

# Life Fitness Boys PE and Other Activities

(Physical Education)

Elective – Semester – 11/12

Prerequisites: Phy Ed 9 & Phy Ed 10

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## **Course Description**

This course is designed to promote and maintain good health. The mission of this class is to develop the whole individual through physical activities throughout one's entire life. The emphasis is placed on the relationship between the physical, intellectual, emotional, and social well-being of the child of God. The curriculum provides experiences that will develop positive attitudes toward physical activities and contribute to lifetime participation in fitness and wellness. This course may be repeated a maximum of four semesters for additional credit.

## **Course Goal**

The Christian teacher will:

1. Provide an opportunity for all students to begin and maintain an optimal level of physical fitness and wellness.
2. Develop in the student a desirable self-concept toward participation in physical activity and of one's own body through the physical education experience.
3. Instill social skills and attitudes, sportsmanship, and appreciation of the capacities and limitations of oneself and others.

## **Course Objectives**

The student should be able to:

1. Develop their optimal level of physical fitness and wellness.
2. Recognize both cognitive and affective skills related to physical activities.
3. Reach an appropriate level of emotional maturity developed by sportsmanship.
4. Develop the skills of positive social interaction through physical activity.
5. Use active positive alternatives during leisure time.
6. Understand the need to participate in lifetime recreation activities.

## **Course Outline**

The class may include the following classes and other lifetime fitness activities

- |               |                            |
|---------------|----------------------------|
| 1. Archery    | 10. Badminton              |
| 2. Football   | 11. Track and Field        |
| 3. Volleyball | 12. Softball/Baseball      |
| 4. Basketball | 13. Fitness Training       |
| 5. Wrestling  | 14. Weight Training        |
| 6. Speedball  | 15. Aerobics               |
| 7. Gymnastics | 16. Outdoor activities     |
| 8. Apparatus  | 17. Cooperative activities |
| 9. Soccer     | 18. Team building          |

## **Instructional Strategies**

The instructor will use a variety of instructional techniques, including demonstration, lecture, audio visual aids, co-operative learning, and stimulating activities. Most of the class will center around the students gathering current information from the internet web pages, magazines and books.

## **Grading**

A cooperative process completed by the instructor, self-evaluation and peer evaluation, using a rating system from 1 to 5 by evaluating each point on the list:

1. Cooperates well with instructor
2. Cooperates and helps other students in class
3. Socializing hinders performance
4. Disruptive behavior
5. Does not actively participate
6. Absences
7. Tardiness

8. Working to potential
9. Positive attitude
10. Negative comments
11. Grading Scale
  - A+ 100-99
  - A 98-95
  - A- 94-93
  - B+ 92-91
  - B 90-87
  - B- 86-85
  - C+ 84-83
  - C 82-79
  - C- 78-77
  - D+ 76-75
  - D 74-72
  - D- 71-70
  - F 69-0

**Student Material**

1. Appropriate uniform for indoor or outdoor activity
2. Tennis shoes
3. Notebook

**Classroom Procedures**

Students will dress into appropriate uniform and tennis shoes for the day's activity and line up for roll call three minutes after the bell rings. Warm up activity will include running and stretching before we began the activity for the day. Participation and cooperation is required.