

Physical Education Curriculum Plan / 2013-2014

Secondary School

<p>Developing and incorporating a physically active lifestyle while developing motor skills, increasing fitness & wellness levels and enhancing social skills</p>	
<p style="text-align: center;">1st & 4th Quarters <u>Indoor/Outdoor</u></p> <p>State Standards: PE.1.1.1 - 1.1.2-1.1.3- 1.1.4 - 1.1.5 PE.2.1.1 -2.1.2 - 2.1.3 - 2.1.4 PE.3.1.1 - 3.1.2 - 3.1.3 PE.4.1.2 - 4.1.3 PE.5.1.1 -5.1.2 -5.1.3 - 5.1.4</p>	<p><u>Cooperative Activity</u> will incorporate movement that enhances directional awareness, reflects cooperation and participation and helps students understand how adherence to rules improves successful outcomes.</p> <p><u>Physical Fitness activity</u> using resistance, continual movement, static positioning, and aerobic activity.</p> <p><u>Individual and Lifetime Activities</u> that contribute to a healthy lifestyle using predetermined strategies to increase appreciation of an activity and make an activity more challenging</p>
<p style="text-align: center;">2nd & 3rd Quarters <u>Indoors</u></p> <p>State Standards: PE.3.1.1 - 3.1.2 - 3.1.3 PE.4.1.2 - 4.1.3 - 4.1.4 PE.5.1.4 - 5.1.5</p>	<p><u>Rhythms & Movement</u> allowing self-expression through defined movement forms.</p> <p><u>Physical Fitness</u> The important role overall fitness plays in living a healthier, and longer life. Motivation and the interrelationships of physical and health-related skills promote a healthy lifestyle. Activities using resistance, continual movement, static positioning, and aerobic activity.</p>