

# Wyoming Department of Education Required Virtual Education Course Syllabus

## Park County School District # 1

Program Name	Park #1 Online	Content Area	Physical Education and Health
Course ID	OL2725 A	Grade Level	6
Course Name	Physical Ed - 06A	# of Credits	0.5
SCED Code		Curriculum Type	District Developed

### COURSE DESCRIPTION

*This course provides students with a basic understanding of fitness, nutrition & general health. Students will learn about exercise safety, team and individual sports, nutrition, and the importance of staying active throughout their lifetime. Students conduct fitness assessments, set goals, develop their own fitness program, log activity, and participate in weekly physical activity. The overall goal of this course is to inspire Lifelong Movers.*

### WYOMING CONTENT AND PERFORMANCE STANDARDS

STANDARD#	<a href="#">BENCHMARK (Standard/Indicator) Use the Standards and Benchmarks as Spreadsheets</a>
8.1.1	Students demonstrate movement skills and patterns in a variety of activities.
8.1.3	Students demonstrate critical elements of specialized skills in modified individual, dual, or lifetime activities.
8.1.5	Students apply tactical concepts and performance principles in individual, dual, or lifetime activities.
8.1.6	Students compare and contrast skills used for different movement patterns.
8.1.7	Students analyze critical elements of specialized skills in a variety of activities.
8.1.8	Students analyze the use of strategies and tactics in a variety of physical activities.
8.2.1	Students create and monitor a personal plan using current levels of fitness and physical activity.
8.2.2	Students differentiate the health benefits associated with a variety of physical activities.
8.2.3	Students apply the principles, components, and practices of health-related fitness to improve short-term fitness goals.
8.2.4	Students engage in a variety of physical activities that will enhance health-related fitness (inside and/or outside of school).
8.2.5	Students explain valid characteristics of fitness-related products, technology, and resources related to fitness literacy.
8.3.1	Students develop and apply appropriate rules, safe practices, and procedures in physical activity settings.
8.3.3	Students engage in challenging experiences that develop confidence and independence.
8.3.4	Students engage in physical activities that promote self-expression and provide opportunities for social and group interaction.

### SCOPE AND SEQUENCE

UNIT OUTLINE	STANDARD#	OUTCOMES OBJECTIVES/STUDENT CENTERED GOALS
<b>Module 1: Physical Fitness</b>		

