

Murrieta Valley Unified School District
High School Course Outline
June 2014

Department: Physical Education

Course Title: Physical Education 10-12 Hybrid

Course Number: 2705H

Grade Level(s): 10-12

Length of Course: 1 year

Prerequisite(s): Physical Education 9

Brief Course Description:

Physical Education 10 hybrid meets the second year of District graduation requirements for Physical Education. Physical Education 10 is a course for all students that have completed Physical Education 9 or equivalent.

This course will emphasize on advanced movement skills and movement knowledge, self image and personal growth, and social development. During the fall, Physical Education 10 hybrid will also integrate student recorded log hours online for various activities outside of school hours. Also included in the fall are units in various activities including: tennis, soccer, body composition, cardio vascular endurance, strength resistance training, aquatics, self defense/combatants, wrestling, tumbling, multicultural dance and physical fitness. During the spring semester, students will work on various advanced individual dual, and team sports and activities. Instructional and assessment strategies will include cooperative learning, guided practice, interactive learning through online video demonstrations, Journal log hours, demonstration, lecture, performance based assessment through video recording, authentic assessment, testing onsite, and projects onsite. Students will also be required to have access to smart devices for the purposes of video recording self-skills as instructed by the teacher.

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. Accountability Determinants

- A. Online Journal
- B. Onsite Testing
- C. Performance Videos
- D. Written exams
- E. Quizzes

III. Instructional Materials

- A. Physical Best Program
- B. Fitness Reporter, (Physical Best Software) and Filemaker Pro
- C. Video Camera, VCR, monitor
- D. Computer, printer, and software
- E. Smart Devices (Tablet, phone etc...)
- F. Haiku learning website