

LEVEL 9-12
REQUIREMENTS

The physical education requirement for graduation from high school (level 9-12) is 1.5 units of credit.

Standards for the required units are found on the following pages.

In addition to the 1.5 unit requirement, individual high schools may offer elective credit physical education classes as appropriate.

FRESHMAN PHYSICAL EDUCATION

Requirement: .5 credit

COURSE DESCRIPTION

This one semester course will develop skills, techniques, and a knowledge component in a variety of individual sports and games, team sports and games, and physical fitness activities with emphasis on leadership, courtesy, respect, and fairness (sportsmanship).

STANDARD 1	Students will appreciate God's gift of good health and physical fitness.
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STANDARD 2 Students will develop knowledge, skills/techniques, and strategies associated with individual sports, games, and activities.

OBJECTIVES

- Acquire the basic knowledge, skills/techniques, and strategies necessary to participate in at least two lifetime sports, games, or activities such as (but not limited to).

Aerobics

Recreational Games

Bowling

Self-Defense

Downhill Skiing

Tumbling/Gymnastics

Jogging

Racquetball

Badminton

Rope Jumping

Cycling

Tennis

Handball

Wrestling

Archery

Roller Skating (Blading)

Cross Country Skiing

Swimming

Golf

Weight Training

STANDARD 3 Students will develop knowledge, skills/techniques, and strategies of team sports, games, and activities.

OBJECTIVES

- Demonstrate increased competency of knowledge, skills/techniques, and strategies in two of the recommended (but not limited to) team sports:

Football

Volleyball

Basketball

Soccer

Baseball/Softball

Track/Field

STANDARD 4 Students will maintain acceptable level of knowledge and level of physical fitness.

OBJECTIVES

- Demonstrate motor fitness: i.e., speed, reaction time, agility, balance, and coordination.
- Demonstrate a level of general fitness in each of the health related areas as prescribed

GIRLS

- Cardiovascular 1-1/2 mile run 14 min. 30 sec. or 12 min. walk/run 2160 yards or 3 mile walks under 40 min.
- Arm and shoulder strength Flexed arm hang 20 sec.
- Abdominal strength/endurance Flexed leg sit-ups 38
- Flexibly Sit Reach 35 cm e. Recommended that percent body fat be 18-22% Sum of triceps and subscapular skinfold 16-29 mm

BOYS

- Cardiovascular 1-1/2 mile run 11 min. or 12 min. walk/run 2700 yards or 3 mile walk under 37 min.
- Arm and shoulder strength Pull-ups 8 sec.
- Abdominal strength/endurance Flexed leg sit-ups 47
- Flexibility Sit-Reach 30 cm e. Recommended that percent body fat be 15-17% Sum of the triceps and subscapular skinfold 13-17 mm

NOTE: Levels determined from AAHPERD Youth Fitness Test and Kenneth Cooper Norms.

- Demonstrate the components of physical fitness; i.e., muscular strength, muscular endurance, flexibility, cardiovascular endurance, body composition.

PHYSICAL EDUCATION 10-12

REQUIREMENT: 1 CREDIT

COURSE DESCRIPTION

Students in this course will acquire and improve upon knowledge, skills/techniques, and strategies in a variety of lifetime, individual and lifetime team sport activities that contribute to sustained fitness and well-being. These skills and activities offer positive ways to cope with stress and contribute to the quality of life, not only as a student, but also as a future adult.

STANDARD 1	Students will appreciate God's gift of good health and physical fitness.
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STANDARD 2	Students will continue to develop, refine, and maintain knowledge, skills/techniques, and strategies while participating in lifetime individual and lifetime team sport activities.
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OBJECTIVES

- Develop and demonstrate three skills at a high level in at least one lifetime individual sport activity.
- Develop and demonstrate three skills at a high level in at least one lifetime team sport activity.
- Develop and refine strategies, techniques, and a knowledge of the rules in their selected lifetime activities.

STANDARD 3	Students will maintain an acceptable level of health and fitness.
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OBJECTIVES

- Demonstrate a level of fitness in each of the categories as prescribed.

GIRLS

- Cardiovascular 1-1/2 mile run 14 min. 30 sec. or 12 min. walk/run 2160 yards or 3 mile walk under 40 min.
- Arm and shoulder strength Flexed arm hang 10 sec.
- Abdominal strength/endurance Flexed leg sit-ups 38
- Flexibility Sit-Reach 35 cm e. Recommended that percent body fat be 18-22% Sum of triceps and subscapular skinfold 16-29 mm

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- Demonstrate the components of physical fitness; i.e., muscular strength, muscular endurance, flexibility, cardiovascular endurance, and body composition.

STANDARD 4	Students will develop, follow, and evaluate their own personal fitness plan.
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OBJECTIVES

- Submit a written personal fitness plan.
- Follow their own personal fitness plan.
- Evaluate their own personal fitness plan.