

Reading Public Schools

Instilling a joy of learning and inspiring the innovative leaders of tomorrow



Curriculum Guide for Course: Physical Education

Grade: 11 & 12

Program of Studies

This program is based upon the concept that prior wellness education experiences will allow students to make effective decisions regarding which activities they choose to engage in given specific options. Activities will include: Invasion games (ultimate frisbee, team handball), target games (golf, archery and bocce), net and racquet games (badminton, pickle ball, volleyball) rock climbing and advanced adventure activities, aerobic/fitness activities (Dance-Dance Revolution, cardio machines, yoga, Pilates, kick boxing), fencing, strength training in the RMHS fitness center, and more.

National Standards

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

<https://www.shapeamerica.org/standards/pe/>

Skills

Students will be able to:

- demonstrate competency in a variety of motor skills and movement patterns.
- apply the concepts, principles, strategies and tactics related to movement and performance.
- demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness
- exhibit responsible personal and social behavior that respects self and others.
- recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interactions.



Units

Essential Questions

Key Activities

<p>1. Fitness Center Unit: In this unit of instruction, all students will be able to demonstrate proper form and technique while performing a variety of strength and conditioning exercises, flexibility and well being.</p>	<ul style="list-style-type: none"> • How can I use selectorize plated machines, free-weight, and cardiovascular equipment in a safe and healthy way to improve and maintain my health? • How can I create a healthy and personalized fitness plan, incorporating healthy exercises and exercise equipment, to help maintain and improve my health? • How can flexibility enhance the daily function of the human body? • How can being present in the moment enhance your life? 	<p>Key activities may include body weight exercises, free weights and cardiovascular machines as well as flexibility training and mind/body awareness.</p>
<p>2. The Tennis Unit: This unit will provide students with the fundamental skills of tennis enabling them to play a game.</p>	<ul style="list-style-type: none"> • How does participation in Tennis improve physical fitness? • How do tennis skills transfer to other racket sports? • Why is the use of strategies important for success? 	<p>Key activities may include serving, court position and scoring a game as well as introducing tournament style play.</p>
<p>3. The Striking Unit: In this unit students will use a variety of implements to strike at stationary and mobile objects.</p>	<ul style="list-style-type: none"> • What are common skills that transfer from one striking game to another? 	<p>Key activities may include using long or short implements in games.</p>
<p>4. The Target Unit: In this unit students will be able to decipher between accuracy and power aim towards a stationary target.</p>	<ul style="list-style-type: none"> • How does body control improve success in target games? 	<p>Key activities may include using implements or the body to send an object toward a target.</p>
<p>5. The Invasion Games unit: In this unit students will learn how to create and defend space in a variety of games.</p>	<ul style="list-style-type: none"> • What key concepts or game strategies apply to all invasion games? 	<p>Key activities may include games where you try to invade your opponents space to score.</p>
<p>6. The Net Games Unit: In this unit students will send an object over a net by striking with an implement or hand in order to score on their opponent.</p>	<ul style="list-style-type: none"> • What are common strategies found in all net games? 	<p>Key activities may include hitting a ball or shuttlecock over the net.</p>
<p>7. The Backyard Games Unit; In this unit students will learn the rules and scoring of common backyard games.</p>	<ul style="list-style-type: none"> • Why do we play games? 	<p>Key activities may include throwing, tossing or catching many different objects.</p>
<p>8. The Lifelong Activities Unit: In this unit students will engage in a variety of activities that promote lifelong wellness.</p>	<ul style="list-style-type: none"> • What can I do to be physically active throughout my life? • What personal enjoyment do I find through participation in physical activity? 	<p>Key activities are physical activities that one can sustain throughout their life as they age.</p>



STUDENTS WILL
DEVELOP
MOTOR SKILLS
and
MOVEMENT PATTERNS.



STUDENTS WILL
APPLY NEW
MOVEMENT CONCEPTS
and
LEARNING
PHYSICAL ACTIVITIES.



STUDENTS WILL
PARTICIPATE
REGULARLY
and
PHYSICAL
ACTIVITY.



STUDENTS WILL
ACHIEVE
and
MAINTAIN
PHYSICAL
FITNESS.



STUDENTS WILL
APPRECIATE
PHYSICAL ACTIVITY
and
HEALTH, ENJOYMENT,
CHALLENGE &
SOCIAL INTERACTION.



STUDENTS WILL
EXHIBIT RESPECT
and
SELF & OTHERS.