



## Year Long Course Plan

**Department: Fitness and Wellness**

**Course: Physical Education 11 940**

**Essential Learning Outcomes:** After successfully completing this course, students will be able to:

1. Demonstrate competence and work toward proficiency in selected activities or sports.
2. Identify and apply principles of advanced movement to the development of physical skills.
3. Recognize that physical activity provides opportunities for satisfaction, challenge, and social interaction.
4. Assess personal health-related fitness status.
5. Maintain or build levels of cardiovascular and respiratory efficiency, muscular strength and endurance, and flexibility necessary for a healthy lifestyle.
6. Demonstrate appropriate leadership or supportive roles in physical-activity/competitive settings.
7. Respect differences among other students in physical activity settings.

<i>Quarter 1</i>	<i>Quarter 2</i>
<ol style="list-style-type: none"> <li>1. Presidential fitness assessment – 2 days</li> <li>2. Tennis – 10-12 days</li> <li>3. Ultimate Frisbee – 4-5 days</li> </ol>	<ol style="list-style-type: none"> <li>1. Volleyball – 5-6 days</li> <li>2. Aerobic Kickboxing – 8-10 days</li> <li>3. Dance (country rock/swing/social) – 6-7 days</li> <li>4. Presidential fitness assessment – 2 days</li> </ol>

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