



Del Oro High School
Asynchronous 9th Grade Physical Education
Course Outline-P.E.9
Mr. Birch
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Course Description:

This class is designed specifically for freshmen. The main objective is to have the students understand what it means to be physically fit and how to achieve that goal. The 8 components of the class are:

1. The effects of physical activity on dynamic health
2. Mechanics of body movement
3. Aquatics
4. Gymnastics and tumbling
5. Individual and dual sports
6. Rhythms and dance
7. Team sports
8. Combatives

During this class you will become physically fit and prepared for future physical education classes. The Health portion is designed to introduce students to the knowledge, skills and behaviors to assist them in becoming “health literate” individuals with a lifelong commitment to healthy living.

Competency-Based Education (CBE)

[Competency-Based Education \(CBE\)](#) is a system of instruction, assessment, grading, and academic reporting that makes learning goals and expectations clear and easily understood by teachers, students, and families. CBE is designed to accurately identify the level of student understanding, allowing students to progress as they demonstrate mastery of the academic content, regardless of time, place, or pace of learning.

Course Proficiency Scales

Proficiency Scales delineate the progression of learning from foundational knowledge and skills to the target learning goal that students are expected to reach and opportunities for sophisticated applications. They provide feedback that shows exactly what students need to know and how they will get there.

Async PE 9 Proficiency Scales

Knowledge of Motor Skills, Movement Patterns, and Strategies (Exams)
Knowledge of Physical Fitness for Health and Performance (Sport Units)
Participation in Physical Activities (Fitness Logs)
Knowledge of Personal Health (Health Units)

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Fitness:

Students should be doing 5 fitness activities each week. Every day the students will participate in a fitness activity. The activities should be 20-30 minutes in length and recorded in the Weekly Fitness Logs.

Units:

Students will be required to study motor skills and specific sport techniques using video as their source of instruction. Each unit will consist of 8-12 assignments that conclude with a Summative Exam of everything they have learned. Students will be given 3-4 weeks to complete.

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