Course Description

Foundationally build upon Missouri's Grade Level Expectations and national studies, Park Hill's health and physical education courses provide students with the fundamental knowledge and skills to develop personal fitness goals and to succeed in reaching those goals. Courses connect the relevancy of nutrition, activity, and options outside of class to encourage students to continue their fitness goals.

Timeframe | Unit | Scope And Sequence | Instructional Topics
---|---|---|---
Ongoing | Fitness Assessment | 1. Fitness Assessment
Ongoing | Foundations of Fitness | 1. Foundations of Fitness
Ongoing | Individual/Dual Sports | 1. Individual/Dual Sports
Ongoing | Lifetime/Recreational Activities | 1. Lifetime/Recreational Activities
Ongoing | Team Sports | 1. Team Sports

Course Rationale

School-based health education and physical education programs, when effectively implemented and coordinated, can play a leading role in enabling students to lead healthy, active lives now and in the future. A sound curriculum with effective instruction and evaluation procedures provide learners with the tools for assuming personal ownership and some degree of control over factors in their lives that influence their health and wellness.

Board Approval Date

June 25, 2009

Course Details

Unit: Fitness Assessment  
Duration: Ongoing

Enduring Understandings

1. Being physically fit enhances quality of life.
2. Fitness assessments allow an individual to identify their fitness level.
3. Fitness assessments allow an individual to set personal fitness goals and create a plan for improvement.

Essential Questions

1. What does it mean to be physically fit?
2. Why is it important to identify your personal fitness level?
3. How does your fitness level affect your quality of life?
4. How can I improve my level of physical fitness?
5. Why is it important to set personal fitness goals?

Example Assessment Items

1. Given a fitness assessment, students can demonstrate proficiency on that assessment
2. Students will analyze current fitness testing data to determine strengths and weaknesses.
3. Students will use current data to create a personal fitness plan to improve physical fitness, including strategies to reach their goals.
4. Using a student's created fitness plan, students will explain why it is important to set personal fitness goals, identify personal fitness level, and how they relate to lifelong fitness and quality of life.

Academic Vocabulary

- Cardiovascular Endurance
- Muscular Endurance
- Muscular Strength

Topic: Fitness Assessment  
Duration: 0 Day(s)

Learning Targets

The student will achieve proficiency in health-related fitness assessments.

The student will interpret personal fitness assessment results and set individual goals for future fitness assessments.

The student will determine individual strengths and weaknesses in health related fitness to achieve proficiency in health related fitness assessments.

Unit: Foundations of Fitness  
Duration: Ongoing
Enduring Understandings
1. There is a correct and safe way to exercise in order to prevent injury.
2. Fitness activities can be health-related, skill-related, or both.
3. There are major muscles and muscle groups that are essential to movement and activity.

Essential Questions
1. How do you calculate target heart rate?
2. What is the correct and safe way to exercise in order to prevent injury?
3. What activities address health-related and skill-related fitness?
4. What are the major muscles and muscle groups that are essential to movement and activity?

Example Assessment Items
1. Given an age, students will determine the target heart rate.
2. Given a target heart rate, students will determine an individual's age.
3. Given an exercise, students will demonstrate proper warm-up, stretching, and cool-down procedures for that exercise.
4. Given a fitness circuit, students can categorize exercises as addressing health-related or skill-related fitness (oral discussion).
5. Given the human body, students can label the major muscles and muscle groups (written or oral assessment).

Academic Vocabulary
- Cardiovascular Endurance
- Health-Related Fitness
- Muscular Strength
- Skill-related Fitness
- Target Heart Rate
- Warm-Up

Learning Targets
The student will calculate target heart rate.
The student will define and apply fitness terminology and how it relates to exercise.
The student will identify activities that develop health-related and skill-related fitness.
The student will recognize major muscles and major muscle groups.

Unit: Individual/Dual Sports
Duration: Ongoing

Enduring Understandings
1. Individual/Dual sports have specific skills that allow you to be successful in participation of the sport.
2. Rules are a essential element in ensuring safety, fairness, and enjoyment of individual/dual sports.

Essential Questions
1. What are the specific skills that allow for successful participation in an individual/dual sport?
2. What are the rules associated with an individual/dual sport?

Example Assessment Items
1. Given an individual/dual sport, the students will demonstrate correct application of the various skills associated with that sport in a game situation.
2. Given a game situation, the student will correctly apply terminology and rules for that sport.
3. Given an individual/dual sport, the student will explain the terminology and rules associated with that team sport.

Academic Vocabulary
- Follow Through
- Safety
- Sportsmanship
- Strategy

Learning Targets
The student will demonstrate the ability to apply correct elements of movement in a game situation.
The student will apply terminology, rules, and safety principles appropriate for individual/dual sports.

Unit: Lifetime/Recreational Activities
Duration: Ongoing
Enduring Understandings
1. Rules are an essential element in ensuring safety, fairness, and enjoyment of lifetime/recreational activities.
2. Participating in lifetime/recreational activities can improve my personal level of fitness.

Essential Questions
1. What are the rules associated with a lifetime/recreational activity?
2. In what ways does participation in lifetime/recreational activities improve my personal level of fitness?

Example Assessment Items
1. Given a lifetime/recreational activity situation, the student will correctly apply terminology and rules for that activity.
2. Given a lifetime/recreational activity, the student will explain the terminology and rules for that activity.
3. Given a lifetime/recreational activity, students will explain how participation in the activity can improve their personal level of fitness (written or oral assessment).

Academic Vocabulary
- Exercise
- Lifetime/Recreation Activity
- Physical Activity
- Safety
- Sportsmanship

Topic: Lifetime/Recreational Activities
Duration: 0 Day(s)

Learning Targets
The student will apply terminology, rules, and safety principles appropriate for lifetime/recreational activities.

The student will describe the benefits of lifetime/recreational activities and how they relate to their individual fitness.

Unit: Team Sports
Duration: Ongoing

Enduring Understandings
1. Team sports have specific skills that allow you to be successful in participation of that sport.
2. Rules are an essential element in ensuring safety, fairness and enjoyment of team sports.

Essential Questions
1. What are the specific skills that allow for successful participation in a team sport?
2. What are the rules associated with a team sport?

Example Assessment Items
1. Given a team sport, the students will demonstrate correct application of the various skills associated with that sport in a game situation.
2. Given a game situation, the student will correctly apply terminology and rules for that sport.
3. Given a team sport, the student will explain the terminology and rules associated with that team sport.

Academic Vocabulary
- Defense
- Follow Through
- Offense
- Safety
- Sportsmanship
- Strategy

Topic: Team Sports
Duration: 0 Day(s)

Learning Targets
The student will demonstrate the ability to apply correct skills in a game situation.

The student will apply terminology, list rules, and safety principles appropriate for various team sports.