

Course: Physical Education 2

Instructor: Mr. Ryan Walz

Credits: .5

Instructional Level: Grade 11

Textbooks: None

Prerequisites: Christian Health and Wellness, Physical Education 1

Course Description:

The purpose of this class is to help students appreciate their God-given bodies and assist them in developing an understanding of good exercise habits and improvement of motor skills through a variety of exercise experiences. The course integrates Christian attitudes that lead to good sportsmanship and cooperation with other people.

Course Outcomes:

The student will:

1. Demonstrate and utilize effective techniques in each of the activity units.
2. Integrate strategy and knowledge of the rules through active participation in each activity.
3. Identify key parts to the 5 components of health related fitness.
4. Identify the positive and negative affects that the components of health related fitness have on the body and body parts affected.
5. Determine and list exercises that are associated with the components of health related fitness.
6. Exhibit the ability to do exercises related to the components of health related fitness through practice.
7. Identify and define the acronym FITT.
8. Apply the acronym FITT to the components of health related fitness.
9. Predict fitness levels for individual components and overall health related fitness.
10. Perform tests to determine fitness levels for each individual component of health and fitness.
11. Evaluate personal fitness levels and assess overall health related fitness.
12. Develop a personal fitness program.
13. Demonstrate Christian sportsmanship in competitive settings.

Department Outcomes:

1. Knowledgeable participants who
 - a. Demonstrate competency in many, and proficiency in a few movement activities.
 - b. Apply movement concepts and principles to the learning and development of motor skills.
 - c. Organize/plan physical activities.

2. Physically active people who
 - a. Analyze fitness needs.
 - b. Design personal fitness programs.
 - c. Apply fitness in their personal lives.

3. Cooperative Christian sportsmen who
 - a. Communicate encouragement, support, and understanding.
 - b. Apply Christian love in competitive situations.
 - c. Demonstrate understanding and respect for differences among people in physical activity settings.

4. Health-conscious Christians who
 - a. Analyze personal lifestyles.
 - b. Apply Christian Principles and values to health questions.
 - c. Communicate health-conscious concepts to others.
 - d. Apply physical, mental, social, and spiritual wellness practices to their personal lives.

School Outcomes:

1. Fruits of their faith in Jesus Christ through Christian love, service, and witness.
2. Perceptive thinking, which integrates experience, research, and reason with God's will as revealed in His Holy Word in critical analysis, problem solving, and decision making.
3. Effective communication skills by listening; expressing their thoughts, feelings, faith, and ideas; and working cooperatively with others in family, school, church work, and community settings.
4. The knowledge, skills, and attitudes necessary to become self-initiating and self-directing life-long learners.
5. The conviction that they are individually formed creatures of their Maker and Redeemer who represent Him by using their unique blessings of time, gifts, and money for the welfare of others in a complex, culturally diverse, rapidly changing global society.
6. The verbal, sociological, scientific, quantitative, and the technological literacy necessary for offering God a productive, meaningful life.
7. An informed awareness of the uses of the fine and practical arts for personal and corporate worship, individual expression, and God-pleasing recreation.

Course Outline:

1. *Unit 1: Cardiorespiratory Endurance*
 - Identify related body parts
 - Identify related diseases from being unhealthy
 - Recognize positive results of being healthy
 - Participate in related exercises
 - Define and apply FITT
 - Test and evaluate fitness level

Number of days: 20

Department Outcomes: 1.1, 1.2, 1.3, 2.1, 2.2, 2.3, 3.1, 3.2, 3.3, 4.1, 4.2, and 4.4.
School Outcomes: 1, 2, 3, 4, 5, and 7.

2. *Unit 2: Muscle Strength*

- Identify related body parts
- Identify related diseases from being unhealthy
- Recognize positive results of being healthy
- Participate in related exercises
- Define and apply FITT
- Test and evaluate fitness level

Number of days: 8

Department Outcomes: 1.1, 1.2, 1.3, 2.1, 2.2, 2.3, 3.1, 3.3, 4.1, 4.2, and 4.4.
School Outcomes: 3, 4, 5, and 7.

3. *Unit 3: Muscle Endurance*

- Identify related body parts
- Identify related diseases from being unhealthy
- Recognize positive results of being healthy
- Participate in related exercises
- Define and apply FITT
- Test and evaluate fitness level

Number of days: 8

Department Outcomes: 1.1, 1.2, 1.3, 2.1, 2.2, 2.3, 3.1, 3.3, 4.1, 4.2, and 4.4.
School Outcomes: 3, 4, 5, and 7.

