

Wyoming Department of Education Required Virtual Education Course Syllabus

Niobrara County School District # 1

Program Name	Wyoming Virtual Academy	Content Area	PE
Course ID	D-OTH-020AV2-K	Grade Level	9-12
Course Name	Summit Physical Education A	# of Credits	0.5
SCED Code	08001G0.5011	Curriculum Type	K12 Inc

COURSE DESCRIPTION

Generally offered first semester. This pass/fail course combines online instructional guidance with student participation in weekly cardiovascular, aerobic, muscle-toning, and other activities. Students fulfill course requirements by keeping weekly logs of their physical activity. The course promotes the value of lifetime physical activity and includes instruction in injury prevention, nutrition and diet, and stress management. Students may enroll in the course for either one or two semesters, and repeat for further semesters as needed to fulfill state requirements.

WYOMING CONTENT AND PERFORMANCE STANDARDS

STANDARD #	BENCHMARK (Standard/Indicator) Use the Standards and Benchmarks as Spreadsheets
HE12.1.1	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
HE12.1.2	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
HE12.1.3	Use criteria to evaluate the validity of health information from a variety of sources (e.g., written, verbal, visual, electronic, etc.). ATOD, SEXUALITY, NUT
HE12.2.1	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
HE12.2.2	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
HE12.2.3	Apply a systematic decision making process that includes evaluation of consequences to reduce or avoid health risks. ATOD, SEXUALITY, IP/S
HE12.2.4	Evaluate how peers, culture, media and technology influence decisions students make about health practices and risk behaviors. SEXUALITY, ATOD, ME
HE12.3.1	Evaluate verbal and non-verbal techniques for communicating effectively with family, peers and others to enhance health. PH, CEH, ME
HE12.3.2	Evaluate verbal and non-verbal techniques for communicating effectively with family, peers and others to reduce or avoid health risks. ATOD, SEXUALITY, VP/B
HE12.3.3	Demonstrate the ability to use effective communication techniques to advocate for personal and community health. PH, CEH
HE12.3.4	Demonstrate the ability to use refusal, negotiation and collaboration skills to enhance health. ME, CEH, VP/B

HE12.3.5	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: Health Benefits of Physical Fitness Lesson 1: Semester 1 Introduction	12.2.4, 12.2.1	Examine the health benefits of physical fitness. Understand the importance of warm-up and cool-down exercises. Engage in physical activity and experience the health benefits of exercise. Learn how the course is structured and review the various topics that will be covered.
Unit 1: Health Benefits of Physical Fitness Lesson 2: Why is Physical Fitness Important?	12.2.4, 12.2.1	Examine the health benefits of physical fitness. Understand the importance of warm-up and cool-down exercises. Understand the importance of warm-up and cooldown exercises.
Unit 1: Health Benefits of Physical Fitness Lesson 3: Get to It!	12.2.4, 12.2.1	Engage in physical activity and experience the health benefits of exercise.
Unit 1: Health Benefits of Physical Fitness Lesson 4: Get to It! Unit 1: Health Benefits of Physical Fitness Lesson 5: Get to It!	12.2.4, 12.2.1	Engage in physical activity and experience the health benefits of exercise.
Unit 2: Create Your Physical Fitness Plan Lesson 1: Your Personal Fitness Plan Unit 2: Create Your Physical Fitness Plan Lesson 2: Get to It!	12.2.1, 12.2.4, 12.3.4, 12.3.3	Create an exercise program tailored to your own needs and interests. Engage in physical activity and experience the health benefits of exercise. Begin your daily 30-minute physical activity routine.
Unit 2: Create Your Physical Fitness Plan Lesson 3: Get to It!	12.2.1, 12.2.4, 12.3.4, 12.3.3	Engage in physical activity and experience the health benefits of exercise.

