

# Phy Ed 10 – Boys (Physical Education)

Required – Semester – 10

Prerequisites: None

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## Course Description

Physical Education at Luther High School is an integral part of the total Christian educational program. The mission is to develop the whole individual through physical activities. 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.

## 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 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 Lifting         |
| 6. Speedball  | 15. Aerobics               |
| 7. Gymnastics | 16. Outdoor activities     |
| 8. Golf       | 17. Cooperative activities |
| 9. Soccer     | 18. Team building          |

Unit Outline

1. Fitness Training
2. Individual Activities
3. Team Activities
4. Life Time Activities

## Instructional Strategies

The instructor will use a variety of instructional techniques, including demonstration, lecture, audio visual aids, cooperative learning, and stimulating activities.

## Grading

Cooperation and participation during the activities and through testing and the mastery of fundamental skills will be considered in the evaluation process of the individual student. In the situation where a student is limited in physical participation for a prolonged period of time, a written report and/or alternative activity will be required of the student to meet their physical educational requirements.

*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 Materials**

1. Student Uniform (obtained through the school)
2. Tennis Shoes
3. Notebook

### **Classroom Procedures**

Students will dress into physical education uniform and tennis shoes 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.