HIGH SCHOOL (9-12) PHYSICAL EDUCATION
“CURRICULUM GUIDES/CONCEPTS”

9-12 Programs of Instruction:

1.) **Skills/Concepts:** Students will build upon previously learned movement patterns and motor skills by participating in activities that lead to a physically active lifestyle.

*Examples of these skills/concepts would include:* motor skills, dance and rhythmical expression, discipline specific skills, balancing, body mechanics, self improvement/assessment

*Examples of Appropriate Activities/Equipment that promote skill development would include:* tennis, golf, archery, orienteering, biking, hiking/walking, line dancing, aerobics, yoga, basketball, softball, soccer, volleyball

2.) **Skills/Concepts:** Students will exhibit a physically active lifestyle. This includes the promotion of fitness opportunities outside of the school environment (focusing on local, state and national wellness programs).

*Examples of these skills/concepts would include:* goal setting, decision making, comparing/contrasting fitness values, interpreting data, investigation skills/strategies, disease prevention, stress management/coping skills, critical thinking skills, and problem solving tactics

*Examples of Appropriate Activities/Equipment that promote skill development would include:* computer lab activities, internet access to research wellness/fitness opportunities, health/wellness related software programs, data collection and analysis, evaluation of websites/programs/brochures, group projects/presentations, and health fairs

3.) **Skills/Concepts:** Students will apply physical fitness and wellness concepts to demonstrate maintenance of a healthy lifestyle.

*Examples of these skills/concepts would include:* cardiovascular fitness, muscular strength and endurance, body composition, flexibility, fitness values, knowledge and performance of the Fitness Gram

*Examples of Appropriate Activities/Equipment that promote skill development would include:* designing and implementing personal fitness programs, Fitness Gram testing, step aerobics, cardio/aerobic routines, nutrition based lessons/activities, flexibility and agility training

4.) **Skills/Concepts:** Students will identify and apply acceptable social and personal behaviors in a fitness/wellness setting.

*Examples of these skills/concepts would include:* goal setting, decision making, communication skills, conflict mediation skills, knowledge of etiquette and fair play, character education
Examples of Appropriate Activities/Equipment that promote skill development would include: basic safety and first aid lessons, designing personal strategies to avoid injury, understanding and demonstrating the benefits of physical activity with relation to mental health.