Unit 2: Create Your Physical Fitness Plan Lesson 4: Get to It!	12.2.1, 12.2.4, 12.3.4, 12.3.3	Engage in physical activity and experience the health benefits of exercise.
Unit 2: Create Your Physical Fitness Plan Lesson 5: Get to It!	12.2.1, 12.2.4, 12.3.4, 12.3.3	Engage in physical activity and experience the health benefits of exercise.
Unit 3: Cardiovascular and Respiratory Health Lesson 1: Having a Healthy Cardiovascular System	12.2.2, 12.2.4	Understand the importance of a strong heart and respiratory system to overall health. Learn the benefits of aerobic exercise and how to measure different heart rates. Engage in physical activity and experience the health benefits of exercise.
Unit 3: Cardiovascular and Respiratory Health Lesson 2: Get to It!	12.2.2, 12.2.4	Engage in physical activity and experience the health benefits of exercise.
Unit 3: Cardiovascular and Respiratory Health Lesson 3: Get to It!	12.2.2, 12.2.4	Engage in physical activity and experience the health benefits of exercise.
Unit 3: Cardiovascular and Respiratory Health Lesson 4: Get to It!	12.2.2, 12.2.4	Engage in physical activity and experience the health benefits of exercise.
Unit 3: Cardiovascular and Respiratory Health Lesson 5: Get to It!	12.2.2, 12.2.4	Engage in physical activity and experience the health benefits of exercise.
Unit 4: Muscle Strength, Endurance, and Flexibility Lesson 1: Anaerobic Exercise	12.2.2, 12.2.4	Identify major muscle groups. Learn the basics of strength training with emphasis on proper form and safety. Understand the importance of muscle tone and flexibility to overall health. Engage in physical activity and experience the health benefits of exercise.
Unit 4: Muscle Strength, Endurance, and Flexibility Lesson 2: Get to It!	12.2.2, 12.2.4	Engage in physical activity and experience the health benefits of exercise.
Unit 4: Muscle Strength, Endurance, and Flexibility Lesson 3: Get to It!	12.2.2, 12.2.4	Engage in physical activity and experience the health benefits of exercise.

Unit 4: Muscle Strength, Endurance, and Flexibility Lesson 4: Get to It!	12.2.2, 12.2.4	Engage in physical activity and experience the health benefits of exercise.
Unit 4: Muscle Strength, Endurance, and Flexibility Lesson 5: Get to It!	12.2.2, 12.2.4	Engage in physical activity and experience the health benefits of exercise.
Unit 5: Nutrition and Hydration Lesson 1: Nutrition and Hydration	12.2.2, 12.2.3	Understand the importance of proper nutrition and hydration to overall health. Learn how the body processes different types of nutrients. Engage in physical activity and experience the health benefits of exercise.
Unit 5: Nutrition and Hydration Lesson 2: Get to It!	12.2.2, 12.2.3	Engage in physical activity and experience the health benefits of exercise.
Unit 5: Nutrition and Hydration Lesson 3: Get to It!	12.2.2, 12.2.3	Engage in physical activity and experience the health benefits of exercise.
Unit 5: Nutrition and Hydration Lesson 4: Get to It!	12.2.2, 12.2.3	Engage in physical activity and experience the health benefits of exercise.
Unit 5: Nutrition and Hydration Lesson 5: Get to It!	12.2.2, 12.2.3	Engage in physical activity and experience the health benefits of exercise.
Unit 6: Safety and Treating Sports Injuries Lesson 1: Avoiding Injuries	12.3.1	Recognize the importance of proper safety techniques and equipment in avoiding injury. Identify common sports injuries and how they should be treated. Engage in physical activity and experience the health benefits of exercise.
Unit 6: Safety and Treating Sports Injuries Lesson 2: Get to It!	12.3.1	Engage in physical activity and experience the health benefits of exercise.
Unit 6: Safety and Treating Sports Injuries Lesson 3: Get to It!	12.3.1	Engage in physical activity and experience the health benefits of exercise.
Unit 6: Safety and Treating Sports Injuries Lesson 4: Get to It!	12.3.1	Engage in physical activity and experience the health benefits of exercise.
Unit 6: Safety and Treating Sports Injuries Lesson 5: Get to It!	12.3.1	Engage in physical activity and experience the health benefits of exercise.

