

Murrieta Valley Unified School District
High School Course Outline
2003

Department: Physical Education

Course Title: Physical Education 9

Course Number: 2700

Grade Level(s): 9

Length of Course: 1 year

Prerequisite(s): None.

Brief Course Description:

Physical Education 9 meets the first year of District graduation requirements for Physical Education. Physical Education 9 is the introductory course for all entering students unless enrolling as a sophomore or above. This class must be successfully completed before advancing into any of the physical education course electives.

This course will emphasize the development of movement skills and movement knowledge, self image and personal growth, and social development. During the fall, Physical Education 9 will integrate the Fitness for Life program. Also included are units in various activities including: aquatics, self defense/combatants, wrestling, tumbling, multicultural dance and physical fitness. During the spring semester, students are introduced to various individual dual, and team sports and activities. The state fitness test will also be included in the course. Instructional and assessment strategies will include cooperative learning, guided practice, interactive learning, demonstration, lecture, performance based assessment, authentic assessment, tests, and projects.

I. Goals

The students will:

- A. Develop a willingness to acknowledge and respect stylistic differences in performance.
- B. Gain an appreciation of others' achievements, no matter how large or small.
- C. Expand their ability to adapt to the needs of the group and demonstrate fairness toward all.
- D. Apply the fundamental movement skills in individual/dual sports, team sports, tumbling, aquatics, self defense/combatants, wrestling, and multicultural dance.

- E. Develop an in-depth understanding of the components of total health fitness.
- F. Assess personal fitness, set goals for improvement or maintenance, participate in an individualized fitness program and evaluate progress.
- G. Begin to identify personal preferences for types of physical activity.
- H. Identify and follow rules while playing sports and games.
- I. Describe the aesthetic qualities of movements.
- J. Develop positive self-esteem through working cooperatively with others and as an individual.
- K. Explore historical trends in physical fitness and sport activities.

II. Instructional Materials

- A. *Fitness for Life*, Corbin, Linsey, Scott Foresman Publishing Co.
- B. Physical Best Program
- C. Fitness Reporter, (Physical Best Software) and Filemaker Pro
- D. Video Camera, VCR, monitor
- E. Computer, printer, and software
- F. Fitnessgram