Course Title: Physical Education Through Activity

Course Number: 00615

Course Description and Prerequisites:

Physical Education Through Activity focuses on three basic areas as presented through WCSD athletic and marching band programs:
1. Regular physical activity;
2. Team sport concepts (cooperativeness, assuming responsibility);
3. An awareness of the values and benefits of physical fitness in maintaining a healthy lifestyle.

Suggested Grade Level: 9 – 12

Length of Course: X One Semester ___Two Semesters ___Other __________

Units of Credit: .25

PDE Certification and Staffing Policies and Guidelines (CSPG) Required Teacher Certification(s) CSPG No. 47 Health and Physical Education (K-12)

Certification verified by WCSD Human Resources Department: 
X Yes ___No

Board Approved Textbooks, Software, Materials: None

BOARD APPROVAL:

Date Written: 3/13/2007

Date Approved: May 14, 2007

Implementation Year: 2007 – 2008

Suggested Supplemental Materials: None
Course Standards

PA Academic Standards:

10.3.9 Safety and Injury Prevention
   A. Individual responsibility for injury prevention
   B. Strategies for management of injuries
   C. Manage conflict and violence during adolescence
   D. Individual responsibility for safety in group activities

10.4.9/12 Physical Activity
   A. Physical activities appropriate to support personal fitness goals
   B. Effect of participation in physical activity upon health
   C. Analyze factors affecting body response to physical activity
   D. Analyze factors affecting physical activity of preference
   E. Physical activity and motor skill improvement
   F. Effects of positive and negative interaction of adolescents in group physical activities

10.5.9/12 Concepts, principles, and strategies of movement
   A. Skill related fitness and movement performance
   B. Complex motor skill development
   C. Skill improvement
   D. Athletic training vocabulary
   E. Biomechanical principles of movement
   F. Strategies of games and physical activities

WCSD Academic Standards:
None

Industry or Other Standards:
None

WCSD EXPECTATIONS

WCSD K-12 Expectations for instruction in writing, reading, mathematics, and technology have been developed and revised annually. Those expectations have been waived for the 2007-2008 academic year.

SPECIAL EDUCATION AND GIFTED REQUIREMENTS

The principal or his/her designee shall make appropriate modifications to instruction and assessment based on a student’s Individual Education Plan (I.E.P.) or Gifted Individual Education Plan (G.I.E.P.).
### SPECIFIC EDUCATIONAL OBJECTIVES/CORRESPONDING STANDARDS AND ELIGIBLE CONTENT WHERE APPLICABLE

**10.3.9/12 Safety and Injury Prevention**  

<table>
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<tr>
<th>Performance Indicator</th>
<th>1</th>
<th>2</th>
<th>Assessment</th>
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<tbody>
<tr>
<td>A. Assumes responsibility for injury prevention</td>
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<td>B. Demonstrates proper training techniques</td>
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<td>C. Aids in conflict resolution</td>
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<td>D. Assumes responsibility for safe group activities</td>
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**10.4.9/12 Physical Activity**  

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<th>Performance Indicator</th>
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<th>Assessment</th>
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<tbody>
<tr>
<td>A. Physical activity supporting personal goals</td>
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<td>Same as above</td>
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<td>D. Physical activity of preference</td>
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<td>E. Physical activity and motor skill</td>
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<td>F. Positive and negative interaction and group dynamics</td>
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**10.5.9/12 Concepts, principles, and strategies of movement**  

<table>
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<tr>
<th>Performance Indicator</th>
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<th>Assessment</th>
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<tbody>
<tr>
<td>A. Fitness and movement skills</td>
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<td>Same as above</td>
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<td>B. Complex motor skills</td>
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<td>C. Skill improvement</td>
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<td>F. Game / activity strategies</td>
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### ASSESSMENTS

**PSSA Assessment Anchors Addressed**: The principal or his/her designee must be knowledgeable of the PDE Assessment Anchors and/or Eligible Content and incorporate them into this planned instruction. Current assessment anchors can be found at [pde@state.pa.us](mailto:pde@state.pa.us).

**Formative Assessments**: The principal or his/her designee may develop and use standards-based assessments throughout the course.
Portfolio Assessment:  ____ Yes ___ No

District-wide Final Examination Required:  ___X__ Yes ___No

Course Challenge Assessment: Course challenge is not permitted.

REQUIRED COURSE SEQUENCE AND TIMELINE
The principal shall approve the course sequence and timeline.

WRITING TEAM: Mrs. Amy Stewart, Mr. John Werner, Mr. Jeff Manelick

WCSD STUDENT DATA SYSTEM INFORMATION
1. Is there a required final examination?  ___X__ Yes ___ No
2. Does this course issue a mark/grade for the report card?  ___X__ Yes ___ No
3. Does this course issue a Pass/Fail mark?  ____ Yes ___ No
4. Is the course mark/grade part of the GPA calculation?  ____ Yes ___ No
5. Is the course eligible for Honor Roll calculation?  ____ Yes ___ No
6. What is the academic weight of the course?
   ___ No weight/Non credit  ___X__ Standard weight
   ___ Enhanced weight (Describe) __________________