Unit 7: Judging Media Images and Marketing Claims Lesson 1: Judging Media Images and Marketing Claims	12.2.3, 12.2.4, 12.3.3, 12.3.4	Learn to distinguish between fact and myth in marketing claims. Understand that reliance on idealized media images may result in unsafe actions or practices. Engage in physical activity and experience the health benefits of exercise.
Unit 7: Judging Media Images and Marketing Claims Lesson 2: Get to It!	12.2.3, 12.2.4, 12.3.3, 12.3.4	Engage in physical activity and experience the health benefits of exercise.
Unit 7: Judging Media Images and Marketing Claims Lesson 3: Get to It!	12.2.3, 12.2.4, 12.3.3, 12.3.4	Engage in physical activity and experience the health benefits of exercise.
Unit 7: Judging Media Images and Marketing Claims Lesson 4: Get to It!	12.2.3, 12.2.4, 12.3.3, 12.3.4	Engage in physical activity and experience the health benefits of exercise.
Unit 7: Judging Media Images and Marketing Claims Lesson 5: Get to It!	12.2.3, 12.2.4, 12.3.3, 12.3.4	Engage in physical activity and experience the health benefits of exercise.
Unit 8: Selection and Maintenance of Fitness Equipment Lesson 1: Selection and Maintenance of Fitness Equipment	12.2.3, 12.2.4	Learn to make intelligent decisions when choosing fitness equipment. Understand the importance of proper care and maintenance of sports gear. Engage in physical activity and experience the health benefits of exercise.
Unit 8: Selection and Maintenance of Fitness Equipment Lesson 2: Get to It!	12.2.3, 12.2.4	Engage in physical activity and experience the health benefits of exercise.
Unit 8: Selection and Maintenance of Fitness Equipment Lesson 3: Get to It!	12.2.3, 12.2.4	Engage in physical activity and experience the health benefits of exercise.
Unit 8: Selection and Maintenance of Fitness Equipment Lesson 4: Get to It! Unit 8: Selection and Maintenance of Fitness Equipment Lesson 5: Get to It!	#N/A	#N/A
Unit 9: Self-Assess and Revise Your Physical Fitness Plan Lesson 1: Self-Assess and Revise Your Physical Fitness Plan	12.2.1, 12.2.4, 12.3.4	Evaluate current fitness level and review exercise form and technique. Revise goals as necessary based on knowledge acquired so far.

		Engage in physical activity and experience the health benefits of exercise.
Unit 9: Self-Assess and Revise Your Physical Fitness Plan Lesson 2: Get to It!	12.2.1, 12.2.4, 12.3.4	Engage in physical activity and experience the health benefits of exercise.
Unit 9: Self-Assess and Revise Your Physical Fitness Plan Lesson 3: Get to It!	12.2.1, 12.2.4, 12.3.4	Engage in physical activity and experience the health benefits of exercise.
Unit 9: Self-Assess and Revise Your Physical Fitness Plan Lesson 4: Get to It!	12.2.1, 12.2.4, 12.3.4	Engage in physical activity and experience the health benefits of exercise.
Unit 9: Self-Assess and Revise Your Physical Fitness Plan Lesson 5: Get to It!	12.2.1, 12.2.4, 12.3.4	Engage in physical activity and experience the health benefits of exercise.
Unit 10: Individual Physical Activities/Sports Lesson 1: Individual Physical Activities/Sports	12.1.1, 12.1.2, 12.1.3, 12.2.4, 12.3.1, 12.3.4	Learn the health benefits of individual physical activities and sports. Gain an overview of different types of personal exercises. Engage in physical activity and experience the health benefits of exercise.
Unit 10: Individual Physical Activities/Sports Lesson 2: Get to It!	12.1.1, 12.1.2, 12.1.3, 12.2.4, 12.3.1, 12.3.4	Engage in physical activity and experience the health benefits of exercise.
Unit 10: Individual Physical Activities/Sports Lesson 3: Get to It!	12.1.1, 12.1.2, 12.1.3, 12.2.4, 12.3.1, 12.3.4	Engage in physical activity and experience the health benefits of exercise.
Unit 10: Individual Physical Activities/Sports Lesson 4: Get to It!	12.1.1, 12.1.2, 12.1.3, 12.2.4, 12.3.1, 12.3.4	Engage in physical activity and experience the health benefits of exercise.
Unit 10: Individual Physical Activities/Sports Lesson 5: Get to It!	12.1.1, 12.1.2, 12.1.3, 12.2.4, 12.3.1, 12.3.4	Engage in physical activity and experience the health benefits of exercise.
Unit 11: Team Sports and Competitive Activities Lesson 1: Team Sports and Competitive Activities	12.1.1, 12.1.2, 12.1.3, 12.2.4, 12.3.1, 12.3.4	Learn the benefits of team sports and the objectives of competitive play. Gain an overview of different types of group activities. Engage in physical activity and experience the health benefits of exercise.

