

Wyoming Department of Education Required Virtual Education Course Syllabus

Campbell County School District # 1

Program Name	Campbell County Virtual School	Content Area	WE
Course ID	WE3V	Grade Level	3
Course Name	PE 3	# of Credits	
SCED Code		Curriculum Type	K12 Inc

COURSE DESCRIPTION

A daily physical education program is designed to ensure that our students develop the coordination, motor skills and overall fitness necessary to lead healthy and active lives. The school administration has developed a versatile physical education program that offers a variety of options. A CCVS staff member will further outline instructions about this program

WYOMING CONTENT AND PERFORMANCE STANDARDS

STANDARD#	BENCHMARK (Standard/Indicator) Use the Standards and Benchmarks as Spreadsheets
PE5.1.1	Students combine locomotor and body control skills into movement patterns.
PE5.1.2	Students demonstrate a combination of body control skills.
PE5.1.3	Students apply fundamental manipulative skills in a variety of physical activities.
PE5.1.4	Students demonstrate and apply basic tactics and principles of movement.
PE5.1.5	Students explain critical elements of locomotor skills.
PE5.1.6	Students explain critical elements of body control skills.
PE5.1.7	Students explain critical elements of fundamental manipulative skills.
PE 5.2.1	Students assess current levels of personal health-related fitness.
PE 5.2.2	Students define the health benefits of physical activity.
PE 5.2.4	Students engage in a variety of physical activities that will enhance health-related fitness (inside and/or outside of school).
PE 5.3.1	Students understand the purpose of and apply appropriate rules, procedures, and safe practices in physical activity setting.
PE 5.3.2	Students interact and communicate positively with others.
PE 5.3.3	Students participate in and explain physical activities that promote self-challenge and enjoyment.
PE 5.3.4	Students participate in physical activities that promote self-expression and social and group interaction.

SCOPE AND SEQUENCE

UNIT OUTLINE	STANDARD#	OUTCOMES OBJECTIVES/STUDENT CENTERED GOALS
<p>Unit 1: The Presidential Fitness Challenge: Introduction In this unit, students will learn about the President’s Council on Fitness, Sports & Nutrition Award Programs. The United States government created the President’s Council to guide and inspire students to be physically active and fit. Students will learn about the activities to participate in, the awards that can be won, and how to keep track of progress. By the end of this unit, students will have taken the first step toward earning the Presidential Youth Fitness Award or the Presidential Active Lifestyle Award or will have qualified for one.</p>	PE5.1.1, PE5.1.2, PE5.1.3, PE5.1.4, PE5.1.5, PE5.1.6, PE5.1.7, PE 5.2.1, PE 5.2.2, PE 5.2.4, PE 5.3.1 , PE 5.3.2	<ul style="list-style-type: none"> Learn about the President's Challenge physical fitness award program Learn how to keep track of exercise progress

<p>Unit 2: Moving, Stretching, and Strengthening</p> <p>Throughout this unit the student will demonstrate motor skills and knowledge of rules in games. In addition, the student will review how to jump rope, stretch, throw, and catch. Each lesson includes individual and partner activities. These activities may be revised or replaced to meet the needs of the student.</p>	<p>PE5.1.1, PE5.1.2, PE5.1.3, PE5.1.4, PE5.1.5, PE5.1.6, PE5.1.7, PE 5.3.1, PE 5.3.2, PE 5.3.3, PE 5.3.4</p>	<ul style="list-style-type: none"> • Demonstrate motor skills • Participate in individual and partner activities
<p>Unit 3: Developing a Healthy Exercise Routine</p> <p>In this unit students will learn the four principles of exercise: regularity, overload, specificity, and progression. Students will also learn about the four components of an effective exercise routine, which are warm-up, stretching, exercise, and cool-down, and will understand why each one is important. Students will then begin the suggested daily exercise activities.</p>	<p>PE5.1.1, PE5.1.2, PE5.1.3, PE5.1.4, PE5.1.5, PE5.1.6, PE5.1.7, PE 5.2.1, PE 5.2.2, PE 5.2.4</p>	<ul style="list-style-type: none"> • Learn the principles of exercise • Learn the components of an exercise routine • Learn how to properly warm-up and cool-down
<p>Unit 4: Your Body and Exercise</p> <p>In this unit students will learn about how different factors affect the body during exercise. The unit explores body type and composition, proper diet and nutrition, the importance of fluids during exercise, how the human body maintains a healthy balance, and how exercise-related injuries can be prevented and cared for.</p>	<p>PE 5.2.1, PE 5.2.2, PE 5.2.4</p>	<ul style="list-style-type: none"> • Learn what body type and body composition are • Understand the value of eating a healthy diet • Learn how fluids are important for your body • Learn about care and prevention of exercise-related injuries
<p>Unit 5: The Presidential Fitness Challenge</p> <p>In this unit, students will participate in the Presidential Fitness Challenge. The President's Challenge is a program created by the United States government that rewards students for being physically active and fit. Students will take part in an endurance run/walk, a shuttle run, curl-ups, push-ups, and the v-sit and reach. The best performance in each of these events will be recorded and submitted to the teacher so that students receive the appropriate recognition and award for achievement.</p>	<p>PE5.1.1, PE5.1.2, PE5.1.3, PE5.1.4, PE5.1.5, PE5.1.6, PE5.1.7, PE 5.2.1, PE 5.2.2, PE 5.2.4</p>	<ul style="list-style-type: none"> • Participate in the Presidential Fitness Challenge
<p>Unit 6: Games Around the World</p> <p>In this unit, students will learn about games that children play. However, the games that students will learn are probably not ones that they have played before. Students are going to take a look at games that children play in different countries around the world. In the first lesson, students will learn games from countries in Asia. Next they will look at games that are played in countries in Europe. The third lesson will concentrate on countries of Africa. Finally, students will learn some games from Australia.</p>	<p>PE5.1.1, PE5.1.2, PE5.1.3, PE5.1.4, PE5.1.5, PE5.1.6, PE5.1.7, PE 5.2.1, PE 5.3.1, PE 5.3.2, PE 5.3.3, PE 5.3.4</p>	<ul style="list-style-type: none"> • Learn how to play games that are played in other countries