

High School P.E. Curriculum

Curriculum Heading	District Curriculum Statement	Aligned State Standards	Teacher Resources	Performance Indicators
Recreational/ Leisure Studies	Student will demonstrate efficiency in a variety of leisure activities.	19A4	PE Equipment, Rule Books, Various Teacher Units	Student will perform activities such as hitting a golf ball, serving a volleyball, throwing a Frisbee, dribbling a basketball, etc.
Large Motor Skill Maintenance/ Development	Students will demonstrate various patterns for efficiency and effectiveness	19B4	PE Equipment, Cones, Mirrors for Dance	Student will perform and analyze movement patterns through activities such as dance, agility, running and jumping. Various skill tests and self-assessments can be used to measure the skills.
Recreational Studies	Students will demonstrate knowledge of rules and safety procedures	19C4a	NHSAA Rule Books, Weight Room Safety Procedures, Swimming Pool Safety Procedures	Students will show a mastery of game rules and safety procedures by unit tests.
Recreational Studies	Students will demonstrate knowledge of equipment and rules for novel and original physical activities.	19C5a	Frisbees, Bocce Balls, Bean Bags, Frisbee Golf Equipment, Various Recreational Activity equipment	Students will perform skills necessary to participate in unique activities such as, Ultimate Frisbee, Frisbee Golf, Bocce Ball, Bean Bag Toss, etc.
Personal Fitness	Students will demonstrate a knowledge of exercise/physical activity on the level of health related fitness	20A4a	Aerobic Equipment and Weight Training Equipment	Students will perform activities such as aerobics, weight training, and President's National Fitness Testing. Students will also analyze and be assessed in their performance by various strength gains and body indices. Students will also set target goals and methodologies to meet personal fitness goals.

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Personal Fitness	Students will demonstrate a knowledge of how to interpret and record health related fitness data with the use of technology	20B5a	Heart Monitors, Body Fat Calipers, Stopwatches, Scales, etc.	Students will master various weight training and personal fitness exercises with the aid of heart monitors, stopwatches and log various weight training activities on computers for individualized record keeping
Personal Fitness	Students will demonstrate a knowledge of how to design and implement a personal fitness program	20C4c	Various Personal Fitness Manuals, Bigger-Faster-Stronger Program Manuals	Through weight training and personal fitness class students will design and organize their own personal program through the use of various weight lifting apparatus and aerobic equipment. (Treadmills, Stationary Bikes, etc.)
Collaborative Skills	Students will complete given tasks on time through the use of decision making skills	21A4a 21A4c	Army National Guard, School Challenge Course.	Students will master completion of various activities through team building exercises to reach a desired outcome. (Obstacle Course, Mine Field Carry, etc.)
Collaborative Skills	Students will demonstrate individual responsibility through the use of various team building strategies	21B4	School Challenge Course, Army National Guard	Students will master various activities relating to etiquette, fair play, self-officiating, and organizing group activities. This can be accomplished through challenge courses, team building exercises, etc.

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Leadership Skills	Students will demonstrate when to lead and when to be supportive of others to accomplish group goals.	21B5	Various PE units indicating leadership skills. Leadership Academy Training	Students will be given various responsibilities within the class, such as student leaders, team captains, spotting responsibilities, etc. Students are also given an opportunity to choose and have input into activities according to their ability level. Students should show a mastery of these leadership skills/qualities. Peer evaluation will be conducted of leadership skills.