



# Wyoming Department of Education Required Virtual Education Course Syllabus

## Natrona County School District # 1

### Course Information

<b>Program Name</b>	Natrona Virtual Learning
<b>Course ID</b>	NCV08001.1
<b>Course Name</b>	Physical Education
<b>SCED Code</b>	08001G1.0011
<b>Content Area</b>	PE
<b>Grade Level</b>	9,10,11,12
<b># of Credits</b>	1
<b>Curriculum Type</b>	Odysseyware

**Please give a concise description of this course including the purpose and what students will demonstrate and/or gain from this course.**

Physical Education is an elective designed for high school students. The course focuses on performance of individual and team sports, with explanations of proper technique, rules of the game, and preparation. Team sports introduced include soccer, basketball, football, baseball, and volleyball. An introduction to fitness, strength, endurance, and nutrition is also included. Students will have the opportunity to perform each sport on their own time, while keeping a log of activity. The goal is incorporation of activity into their daily lives and the gain of lifelong healthy fitness habits. Throughout the course, students may be asked to answer questions or to reflect on what they've read in their notes. The notes are not graded. Rather, they are a way for students to extend their thinking about the lesson content. Students may keep handwritten or typed notes.

### Wyoming Content and Performance Standards

<b>Standard</b>	<b><u>BENCHMARK (Standard/Indicator) Use the Standards and Benchmarks as Spreadsheets</u></b>
PE12.1.1	Locate and evaluate appropriate resources at school, in the community and beyond that help to enhance health (e.g., human resources, printed and electronic resources, equipment and facilitates, etc.). PA, PH, ME
PE12.1.2	Locate and evaluate appropriate resources at school, in the community and beyond that help to reduce health risks. (e.g., human resources, printed and electronic resources, equipment and facilitates, etc.). ATOD, SEXUALITY, PH
PE12.1.3	Use criteria to evaluate the validity of health information from a variety of sources (e.g., written, verbal, visual, electronic, etc.). ATOD, SEXUALITY, NUT

## Wyoming Content and Performance Standards

PE12.2.1	Analyze the types of decisions that would be appropriate for a specific health related situation (e.g., 1-step/automatic process appropriate for emergency, 5- step process appropriate for long-term decision). ATOD, SEXAULTY, IP/S
PE12.2.2	Apply a systematic decision making process that includes evaluation of consequences to enhance health (e.g., impact of decision on self, on others). SEXUALITY, IP/S, CEH
PE12.2.3	Apply a systematic decision making process that includes evaluation of consequences to reduce or avoid health risks. ATOD, SEXUALITY, IP/S
PE12.2.4	Evaluate how peers, culture, media and technology influence decisions students make about health practices and risk behaviors. SEXUALITY, ATOD, ME
PE12.3.1	Evaluate verbal and non-verbal techniques for communicating effectively with family, peers and others to enhance health. PH, CEH, ME
PE12.3.2	Evaluate verbal and non-verbal techniques for communicating effectively with family, peers and others to reduce or avoid health risks. ATOD, SEXUALITY, VP/B
PE12.3.3	Demonstrate the ability to use effective communication techniques to advocate for personal and community health. PH, CEH
PE12.3.4	Demonstrate the ability to use refusal, negotiation and collaboration skills to enhance health. ME, CEH, VP/B
PE12.3.5	Demonstrate the ability to use refusal, negotiation and collaboration skills to reduce or avoid health risks. ATOD, SEXUALITY, VP/B

## Scope and Sequence

Unit Outline	Standard #	Outcomes Objectives/Student Centered Goals
Unit 1: Physical Education	PE 12.1.6, PE 12.1.2, PE 12.1.3, PE 12.2.3	<ul style="list-style-type: none"> <li>● Define physical fitness and describe the components of being physically fit</li> <li>● Evaluate their fitness level</li> <li>● Apply physical fitness, nutrition-related, and weight-management skills to their lives Understand and apply safe exercise rules</li> <li>● Describe the history and rules of sports such as basketball, baseball, football, soccer, volleyball, and gymnastics</li> <li>● Describe and apply skills needed for a variety of sports</li> </ul>
Defining Physical Fitness	PE 12.2.3, PE 12.2.1	<ul style="list-style-type: none"> <li>● Define physical fitness.</li> <li>● Describe and discuss the difference between physical activity and fitness.</li> <li>● Discuss the importance of physical fitness as it relates to active lifestyle and lifetime wellness.</li> </ul>

