

CHINO VALLEY UNIFIED SCHOOL DISTRICT

INSTRUCTIONAL GUIDE

PHYSICAL EDUCATION BAND

Course Number	5609
Department	Physical Education
Prerequisite	Audition or teacher recommendation
Length of Course	One (1) semester
Grade Level	10 - 12 /9 th grade with teacher approval
Credit	5 units per semester/Physical Education or Fine Arts credit
Repeatable	May be repeated for a maximum of (20) credits
Board Approved	May 23, 2002

Description of Course - This course is designed to teach the students' movement skills and movement knowledge, self-image, and personal and social development. This course is also designed to teach students the history of the related forms of music. These skills are demonstrated by participating in parades and competitions throughout the semester. This course is aligned to the State Standards for Physical Education.

Rationale for Course - A physically educated person is one who has mastered the necessary movement skills to participate confidently in many different forms of physical activity, values, physical fitness, and understand that both are intimately related to health and well being.

Standard 1 - Movement Skills and Movement Knowledge

- 1.1 Objective: Students will develop effective motor skills and understand the fundamentals of movement by practicing and analyzing purposeful movement.
 - 1.1.1 Performance Indicator: Students will learn to move in a variety of ways in marching.
 - 1.1.2 Performance Indicator: Students will learn effective and efficient movement appropriate to the students changing needs.
 - 1.1.3 Performance Indicator: Students will understand the fundamentals of movement.
 - 1.1.4 Performance Indicator: Students will develop an appreciation of the aesthetics of creative movement.
 - 1.1.5 Performance Indicator: Students will learn to enjoy movement for movement's sake.
 - 1.1.6 Performance Indicator: Students will develop the skills needed to select appropriate activities to develop and maintain a high level of health-related physical fitness.

Standard 2 - Self-image and Personal Development

- 2.1 Objective: Students develop and maintain a positive self-image and strive to become the best they can be through planned physical activities.
 - 2.1.1 Performance Indicator: Students will understand the body-type variations of endomorph, mesomorph, and ectomorph and accept the capabilities and limitations that may be a function of body type.
 - 2.1.2 Performance Indicator: Students will learn to acknowledge, accept, and appreciate differences between oneself and others with regard to abilities and achievement.
 - 2.1.3 Performance Indicator: Students will philosophically understand that art, life-style, political life and religion of diverse cultures have been translated into movement in rituals, games, and dances.
 - 2.1.4 Performance Indicator: Students will prepare for and participate in support activities for athletic events and band field competitions.
 - 2.1.5 Performance Indicator: Students will participate in daily warm-ups and exercises to maintain muscle tone, coordination, and general fitness.
 - 2.1.6 Performance Indicator: Students will demonstrate the effects of physical activity upon dynamic health.
 - 2.1.7 Performance Indicator: Students will demonstrate the importance of adequate rest, sleep and nutritious meals to maintain a high level of energy and endurance needed to march and play a musical instrument.
 - 2.1.8 Performance Indicator: Students will achieve and maintain general physical fitness by participating in calisthenics, aerobic, and/or isometric exercise.
 - 2.1.9 Performance Indicator: Students will demonstrate techniques in playing music while in formation or in field shows.

Standard 3 - Social Development

- 3.1 Objective: Students will develop appropriate social behaviors by working independently and with others during planned physical activity.
 - 3.1.1 Performance Indicator: Students will support each other in meeting challenges, testing each others skills and living, working, and playing together harmoniously.
 - 3.1.2 Performance Indicator: Students will learn to assess situations and to identify and solve problems, such as correcting forms and situations in the field competitions and street marching.
 - 3.1.3 Performance Indicator: Students will develop a personal code of ethics that leads to making morally responsible decisions by understanding fair competition and good sportsmanship.
 - 3.1.4 Performance Indicator: Students will develop an understanding of competitive scoring and competition with other organizations through the code of ethics in society.

- 3.1.5 Performance Indicator: Students will understand the development of appropriate social behavior and etiquette in a variety of settings on and off the field of competition.

Performance Indicators Relative To Specific Grade Levels

Grade Nine:

1. Students will develop and participate in an individualized fitness program.
2. Students will identify and follow rules while competing in various marching competitions such as parades, field shows, and pass in reviews.
3. Students will identify ways in which rules are more alike than different and describe the difference between correct judging points.
4. Students will perform all major scales while marching in place with proper embouchure and breath support.

Grade Ten:

1. Students will perform a variety of marching techniques for field competition with fluency and in time with the music.
2. Students will learn to use biomechanical concepts and principles to analyze and improve the performance of self and others.
3. Students will be able to discuss the importance of balanced nutrition for maintaining a healthy life style.
4. Students will design and implement a personal fitness program that relates to total wellness.
5. Students will acknowledge and respect the stylistic differences in music.

Grade Eleven:

1. Students will show evidence of positive self-image.
2. Students will share in the responsibility of group action and problem solving as a member of the marching band.
3. Students will comprehend the correct elements of various movements in the performing of field show and parade competitions.

Grade Twelve:

1. Students will develop a desire to continue in an activity of choice, such as music or physical education.
2. Students will demonstrate advanced competence in at least one activity from the musical curriculum.
3. Students will understand that personal characteristics, performance styles, and activity preferences will change over the life cycle.
4. Students will explore career opportunities in the music field whether in the area of education or performance.