



Year Long Course Plan

Department: Fitness and Wellness

Course: Physical Education Girls-09 915/916

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

1. Maintain or improve levels of cardiovascular endurance, muscular strength and endurance, and flexibility thru charting improvement over time
2. Demonstrate competence (basic skills, strategies, and knowledge of rules) in team/individual sports, and dance
3. Identify and apply concepts and principles of movement to the development of physical skills
4. Conclude that physical activities provide opportunities for satisfaction, challenge, self-expression and social interaction
5. Demonstrate responsible personal and social behavior in physical-activity/competitive settings
6. Recognize and respect differences among other students in physical activity settings

<i>Quarter 1</i>	<i>Quarter 2</i>
<ol style="list-style-type: none"> 1. Presidential Fitness assessment- 2 days 2. Soccer – 6-7 days 3. Speedball – 10-11 days 	<ol style="list-style-type: none"> 1. Volleyball – mini unit of 4-5 days depending on net setup advantage 2. Presidential Fitness assessment – 2 days 3. Basketball – 10-12 days
<i>Quarter 3</i>	<i>Quarter 4</i>
<ol style="list-style-type: none"> 1. X-Country skiing – 6-8 days 2. Tumbling – 6-8 days 3. Presidential Fitness assessment – 2 days 4. Aerobic dance – 7-9 days 	<ol style="list-style-type: none"> 1. Volleyball – mini unit of 4-5 days 2. Strength training/Circuit – 9-10 days 3. Softball – 6-8 days 4. Presidential Fitness assessment – 2 days

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