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		<ul style="list-style-type: none"> <li>● Identify the five components of health-related physical fitness.</li> <li>● Describe and discuss the skill-related components of physical fitness.</li> </ul>
Principles of Training	PE 12.1.8, PE 12.2.3	<ul style="list-style-type: none"> <li>● Describe the principles of training: overload, progression, and specificity.</li> <li>● Identify other training factors: plateau, muscle recruitment, recover heart rate.</li> <li>● Define the keywords associated with this lesson.</li> </ul>
Project: Principles of Training	PE 12.2.2, PE 12.2.1	<ul style="list-style-type: none"> <li>● Create your own personal training log.</li> </ul>
Project: Risk Factors and Behaviors	PE 12.1.5, PE 12.1.8	<ul style="list-style-type: none"> <li>● Based upon what students have learned in the previous lesson, Risk Factors and Behaviors, write an essay of no less than 200 words on health behaviors, risk factors, and prevention of coronary artery disease (CAD) through exercise.</li> </ul>
Balance and Flexibility	PE 12.1.5, PE 12.1.8	<ul style="list-style-type: none"> <li>● Define flexibility.</li> <li>● Describe the importance of flexibility to lifetime health and fitness.</li> <li>● Describe the anatomy of flexibility as it relates to joint structure, muscles, and connecting tissues.</li> <li>● Discuss different methods of developing and maintaining flexibility.</li> <li>● Explain the need for a warm-up phase before engaging in exercise.</li> </ul>
How the Heart Works	PE 12.2.1, PE 12.2.2	<ul style="list-style-type: none"> <li>● Describe the respiratory process.</li> <li>● Explain the key components of the cardiovascular system.</li> <li>● Describe how the cardiovascular system functions.</li> <li>● Recognize the important of blood pressure.</li> <li>● Learn how to achieve a high level of cardiovascular fitness.</li> <li>● Describe the components and purpose of the circulatory system.</li> <li>● Explain the benefits of exercise on arteries, veins, and capillaries.</li> </ul>
Project: How the Heart Works	PE 12.2.1, PE 12.2.2, PE 12.2.3	<ul style="list-style-type: none"> <li>● In a step by step format, students will write about the process of the blood flow as it enters the heart until it leaves the heart.</li> </ul>
Muscular Strength and Endurance	PE 12.1.8	<ul style="list-style-type: none"> <li>● Describe the importance of attaining a high level of strength and endurance.</li> <li>● Explain the types of muscle fibers.</li> <li>● Describe the types of muscle contractions.</li> <li>● Explain how to apply the principles of fitness to strength.</li> <li>● Describe the methods of developing strength.</li> <li>● Describe a series of strength-training exercises.</li> </ul>
Evaluating Your Fitness Level	PE 12.2.1, PE 12.2.2	<ul style="list-style-type: none"> <li>● Assess your level of cardiovascular fitness.</li> <li>● Assess your body composition.</li> <li>● Assess your muscular strength.</li> <li>● Assess your muscular endurance.</li> </ul>

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		<ul style="list-style-type: none"> <li>● Assess your flexibility.</li> <li>● Describe the heart's target and recovery rates.</li> <li>● Contrast the advantages and disadvantages of determining Body Mass Index (BMI).</li> </ul>
Nutrition	PE 12.2.5, PE 12.2.5	<ul style="list-style-type: none"> <li>● Identify the basic food groups.</li> <li>● Recognize the six basic nutrients and explain their function.</li> <li>● Apply the best sources for each nutrient.</li> </ul>
Project: Nutrition	PE 12.2.5	<ul style="list-style-type: none"> <li>● Students will Choose three nutritional labels off of food packaging. Explain the ingredients and how to read each label in terms of calories, protein, carbohydrates, fats, and percentage of daily recommended dietary value.</li> </ul>
Weight Management	PE 12.3.4	<ul style="list-style-type: none"> <li>● Determine your ideal body weight.</li> <li>● Discuss the problems associated with obesity.</li> <li>● Describe the dangers of dieting, fad diets, and diet aids.</li> <li>● Debunk the myths about spot reduction.</li> <li>● Identify healthy eating habits.</li> </ul>
Exercise Safety	PE 12.3.1, PE 12.1.8	<ul style="list-style-type: none"> <li>● Describe how to exercise safely.</li> <li>● Explain common exercise injuries.</li> <li>● Describe common exercise problems.</li> <li>● Identify certain exercises to avoid</li> </ul>
Soccer	PE 12.1.2, PE 12.1.3	<ul style="list-style-type: none"> <li>● Summarize the history of soccer.</li> <li>● Recognize the positions of a soccer team.</li> <li>● Explain the rules of soccer.</li> <li>● Demonstrate soccer skills.</li> <li>● List the different parts of the soccer field and describe each.</li> </ul>
Project: Soccer	PE 12.1.2, PE 12.1.3	<ul style="list-style-type: none"> <li>● Research three of the world's most famous soccer players. Compose two complete paragraphs on each player for a total of at least 300 words, explaining their path to success.</li> </ul>
Basketball Overview	PE 12.1.2, PE 12.1.3	<ul style="list-style-type: none"> <li>● Give details on the history of basketball.</li> <li>● Identify ways in which the game has changed since its early days.</li> <li>● Identify the positions of the players and their basic jobs.</li> <li>● Explain the basics on how to shoot a basketball.</li> <li>● Understand something of the location, history, and records of various NBA teams</li> </ul>
Project: Basketball Overview	PE 12.1.2, PE 12.1.3	<ul style="list-style-type: none"> <li>● Write an essay on basketball history and how the game has changed over time.</li> </ul>
Understanding Football	PE 12.1.2, 12.1.6	<ul style="list-style-type: none"> <li>● Identify the jobs of the offense and defense in football.</li> <li>● Describe the role of "downs" in football.</li> </ul>

