



Health and Physical Education



**PHYSICAL EDUCATION
LEVEL IV**

Counselors are available to assist parents and students with course selections and career planning. Parents may arrange to meet with the counselor by calling the school's guidance department.

COURSE DESCRIPTION

This course is designed to increase the students' knowledge of specific physical activity. Emphasis will be placed on independent design of personal activity plans, improved proficiency of sport specific movements, and an understanding of rules and strategies of specific sports. Focus areas include weight training and conditioning, individual sports, team sports, and dance.

PREREQUISITE

Health and Physical Level III

OPTION FOR NEXT COURSE

Anatomy and Sports Injury

REQUIRED STUDENT TEXTBOOK

None

PHYSICAL EDUCATION LEVEL IV

- 12.1 Demonstrate proficiency in movement skills to successfully engage and assist in two outdoor field sports and two indoor court sports.
- 12.2 Demonstrate proficiency in movement skills to successfully engage and assist in a rhythmic aerobic activity.
- 12.3 Demonstrate proficiency and assist others in sport-specific skills in physical activity.
- 12.4 Critique sports performance and concepts that improve the performance of others.
- 12.5 Analyze the laws of motion and principles of balance, force and leverage as they apply to team and individual activities.
- 12.6 Be able to modify physical activity participation according to personal and environmental variables.
- 12.7 Improve personal wellness level through increased activity.
- 12.8 Lead group stretching before and or after activity.
- 12.9 Assess the appropriate amount of cool down required for a specific level of participation.
- 12.10 Observe and critique advanced skilled movement in individual and team activities.
- 12.11 Complete a health-related fitness test in order to evaluate personal fitness levels on each fitness component (cardiovascular, muscular strength and endurance, flexibility, and body composition).
- 12.12 Independently design and implement a personal physical fitness plan in order to meet standards on a health-related fitness test or provide for improvement/maintenance of wellness.
- 12.13 Assist others in choosing health-enhancing activities to participate in outside of the school setting.
- 12.14 Officiate appropriate behaviors in the physical activity settings.
- 12.15 Exhibit leadership qualities through coaching, coordinating, and officiating.
- 12.16 Anticipate and avoid potentially dangerous situations in the physical education settings.
- 12.17 Enforce the class code of conduct for spectators and participants.
- 12.18 Enforce offensive and defensive positioning in game play.