanship while playing the game of Volleyball.		2.26
6] Know and successfully use the safety rules for Volleyball.		2.26
7] Demonstrate activities for warming up before and cooling down after exercise.		2.18
<b><u>Wiffleball</u></b>		
1] Understand the rules, terminology and scoring of Wiffleball.		2.17
2] Demonstrate competence in Wiffleball fundamentals.		2.17, 2.27
<ul style="list-style-type: none"> <li>• batting</li> <li>• fielding</li> <li>• throwing</li> <li>• base running</li> </ul>		
3] Demonstrate the ability to play proper defense and offense in a Wiffleball game.		2.17
4] Understand and show how to perform as a team.		2.17, 2.27
5] Exhibit sportsmanship while playing the game of Wiffleball.		2.26
6] Know and successfully use the safety rules for Wiffleball.		2.26
7] Demonstrate activities for warming up before and cooling down after exercise.		2.18

<b><u>Yoga</u></b>	
1] Understand the meaning of Yoga.	2.17, 2.20
2] Demonstrate competence in the Yoga fundamentals. <ul style="list-style-type: none"> <li>• proper breathing techniques</li> <li>• performing proper body form and movement</li> <li>• meditation</li> </ul>	2.17, 2.19, 2.20
3] Know the physical benefits of stretching, improved flexibility and muscular development.	2.21
4] Demonstrate activities for warming up before and cooling down after exercise.	2.18
5] Know and successfully use safety rules and own physical limitations.	2.26
6] Exhibit sportsmanship while participating in Yoga.	2.27

**Assessment for dual and team activities**

- Teacher will observe monitor and correct the activities and games
- Teacher designed skill assessments
- By participating in the activity, the students will demonstrate an understanding of the rules, correct terminology and sportsmanship
- Class attendance, attitude and participation

**Assessment for Fitness Center**

- Teacher will observe monitor and correct students during weight training and cardiovascular exercises
- Fitness Center profile
  - ~ The students will develop a profile and keep records and training results for all Fitness Center activities
- By participating in Fitness Center activities, students will demonstrate an understanding of the Following:
  - ~ Fitness Center rules and safety procedures
  - ~ Progressive resistance for cardiovascular endurance and strength training
  - ~ Correct terminology
  - ~ Sportsmanship
  - ~ The value of exercise for life long fitness
- Class attendance, attitude and participation



### **Assessment for Fitness Testing**

- Teacher will observe monitor and correct the technique for assessment activities
- The students will understand the Fitnessgram Healthy Fitness Zone standards developed by the Cooper Institute
- By participating in the assessment activities, students will demonstrate an understanding of the following:
  - ~ Rules and safety procedures for fitness testing
  - ~ Correct terminology
  - ~ Personal fitness levels
  - ~ Value of fitness assessments
- Class attendance, attitude and participation

### **Technology and Health Learning Objectives Addressed in This Course**

**(This section is for faculty and administrative reference; students and parents may disregard.)**

<b><u>Course activity: skills and/or topics taught</u></b>	
1] Students utilize heart rate monitors and computerized cardiovascular equipment in the Fitness Center.	

### **Materials and Recourses**

#### Reference texts

Rainey, Don L., Murray, Tinker D., Foundations of Personal Fitness. (2005) McGraw-Hill Glencoe  
Meeks, Linda, Heit, Philip, Page, Randy, Health and Wellness. (2005) McGraw-Hill Glencoe  
Robinson, James, McCormick, Deborah, Essentials of Health and Wellness. (2005) Thompson Delmar Learning  
McCraken, Bane, It's Not Just Gym Anymore. (2001) Human Kinetics  
Lauder, Alan G., Play Practice. (2001) Human Kinetics  
Pangrazi, Robert P., Darst, Paul W., Dynamic Physical Education for Secondary School Students. (1997) Allyn and Bacon  
Meredith, Marilu D., Welk, Gregory J., Fitnessgram. (1999) Human Kinetics  
Griffin, Linda L., Mitchell, Stephen A., Oslin, Judith L., Teaching Sport Concepts and Skills. (1997) Human Kinetics  
Kurland, Zack, Yoga Workouts. (2007) Human Kinetics  
Pilates, Joseph H., Miller, William J., A Pilates' Primer: The Millenium Edition. (2000) presentation Dynamics Inc.  
Pearl, Bill, Moran, Gary T., Getting Stronger: Weight Training for Men and Women. (1986) Shelter Publications, Inc.  
Peterson, James A., Bryant, Cedric X., Peterson, Susan L., Strength Training for Women. (1995) Human Kinetics  
Milliken, Marian D., The Physical Education Book of Lists. (2001) Parker Publishing, Company