Unit 11: Team Sports and Competitive Activities Lesson 2: Get to It!	12.1.1, 12.1.2, 12.1.3, 12.2.4, 12.3.1, 12.3.4	Engage in physical activity and experience the health benefits of exercise.
Unit 11: Team Sports and Competitive Activities Lesson 3: Get to It!	12.1.1, 12.1.2, 12.1.3, 12.2.4, 12.3.1, 12.3.4	Engage in physical activity and experience the health benefits of exercise.
Unit 11: Team Sports and Competitive Activities Lesson 4: Get to It!	12.1.1, 12.1.2, 12.1.3, 12.2.4, 12.3.1, 12.3.4	Engage in physical activity and experience the health benefits of exercise.
Unit 11: Team Sports and Competitive Activities Lesson 5: Get to It!	12.1.1, 12.1.2, 12.1.3, 12.2.4, 12.3.1, 12.3.4	Engage in physical activity and experience the health benefits of exercise.
Unit 12: Rules and Strategies Lesson 1: Rules and Strategies	12.1.1, 12.1.2, 12.1.3, 12.2.4, 12.3.1, 12.3.4	Gain an in-depth understanding of one individual and one team sport. Research and write a description of the two selected activities. Engage in physical activity and experience the health benefits of exercise.
Unit 12: Rules and Strategies Lesson 2: Get to It!	12.1.1, 12.1.2, 12.1.3, 12.2.4, 12.3.1, 12.3.4	Engage in physical activity and experience the health benefits of exercise.
Unit 12: Rules and Strategies Lesson 3: Get to It!	12.1.1, 12.1.2, 12.1.3, 12.2.4, 12.3.1, 12.3.4	Engage in physical activity and experience the health benefits of exercise.
Unit 12: Rules and Strategies Lesson 4: Get to It!	12.1.1, 12.1.2, 12.1.3, 12.2.4, 12.3.1, 12.3.4	Engage in physical activity and experience the health benefits of exercise.
Unit 12: Rules and Strategies Lesson 5: Get to It!	12.1.1, 12.1.2, 12.1.3, 12.2.4, 12.3.1, 12.3.4	Engage in physical activity and experience the health benefits of exercise.
Unit 13: Personal and Social Behavior Lesson 1: Personal and Social Behavior Unit 13: Personal and Social Behavior Lesson 2: Get to It!	#N/A	#N/A
Unit 13: Personal and Social Behavior Lesson 3: Get to It! Unit 13: Personal and Social Behavior Lesson 4: Get to It! Unit 13: Personal and Social Behavior Lesson 5: Get to It!	#N/A	#N/A
Unit 14: Diversity and Multiculturalism Lesson 1: Diversity and Multiculturalism	#N/A	#N/A
Unit 14: Diversity and Multiculturalism Lesson 2: Get to It!	12.3.3, 12.3.4	Engage in physical activity and experience the health benefits of exercise.