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Modern Baseball & Baseball History	PE 12.1.2, PE 12.1.3, PE 12.1.4	<ul style="list-style-type: none"> <li>● Explain the basics of baseball positions.</li> <li>● Identify the leagues and teams in modern baseball.</li> <li>● Identify popular publications, organizations, and media outlets for baseball.</li> <li>● Place baseball in U.S. popular culture.</li> <li>● Identify the major events in baseball history.</li> <li>● Identify key players and events during the 1920s and 1940s.</li> <li>● Analyze the origins of baseball and Jackie Robinson's and Babe Ruth's contributions to the game.</li> </ul>
Volleyball	PE 12.1.2, PE 12.1.3	<ul style="list-style-type: none"> <li>● Participate in volleyball.</li> <li>● Demonstrate the skills used in volleyball through practice and assessment.</li> <li>● View a volleyball game and determine how plyometric can help today's volleyball player.</li> <li>● Describe a brief history of volleyball.</li> </ul>
Project: Volleyball	PE 12.1.6	<ul style="list-style-type: none"> <li>● a. clearly demonstrate that you understand the discreet steps of the skills;</li> <li>● b. specify individual steps that you found both challenging and easy;</li> <li>● c. demonstrate your ability to effectively reflect on your own athletic abilities; and</li> <li>● d. be at least one paragraph, (double spaced-12 point font) for each skill. In a 200 word essay</li> </ul>
Golf	PE 12.1.1, PE 12.1.3	<ul style="list-style-type: none"> <li>● Define golf terminology.</li> <li>● Describe the equipment necessary for golf.</li> <li>● Report on proper golf etiquette.</li> <li>● Execute proper swing mechanics.</li> </ul>
Project: Golf	PE 12.1.5	<ul style="list-style-type: none"> <li>● 1. Use your terminology glossary to categorize the words. List the words that all go together and categorize them with a heading. Ex: Type of clubs—iron, driver, wood. List five rules of golf etiquette.</li> <li>● 2. Explain the correct stance, grip, orientation, and parts of a swing.</li> </ul>
Tennis	PE 12.1.1, PE 12.1.3, PE 12.1.7	<ul style="list-style-type: none"> <li>● Outline game basics, including some rules of the game.</li> <li>● State the basics of the forehand stroke.</li> <li>● Explain the steps of the topspin forehand.</li> <li>● Explain the basic backhand stroke and the backhand slice.</li> <li>● Describe the tennis serve.</li> </ul>

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		<ul style="list-style-type: none"> <li>● Report on the fitness level required to play tennis.</li> </ul>
Swimming	PE 12.1.1, PE 12.1.3	<ul style="list-style-type: none"> <li>● Outline the history of swimming.</li> <li>● Explain how to perform the competitive strokes efficiently.</li> <li>● Identify careers that require swimming as a prerequisite.</li> <li>● Report on the many benefits of swimming.</li> </ul>
Gymnastics	PE 12.1.1, PE 12.1.3	<ul style="list-style-type: none"> <li>● Explain different gymnastic events.</li> <li>● Report on the current scoring system in gymnastics.</li> <li>● Summarize the prevalence of eating disorders in gymnastics.</li> <li>● Design a strength and flexibility workout for a gymnast.</li> <li>● Explain the necessity for core strength in gymnastics.</li> </ul>
Running	PE 12.1.1, PE 12.1.3, PE 12.1.5	<ul style="list-style-type: none"> <li>● Identify the benefits of running.</li> <li>● Identify and utilize correct running mechanics.</li> <li>● Practice safety when running.</li> <li>● Demonstrate how to train efficiently using a heart rate monitor.</li> <li>● Explain the components of a beginning running program.</li> </ul>
Project: Running	PE 12.1.4	<ul style="list-style-type: none"> <li>● Write a short essay of no less than 200 words. Describe proper running mechanics. Describe the position of the arms, torso, head and shoulders and explanations as to the importance of each.</li> </ul>
Race-walking	PE 12.1.1, PE 12.1.3, PE 12.1.5	<ul style="list-style-type: none"> <li>● Identify the correct technique in race-walking.</li> <li>● List the rules of race-walking.</li> <li>● Distinguish race-walking from running.</li> <li>● Compare fitness benefits of race-walking versus running.</li> </ul>
Careers in Sports	PE 12.3.4	<ul style="list-style-type: none"> <li>● Identify career choices in sports.</li> <li>● Report on career paths in sports.</li> <li>● Define a career in sports management.</li> </ul>
End of Class Test		