

CHINO VALLEY UNIFIED SCHOOL DISTRICT

INSTRUCTIONAL GUIDE

ATHLETIC PHYSICAL EDUCATION

Course Number	5605
Department	Physical Education
Prerequisite	Member of athletic team and teacher/coach recommendation
Length of Course	One (1) semester
Grade Level	9-12
Credit	5 units per semester physical education credit
Repeatable	May be repeated for a maximum of 40 credits
Board Approval	July 17, 2003

Description of Course - In order to serve the physical education needs of all students involved in athletics, Athletic Physical Education will provide teaching of advanced athletic skills and game strategies and will provide a competitive environment in which to implement that knowledge and skill. This course is aligned to the California Department of Education Challenge Standards for Physical Education.

Rationale for Course- Athletic Physical Education provides students/athletes an alternative means by which they can fulfill the physical education requirement for graduation. In addition, enrollment in Athletic Physical Education reduces the number of subject area content classes a student misses when traveling to an athletic contest.

Standard 1 - Movement Skills and Movement Knowledge

- 1.1 Objective: Acquire the knowledge and skill needed to compete on an athletic team.
 - 1.1.1 Performance Indicator: Students will demonstrate their knowledge and skill by competing on an athletic team.
- 1.2 Objective: Students will apply offensive and defensive strategies in sports.
 - 1.2.1 Performance Indicator: Prior to and during an athletic contest, students will discuss and demonstrate the offensive and defensive strategies that will apply during the athletic contest.
- 1.3 Objective: Achieve and maintain a health-enhancing level of physical fitness.
 - 1.3.1 Performance Indicator: Students will participate in the training and practice programs for their sport and apply the principals of training to monitor fitness levels.
 - 1.3.2 Performance Indicator: Students will understand the relationship between nutrition and a healthy lifestyle.

- 1.3.3 Performance Indicator: Students will understand that the level of participation and proficiency in physical activity is likely to change as a person matures and develop strategies to ensure fitness throughout life.

Standard 2 - Self-Image and Personal Development

- 2.1 Objective: Exhibit a physically active lifestyle and understand that physical activity provides opportunities for enjoyment, challenge, and self-expression.
 - 2.1.1 Performance Indicator: Students will demonstrate the skills and knowledge needed to maintain an active lifestyle independently throughout life.
 - 2.1.2 Performance Indicator: Students will participate in athletic activities which provide enjoyment and challenge.
- 2.2 Objective: Demonstrate responsible personal behavior while participating in athletics.
 - 2.2.1 Performance Indicator: Students will set personal goals and work toward their achievement.
 - 2.2.2 Performance Indicator: Students will demonstrate the skills and knowledge needed to create a safe environment in which to practice and compete.
 - 2.2.3 Performance Indicator: Students will keep the importance of winning and losing in perspective relative to other established goals of participation.

Standard 3 - Social Development

- 3.1 Objective: Demonstrate responsible social behavior while participating in athletics and understand the importance of respect for others.
 - 3.1.1 Performance Indicator: Students will assume the roles of leaders or team members as appropriate.
 - 3.1.2 Performance Indicator: Students will acknowledge the outstanding performance of opponents as well as of their own team.
 - 3.1.3 Performance Indicator: Students will learn how to diffuse potential conflicts through positive communication.
 - 3.1.4 Performance Indicator: Students will acknowledge and respect differences in performance.
- 3.2 Objective: Understand the interrelationship between history and culture and games/sports.

- 3.2.1 Performance Indicator: Students will identify current career opportunities in physical education and sports.
- 3.2.2 Performance Indicator: Students will recognize the historical role of games/sports in the cultural life of a population.