4. *Unit 4: Flexibility*

- Identify related body parts
- Identify related diseases from being unhealthy
- Recognize positive results of being healthy
- Participate in related exercises
- Define and apply FITT
- Test and evaluate fitness level

Number of days: 3

Department Outcomes: 1.1, 1.2, 1.3, 2.1, 2.2, 2.3, 3.3, 4.1, 4.2, and 4.4.
School Outcomes: 4, 5, and 7.

5. *Unit 5: Body Composition*

- Identify related body parts
- Identify related diseases from being unhealthy
- Recognize positive results of being healthy
- Apply the affects of exercise and nutrition to body composition
- Test and evaluate fitness level

Number of days: 3

Department Outcomes: 2.1, 2.3, 3.1, 3.3, 4.1, 4.2, and 4.4.
School Outcomes: 1, 2, 4, 5, and 7.

Activities:

- Fitness Testing
- Lacrosse
- Floor Hockey
- Ultimate Frisbee
- Ultimate Games
- Weight Training

Assessment:

Participation	-	40%
Unit Test	-	20%
Fitness Program	-	20%
Daily Work & Quizzes	-	20%

Appendix: Health & Physical Education Department Outcomes

Course: Physical Education 1

Instructor: Mr. Ryan Walz

Course Outline:

Unit 1: Cardiorespiratory Endurance

- 1.1 Demonstrate competency in many, and proficiency in a few movement activities.
- 1.2 Apply movement concepts and principles to the learning and development of motor skills.
- 1.3 Organize/plan physical activities.
- 2.1 Analyze fitness needs.
- 2.2 Design personal fitness programs.
- 2.3 Apply fitness in their personal lives.
- 3.1 Communicate encouragement, support, and understanding.
- 3.2 Apply Christian love in competitive situations.
- 3.3 Demonstrate understanding and respect for differences among people in physical activity settings.
- 4.1 Analyze personal lifestyles.
- 4.2 Apply Christian Principles and values to health questions.
- 4.4 Apply physical, mental, social, and spiritual wellness practices to their personal lives.

Unit 2: Muscle Strength

- 1.1 Demonstrate competency in many, and proficiency in a few movement activities.
- 1.2 Apply movement concepts and principles to the learning and development of motor skills.
- 1.3 Organize/plan physical activities.
- 2.1 Analyze fitness needs.
- 2.2 Design personal fitness programs.
- 2.3 Apply fitness in their personal lives.
- 3.1 Communicate encouragement, support, and understanding.
- 3.3 Demonstrate understanding and respect for differences among people in physical activity settings.
- 4.1 Analyze personal lifestyles.
- 4.2 Apply Christian Principles and values to health questions.
- 4.4 Apply physical, mental, social, and spiritual wellness practices to their personal lives.

Unit 3: Muscle Endurance

- 1.1 Demonstrate competency in many, and proficiency in a few movement activities.
- 1.2 Apply movement concepts and principles to the learning and development of motor skills.
- 1.3 Organize/plan physical activities.
- 2.1 Analyze fitness needs.
- 2.2 Design personal fitness programs.

- 2.3 Apply fitness in their personal lives.
- 3.1 Communicate encouragement, support, and understanding.
- 3.3 Demonstrate understanding and respect for differences among people in physical activity settings.
- 4.1 Analyze personal lifestyles.
- 4.2 Apply Christian Principles and values to health questions.
- 4.4 Apply physical, mental, social, and spiritual wellness practices to their personal lives.

Unit 4: Flexibility

- 1.1 Demonstrate competency in many, and proficiency in a few movement activities.
- 1.2 Apply movement concepts and principles to the learning and development of motor skills.
- 1.3 Organize/plan physical activities.
- 2.1 Analyze fitness needs.
- 2.2 Design personal fitness programs.
- 2.3 Apply fitness in their personal lives.
- 3.3 Demonstrate understanding and respect for differences among people in physical activity settings.
- 4.1 Analyze personal lifestyles.
- 4.2 Apply Christian Principles and values to health questions.
- 4.4 Apply physical, mental, social, and spiritual wellness practices to their personal lives.

Unit 5: Body Composition

- 2.1 Analyze fitness needs.
- 2.3 Apply fitness in their personal lives.
- 3.1 Communicate encouragement, support, and understanding.
- 3.3 Demonstrate understanding and respect for differences among people in physical activity settings.
- 4.1 Analyze personal lifestyles.
- 4.2 Apply Christian Principles and values to health questions.
- 4.4 Apply physical, mental, social, and spiritual wellness practices to their personal lives.