Unit 14: Diversity and Multiculturalism Lesson 3: Get to It!	12.3.3, 12.3.4	Engage in physical activity and experience the health benefits of exercise.
Unit 14: Diversity and Multiculturalism Lesson 4: Get to It!	12.3.3, 12.3.4	Engage in physical activity and experience the health benefits of exercise.
Unit 14: Diversity and Multiculturalism Lesson 5: Get to It!	12.3.3, 12.3.4	Engage in physical activity and experience the health benefits of exercise.
Unit 15: Skill Enhancement: Motor Skills and Movement Patterns Lesson 1: Skill Enhancement: Motor Skills and Movement Patterns	12.1.2	Learn the basic principles of biomechanics and movement patterns. Understand how physical laws govern an athlete's performance. Engage in physical activity and experience the health benefits of exercise.
Unit 15: Skill Enhancement: Motor Skills and Movement Patterns Lesson 2: Get to It!	12.1.2	Engage in physical activity and experience the health benefits of exercise.
Unit 15: Skill Enhancement: Motor Skills and Movement Patterns Lesson 3: Get to It!	12.1.2	Engage in physical activity and experience the health benefits of exercise.
Unit 15: Skill Enhancement: Motor Skills and Movement Patterns Lesson 4: Get to It!	12.1.2	Engage in physical activity and experience the health benefits of exercise.
Unit 15: Skill Enhancement: Motor Skills and Movement Patterns Lesson 5: Get to It!	12.1.2	Engage in physical activity and experience the health benefits of exercise.
Unit 16: Career Options Lesson 1: Career Options	12.2.3, 12.3.4	Explore career options in the sports and exercise fields. Identify the prerequisites and licensing requirements for various occupations. Engage in physical activity and experience the health benefits of exercise.
Unit 16: Career Options Lesson 2: Get to It!	12.2.3, 12.3.4	Engage in physical activity and experience the health benefits of exercise.
Unit 16: Career Options Lesson 3: Get to It!	12.2.3, 12.3.4	Engage in physical activity and experience the health benefits of exercise.
Unit 16: Career Options Lesson 4: Get to It!	12.2.3, 12.3.4	Engage in physical activity and experience the health benefits of exercise.

Unit 16: Career Options Lesson 5: Get to It!	12.2.3, 12.3.4	Engage in physical activity and experience the health benefits of exercise.
Unit 17: Lifelong Physical Fitness Lesson 1: Lifelong Physical Fitness	12.2.1, 12.2.2, 12.2.3, 12.2.4, 12.3.4	Understand how physical activity affects the aging process. Learn the long-term health benefits of staying active through adulthood. Engage in physical activity and experience the health benefits of exercise.
Unit 17: Lifelong Physical Fitness Lesson 2: Get to It!	12.2.1, 12.2.2, 12.2.3, 12.2.4, 12.3.4	Engage in physical activity and experience the health benefits of exercise.
Unit 17: Lifelong Physical Fitness Lesson 3: Get to It!	12.2.1, 12.2.2, 12.2.3, 12.2.4, 12.3.4	Engage in physical activity and experience the health benefits of exercise.
Unit 17: Lifelong Physical Fitness Lesson 4: Get to It!	12.2.1, 12.2.2, 12.2.3, 12.2.4, 12.3.4	Engage in physical activity and experience the health benefits of exercise.
Unit 17: Lifelong Physical Fitness Lesson 5: Get to It! Unit 18: Summarize Physical Fitness Experiences Lesson 1: Summarize Physical Fitness Experiences	12.2.1, 12.2.2, 12.2.3, 12.2.4, 12.3.4	Review fitness goals and semester-long experience with daily physical activity. Evaluate performance and note improvements in endurance, strength, flexibility, and skills. Engage in physical activity and experience the health benefits of exercise.
Unit 18: Summarize Physical Fitness Experiences Lesson 2: Get to It! Unit 18: Summarize Physical Fitness Experiences Lesson 3: Get to It!	#N/A	#N/A
Unit 18: Summarize Physical Fitness Experiences Lesson 4: Get to It! Unit 18: Summarize Physical Fitness Experiences Lesson 5: Get to It	12.2.1, 12.2.2, 12.2.3, 12.2.4, 12.3.5	Engage in physical activity and experience the health benefits of exercise.