



## Curriculum Guide - UPDATEDWORKING

Department: PE/Health

Course Name: Wellness II

*Students will have the ability to select their path to wellness. Each unit will consist of choices to participate in activity. Activities range from competitive games, individual sports, outdoor pursuits, team sports, etc....*

*¼ Credit*

*Level: Grades 10-12*

Instructors will provide multiple opportunities for students to engage in activities that interest them the most. Want more competition in your life? Choose the competitive games unit. Want to become more fit? Choose from several fitness opportunities. Have an interest in adventure programming? There's something there for you too!

### [Maine Learning Results -Health Education - Physical Education](#)

RSU14 staff use the Maine State Learning Results to craft each course of study. The below standards and targets are aligned and are updated when changes are made at the state level.

#### Graduation Standards for course:

##### **Standard: Motor Skills and Movement Patterns**

Physically literate students demonstrate competency in a variety of motor skills and movement patterns.

☐ Game and Sports

☐ Lifetime Activities

**Standard: Concepts and Strategies ?do we have to keep**

Physically literate students apply knowledge of concepts, principles, strategies and tactics related to movement and performance.

☐ Movement Concepts

☐ Strategies and Tactics

**Standard: Fitness Education**

Physically literate students demonstrate the knowledge and skills to plan, execute, self-monitor, achieve, and maintain a health-enhancing level of physical activity and/or fitness.

☐ Health-Related Fitness and Exercise

☐ Skills-Related Fitness and Training

☐ Training Principles for Fitness and Sport

☐ Health-related and/or sport training fitness plan **update to document needed**

☐ Fitness, Sport, and Technology

☐ Physical Activity

**Standard: Responsible Personal and Social Behavior**

Physically literate students exhibit responsible personal and social behavior that respects self and others.

☐ Personal Responsibility

☐ Cooperative Skills

☐ Working with Others

☐ Descriptors of Performance Indicators?Carolyn Gross/Maine DOE Specialist for PE states this is not a performance indicator

**Standard: Responsible Personal and Social Behavior**

Physically literate students recognize the value of physical activity for health, enjoyment, challenge, self-expression, and /or social interaction.

☐ Health?need to reflect

☐ Challenge

☐ Self-expression and Enjoyment

☐ Social Interaction

21st Century Skills/Guiding Principles for course:

**A Clear and Effective Communicator who:**

☐ Collaborates well with students.

**A Self-Directed and Lifelong Learner who:**

☐ Is responsible.

**An Integrative and Informed Thinker who:**

☐ Can make independent decisions regarding the safety of classmates.

Curriculum Activities/ Units may include:

Team Sports/Activities, Individual Sports/Activities, Outdoor Pursuits