

**COURSE NUMBER:** HS815  
**COURSE TITLE:** Physical Education 10 - 11  
**COURSE LENGTH:** Semester, One-half Credit  
**PREREQUISITE:** None  
**GRADE LEVEL:** 10 & 11

**COURSE DESCRIPTION:**

One semester of physical education taught every other day in a 90 minute block is required. This course consists of dual and individual sports such as , pickle ball, handball, table tennis, badminton, etc. Team sports activities include; soccer, volleyball, team handball and softball. Co-ed activities are offered whenever possible.

**COURSE RATIONALE:**

In our physical education program, we will have co-educational instruction and participation. We will build our program upon the foundations of skills and concepts of movement and team sports started in the elementary and middle school levels. The dual and individual sports will develop an understanding of the skills, rules, strategies and values of sports and activities. At this level, special emphasis will be placed on positive attitudes, including sportsmanship and the appreciation of one's strengths and limitations. The curriculum will develop an understanding of the nature and importance of physical fitness and provide the knowledge to develop and maintain it throughout life. The courses at the 10th grade level emphasize lifetime activities. These activities are designed to provide the students with the opportunity to participate in many recreational activities. This exposure to different lifetime activities will have a carry over value. The personal fitness activities are designed to help the student recognize their own fitness level. Through our emphasis in individual, dual and lifetime activities, we hope to attain the major objective of physical education which is to provide all students with learning experiences so they have the opportunity for physical, emotional, mental and social fitness.

**METHOD OF INSTRUCTION:**

Presentation is through lecture, demonstration, films, and then class participation.

**ASSESSMENT:**

Pass/fail grades will be determined by attendance and participation. **Students missing more than five classes must make up each absence beyond this number by successfully completing one sportfolio or walk two miles before or after school under the supervision of a faculty member. The sportfolio option can only be used twice during a semester.**

**CRITICAL OBJECTIVES:**

The student will:

1. gain a knowledge of activities that are available after high school and college
2. know the rules of a variety of lifetime activities
3. take part and understand the safety precautions of each activity
4. gain a sense of sportsmanship, self-confidence and teamwork
5. understand the importance of of conditioning
6. learn an appreciation for proper care and use of equipment.