

# Life Fitness Girls PE I (Physical Education)

Elective – Semester – 11/12

Prerequisites: Phy Ed 9 & Phy Ed 10

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## Course Description

The course is designed to assist junior and senior girls in the development of a God-pleasing healthy, active lifestyle in which the benefits of physical activity are understood, valued and integrated into daily life. This course may be repeated a maximum of four semesters for additional credit.

## Course Objectives

The students should demonstrate the following National Association for Sport and Physical Education (NASPE) standards:

- A. The student will apply movement concepts and principles to the learning and development of motor skills.
- B. The student will exhibit a physically active lifestyle.
- C. The student will achieve and maintain a health-enhancing level of physical fitness.
- D. The student will demonstrate responsible personal and social behavior in physical activity settings.
- E. The student will understand that physical activity provides the opportunity for enjoyment, challenge, self-expression, and social interaction.
- F. The Christian student will care for their bodies as a “temple of the Holy Spirit.” (I Cor. 6:19)

The student will also be able to:

- A. demonstrate the knowledge and understanding to develop a personal training program and implement effective practice procedures
- B. develop the ability to learn, self assess, and improve movement skills independently
- C. develop skills, interests, and desire to maintain an active lifestyle
- D. develop an awareness of how and why adult patterns of participation change and have some strategies to deal with those changes
- E. design a personal fitness program that encompasses all components of fitness
- F. demonstrate the ability to initiate responsible behavior, function independently, and positively influence the behavior of others in physical activity settings
- G. enjoy activities in which she regularly participates alone or with friends
- H. appreciate the gifts and abilities that God has blessed them with

## Course Goals

The Christian teacher will:

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

## Course Outline

Physical activities

- I. Fitness Games and Activities
- II. 5 components of Fitness
- III. Stability Balls
- IV. Cooperative Games
- V. In-Line Skating
- VI. Rollerblading
- VII. Rock Climbing
- VIII. Outdoor pursuits

### **Instructional Strategies**

Instruction may occur in the classroom or in an environment conducive to physical activity. Learning will take place through lectures or demonstrations presented by the teacher or by the students. Self-guided practice and learning will be utilized throughout the course. Guest speakers, field trips, and technology resources may also be used in the class.

### **Grading Methods**

Cooperation and participation during the activities and through testing and the mastery of fundamental skills will be considered in the evaluation process of the student. In the situation where a student is limited in physical participation for a prolonged period of time the student may not receive credit for the class. Excessive absence will jeopardize credit for the class.

Students will receive 10 participation points each day. Points are acquired for wearing the appropriate shirt, shorts, and shoes for the activity; demonstrating an adequate amount of participation during the activity, and displaying an appropriate attitude. Points may be deducted for inappropriate attire, poor attitude and effort, not listening/following directions, or inappropriate language.

Other assessment options: interviews, peer evaluations, displays, presentations, article reviews, reports, debates, logs/journals, portfolio, skills tests, teacher report, written tests.

<u>Grade Scale</u>	
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 Materials**

Appropriate clothing for activity  
3 ring-binder

Updated: Sunday, August 21, 2011