

# Wyoming Department of Education Required Virtual Education Course Syllabus

## BIG HORN COUNTY SCHOOL DISTRICT #1

Program Name	WYCA	Content Area	Physical Education
Course ID	CAPE76912	Grade Level	9, 10, 11, 12
Course Name	Physical Education	# of Credits	0.5
SCED Code	08001G0.5011	Curriculum Type	Connections Academy

### COURSE DESCRIPTION

*In this course, the student will use previously acquired skills in a wide range of elective activities. The course places priority on self-motivated physical activities that the student can participate in now and later in life, and incorporates skill competencies, written assignments, and class evaluations into some of the units. The student will be expected to show proficiency in the activities that are important for his personal development at the appropriate age. The student's physical fitness level will be assessed and recorded. As an OA learner, the student will utilize relevant Web sites and streaming videos provided in the lessons.*

### WYOMING CONTENT AND PERFORMANCE STANDARDS

PE 12.1.5	Students apply specialized tactical concepts and performance principles in individual, dual, or lifetime activities.
PE 12.1.6	Students evaluate specialized skills used by self/others in team activities.
PE 12.1.7	Students evaluate specialized skills used by self/others in individual, dual, or lifetime activities.
PE 12.1.8	Students evaluate the use of specialized strategies and tactics in a variety of physical activities.
PE 12.2.1	Students create, monitor, and evaluate a personal plan using current levels of fitness and physical activity.
PE 12.2.2	Students evaluate the health benefits of a variety of physical activities.
PE 12.2.3	Students create, monitor, and evaluate a plan applying the principles and components of health-related fitness.
PE 12.2.4	Students engage in a variety of physical activities that will enhance health-related fitness (inside and/or outside of school).
PE 12.3.1	Students demonstrate leadership by holding self and others responsible for following safe practices, rules, procedures, and etiquette in physical activity settings.
PE 12.3.2	Students initiate responsible personal social behavior and positively influence the behavior of others in physical activity settings.
PE 12.3.3	Students use physical activity to promote personal growth, goal setting, and enjoyment.
PE 12.3.4	Students pursue physical activities that promote self-expression and provide opportunities for social and group interaction.

### SCOPE AND SEQUENCE

UNIT OUTLINE	STANDARD#	OUTCOMES
<b>Unit 1: Fitness</b> You will learn about the mechanics of several muscle specific stretches, the benefit of cardiovascular fitness, self-evaluations of personal fitness level, and proper technique and spotting for safe weight lifting.	PE 12.2.1, PE 12.2.2, PE 12.2.3, PE 12.2.4, PE 12.3.1, PE 12.3.3, PE 12.3.4	<ul style="list-style-type: none"> <li>•Students will participate in a variety of stretches and activities to benefit muscle strength, cardiovascular health, and practice proper technique and approach for weight lifting.</li> <li>•Students will engage in lesson activities to identify muscular stretches, and learn to self-evaluate personal fitness levels.</li> </ul>
<b>Unit 2: Team Sports</b> In this unit, you will learn the rules and regulations of various team sports, including basketball, volleyball, softball, baseball, and soccer. You will also acquire the skills that accompany these activities.	PE 12.2.1, PE 12.2.2, PE 12.2.3, PE 12.2.4, PE 12.3.1, PE 12.3.2, PE 12.3.3, PE 12.3.4	<ul style="list-style-type: none"> <li>•Students will identify the rules and regulations of various team sports.</li> <li>•Students will identify and analyze the skills needed to participate in a variety of team sports.</li> <li>•Students will engage in lesson activities to identify and demonstrate an understanding of the rules of a sampling of team sports.</li> </ul>
<b>Unit 3: Individual Sports</b> You will learn various activities that can be performed on your own that promote lifelong fitness. Included in the unit are lessons on hiking, swimming, and running, among other activities. You will gain an appreciation for fitness and how it contributes to a higher quality of life.	PE 12.1.5, PE 12.1.6, PE 12.1.7, PE 12.1.8, PE 12.2.1, PE 12.2.2, PE 12.2.3, PE 12.2.4, PE 12.3.1, PE 12.3.2, PE 12.3.3, PE 12.3.4	<ul style="list-style-type: none"> <li>•Students will identify and explain activities that promote a lifelong commitment to health and fitness.</li> <li>•Students will participate in lesson activities and conversations to gain a deeper understanding of the importance of fitness and how it contributes to overall health.</li> </ul>