



## Bow High School - Course Overview

<b>Course Title: PE Activities I</b>
<b>Department: BEST</b>
<b>Credits: .5</b>
<b>Grades: 9-11</b>

### **Course Description:**

- This class will focus on team sports and competitive methods of maintaining and improving overall health and wellness. The focus of these activities will be to continue to develop and refine the student's existing skills as team participants to prepare them for activities they can participate in as they enter adulthood. A focus of this course will be communication, cooperation and proper sporting behavior and etiquette. Activities may include: flag football, floor hockey, basketball and team handball.

### **School Competencies:**

- Integrity (Awareness - Foundational)
- Readiness (Awareness - Foundational)
- Collaboration (Communication - Foundational)
- Accountability (Awareness - Advanced)
- Cognitive Flexibility (Problem Solving and Analysis - Advanced)

### **Course Competencies:**

- Demonstrate a variety of specialized movement skills specific to specific game/activity while participating in an authentic setting.
- Select and participate in physical activities that address personal fitness goals, and apply the five health-related fitness components.
- Demonstrate responsible and ethical personal behavior while participating in physical activities.
- Predict how environmental factors, rules and etiquette contribute to productive participation and impact safety.