



Mount Horeb Area School District Essential Learning Outcomes

Grade: 10	Course: Physical Education	
Course Overview: Sophomore Physical Education includes an extension of Freshman Physical Education with a variety of team-based sports (racket sports, softball, football, floor hockey, soccer, etc.) and individual/lifelong activities (fitness center/toning, heart rate-check activities i.e. walking/aerobics, golf, etc.). Additionally, students participate in a rhythms unit (dance/juggling) and a tumbling/gymnastics unit.		
Essential Learning Outcomes for Subject or Course	Standard(s) Addressed	Assessment Method
Students will be able to demonstrate competency in three out of five lifelong activities of golf, tennis, badminton, pickleball, bocce and/or cornhole.	PE.S1.H2.L1 and L2 PE.S2.H4.L1 and L2	Golf Jamboard Q & A Demonstration of Specific Tasks/Techniques
Students will be able to demonstrate competency in various physical skills (throw, catch, strike, kick) and movement patterns.	PE.S1.H2.L1 PE.S1.H3.L1 PE.S1.H4.L1	Soccer Jamboard Q & A Demonstration of Specific Tasks/Techniques
Students will be able to identify terminology associated with exercise and participation in selected individual performance activities (net games/wall games, target games).	PE.S2.H2.L2	Tennis Jamboard Badminton Jamboard
Students will use defensive and offensive strategies and tactics effectively in various activities/games.	PE.S2.H4.L1 PE.S2.H7.L1 and L2 PE.S2.H8.L1 and L2	Softball Study Guide Volleyball Study Guide
Students will be able to participate in self-selected lifetime activities (lifetime activity, fitness activity) several times a week.	PE.S3.H14.L1	Disc Golf Scorecard
Students will be able to apply the FITT Principle and Target Heart Rate zone to evaluate and critique progress toward physical activity goals encompassing multiple fitness components.	PE.S3.H9.L3	 Target Heart Ra...



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Social Awareness: Students will exhibit procedures/protocols/ respect for others and teamwork while engaging in physical activity.	PE.S4.H2.L1 and L2	PE Syllabus (i.e. "Treat others, equipment and self with respect.")
Students will be able to create, participate in and modify physical activities to meet the need for self-expression and enjoyment.	PE.S5.H3.L1 and L2	Fitness Center Circuit Core Workout and Ideas Create your own fit center workout