

PHYSICAL EDUCATION 11-12

GRADE: 11-12

PREREQUISITE: None

LENGTH: One Year

CREDIT: 10 Units

SYNOPSIS:

This is a co-educational physical education course designed for the non-adaptive 11-12th grade student. The course is aimed at selecting activities for the pursuit of individual excellence. The student applies knowledge, skills and attitudes acquired in physical education experiences from kindergarten through grade 12 to become proficient in one or more activities that lead to achieving personal goals for lifetime fitness.

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**GRADE:** 11-12

**PREREQUISITE:** None

**AVAILABLE TEXTS AND**

**RESOURCES:** Physical Education Framework for California Public Schools - Kindergarten through Grade Twelve;  
California State Department of Education, 1992  
Physical Best; AAHPERD  
Moving For Life - Essentials of Physical Education;  
Kendall/Hunt, 1991  
Moving For Life (Portfolios I and II); Kendall/Hunt,  
1991

**I. MOVEMENT SKILLS AND MOVEMENT KNOWLEDGE**

**A. Motor Learning**

1. Students will design and practice ways that are appropriate for helping improve and learn activities and sports that are personally interesting.
2. Given the opportunity for self-direction, students will demonstrate intermediate or advanced proficiency in at least one activity from a selection of individual, dual and team sports.
3. Students will apply the activity of their choice to the motor learning principles that have been included from kindergarten through the 10th grade.

**B. Biomechanics**

1. Students apply their knowledge of exercise physiology in planning and pursuing lifestyles that are conducive to maintaining optimum health.
2. Students will identify the bodies of knowledge that provide the scientific foundation for understanding human movement and its forms.

**C. Exercise Physiology**

1. Students will meet the standards on health-related test items.
2. Students will maintain appropriate levels of cardiovascular and respiratory efficiency, muscular strength and endurance, flexibility and body composition necessary for a healthful lifestyle.

3. Students will change their personal program of physical activity relative to the results of fitness assessments.
4. Students will monitor exercise and other behaviors related to a healthful lifestyle.

## II. SELF-IMAGE, SELF-ESTEEM AND SELF-REALIZATION

### A. Human Growth and Development

1. Students will accept the ways in which personal characteristics, performance styles and activity preferences will change over their lifetime.
2. Students will develop proficiency in the use of the body as a vehicle for achieving self-satisfaction and self-realization for individual health fitness.

### B. Psychology

1. Students will be cognizant that an individual's pursuit of excellence is an evolving process requiring commitment, courage, confidence, initiative and perseverance.
2. Students will create opportunities for self-realization through physical performance by selecting activities that correspond to personal needs, interests and capacities.

## III. SOCIAL DEVELOPMENT AND SOCIAL INTERACTION

### A. Sociology

1. Students will recognize political and economic factors that influence national and international sport.

### B. Humanities

1. Students will feel empowered to maintain and improve physical fitness, motor skills and knowledge about physical activity.
2. Students will measure their performance, including "peak" performance, at different stages to maintain their motivation and to adjust their goals for future training.

3. Students will derive genuine pleasure from participating in physical activity.

C. Historical Perspectives in Physical Education

1. Students will evaluate the impact that physical education has had on problems that have plagued people throughout history.
2. Students will analyze time, cost and accessibility factors related to regular participation in physical activities.
3. Students will compare and contrast modern and historical problems, such as gender and race inequities and social conflict.

DATE OF BOARD APPROVAL: 3/17/94

Recommended activities, including, but not limited to the following suggestions:

### TEAM ACTIVITIES

Angle Ball	Recreational games
Aquatic sports	Rocks
Basketball	Soccer
Bleachball	Softball
Boomerball	Speedaway
Bucketball	Speedball
Football	Team Handball
Frisbee games	Tug-of-War
Hockey	Ultimate Frisbee
Kickball	Volleyball
Lacrosse	Volley Tennis
Nation Ball	Water polo
Pigball	

### INDIVIDUAL/DUAL ACTIVITIES

Aerobics	Jump rope
Aquatics	Outdoor education
Archery	Paddle Tennis
Badminton	Pickleball
Bicycling	Project Adventure
Board/card games	Racquetball
Bocce Ball	Recreational/lifetime games
Bowling	Roller sports
Combatives/ Personal Defense	Shuffleboard
Conditioning	Stunts/tumbling/rhythms
Croquet	Table Tennis
Dance	Tennis
Fencing	Track and Field
Frisbee games	Wallyeball
Golf	Weight training
Horseshoes	Wrestling