

Physical Education 9-12

All students are required to earn two full credits in physical education during their four years at Coginchaug. Students must enroll in a one-quarter required physical education class during each of their four years. They may earn the remaining credit by: fully participating in a varsity or junior varsity sport (.5 credit per season played); enrolling in the appropriate number of physical education electives (.25 credit per class); or petitioning the Superintendent of Schools to receive physical education credit for an activity that is supervised by an outside coach/instructor.

Grade 9 Physical Education

Content Standards:

Students will:

- Become competent in a variety of, and proficient in a few, physical activities
- Understand and apply principles of human movement to the learning and development of motor skills
- Exhibit responsible personal and social behaviors in physical activity settings
- Exhibit an understanding of and respect for differences among people in physical activity settings
- Use fitness concepts to achieve and maintain a health-enhancing level of physical fitness

Benchmarks

Topics

<ol style="list-style-type: none">1. Utilize movement skills in the execution of a variety of game and sport activities.2. Demonstrate basic competence and participation in physical activities.3. Analyze movement performance.4. Identify the critical elements of successful performance.5. Participate cooperatively and ethically when in physical activities.6. Demonstrate rules of sportsmanship.	<p>Skill Development Indoor/outdoor soccer Eclipse ball Ultimate Frisbee Volleyball Ring Hockey</p>
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Grade 10 Physical Education

Content Standards:

Students will:

- Become competent in a variety of and proficient in a few physical activities
- Understand and apply principles of human movement to the learning and development of motor skills
- Exhibit responsible personal and social behaviors in physical activity settings
- Exhibit an understanding of and respect for differences among people in physical activity settings.
- Use fitness concepts to achieve and maintain a health-enhancing level of physical fitness

Benchmarks

Topics

<ol style="list-style-type: none"> 1. Utilize movement skills in the execution of a variety of game and sport activities. 2. Compare health and fitness benefits derived from various activities 3. Demonstrate basic competence and participation in physical activities. 4. Analyze movement performance. 5. Identify the critical elements of successful performance. 6. Participate cooperatively and ethically when in physical activities. 7. Demonstrate rules of sportsmanship. 8. Define maximum heart rate and Target Heart Rate. 	<p>Physical Fitness</p> <p>Indoor/outdoor soccer</p> <p>Eclipse ball</p> <p>Ultimate Frisbee</p> <p>Volleyball</p> <p>Ring Hockey</p>
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Grade 11 Physical Education

Content Standards:

Students will:

- Become competent in a variety of, and proficient in a few physical activities
- Understand and apply principles of human movement to the learning and development of motor skills
- Exhibit responsible personal and social behaviors in physical activity settings
- Exhibit an understanding of and respect for differences among people in physical activity settings
- Use fitness concepts to achieve and maintain a health-enhancing level of physical fitness

Benchmark	Topics
<ol style="list-style-type: none">1. Demonstrate intermediate competence in a minimum of one activity.2. Use internal and external information to modify movement during performance.3. Participate regularly in physical activities that contribute to the attainment of and maintenance of personal physical activity goals.4. Encourage others to apply appropriate etiquette in all physical activity settings.5. Respond to situations with mature personal control.6. Diffuse potential conflicts by communicating with other participants.7. Cheer outstanding performances of opponents.	<p>Officiating Indoor/outdoor soccer Eclipse ball Ultimate Frisbee Volleyball Ring Hockey</p>

Grade 12 Physical Education

Content Standards:

Students will:

- Become competent in a variety of, and proficient in a few physical activities
- Understand and apply principles of human movement to the learning and development of motor skills
- Exhibit responsible personal and social behaviors in physical activity settings
- Exhibit an understanding of and respect for differences among people in physical activity settings
- Use fitness concepts to achieve and maintain a health-enhancing level of physical fitness

Benchmarks

1. Demonstrate advanced competence in a minimum of one activity.
2. Use internal and external information to modify movement during performance.
3. Participate regularly in physical activities that contribute to the attainment of and maintenance of personal physical activity goals.
4. Encourage others to apply appropriate etiquette in all physical activity settings.
5. Respond to situations with mature personal control.
6. Diffuse potential conflicts by communicating with other participants.
7. Cheer outstanding performances of opponents.
8. Design adapt and or modify activities to include persons of diverse backgrounds and or abilities.

Topics

Cooperative games
Activity leadership
Indoor/outdoor soccer
Eclipse ball
Ultimate frisbee
Volleyball
Ring Hockey

Physical Education Electives

Content Standards:

Students will:

- Become competent in a variety of, and proficient in a few physical activities
- Understand and apply principles of human movement to the learning and development of motor skills
- Exhibit responsible personal and social behaviors in physical activity settings
- Exhibit an understanding of and respect for differences among people in physical activity settings.
- Use fitness concepts to achieve and maintain a health-enhancing level of physical fitness.

Benchmarks	Topics
<ol style="list-style-type: none"> 1. Demonstrate advanced competence in a minimum of one activity. 2. Use internal and external information to modify movement during performance. 3. Participate regularly in physical activities that contribute to the attainment of and maintenance of personal physical activity goals. 4. Respond to situations with mature personal control. 5. Cheer outstanding performances of opponents. 6. Explain and apply the overload principle. 7. Design a long-term plan for self-improvement. 8. Maintain appropriate levels of cardiovascular and respiratory efficiency. 9. Use results of fitness assessment to guide changes in physical activities 	<p>Flag football Racquet sports Walk-fit / orienteering Basketball Weight Training and Aerobics</p>

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| <ol style="list-style-type: none">10. Analyze time-costs and accessibility factors related to regular participation in physical activities.11. Set personal goals for activity and works toward their achievement.12. Create a safe environment for skill practice. | |
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Physical Education Curriculum Resources

Kleinman, Isobel, *Complete Physical Education Plans for Grades 7-12*, Human Kinetics 2001.

Lea Lund, Jacalyn and Fortman Kirk, Mary, *Performance Based Assessment for Middle and High School Physical Education*, Human Kinetics 2002.

AAHPERD *Physical Best Activity Guide Secondary Level* , Human Kinetics 1999.

AAHPERD *Physical Education for Lifelong Fitness* ,Human Kinetics 1999.

Bud, L.F. and Turner. Sue *Success Oriented P.E. Activities for Secondary Students*, Prentiss Hall 1996.

Eastern District of AAHPERD ed. Chepko and Arnold, *Guidelines for Physical Education Programs*, Allyn and Bacon 2000.

Orlick,Terry, *The Second Cooperative Sports and Games Book*, Pantheon Books, N.Y. 1982.

Pearl, Bill, *Getting Stronger*, Shelter Publications, 1986.