

## **Course Description**

### **Grades 9-12 Physical Education**

**Philosophy Statement:** As Christians we are all God's workmanship; each uniquely created in Christ Jesus; called to be good stewards of our bodies, the temple of God's Holy Spirit. We desire that all students bring glory to God through a positive physical education experience. This program focuses on equipping students with the knowledge, understanding, and ability to participate in a lifetime of physical activity.

**Course Objective:** The High School physical education program is designed to encourage maximum participation in physical activity and also to prepare students for activities they can use for their own lifetime physical fitness.

**Textbooks:** None

**Materials:** Various sports equipment

**Time Allotment:** 45 minutes per day, one semester

#### **Course Content:**

- Tennis
- Weight-resistance Training
- Football
- Nets Unit (Pickle ball, Badminton, Ping Pong)
- Indoor Golf- Putting and Chipping
- Ultimate Frisbee, Frisbee Golf
- Indoor ball games
- Indoor and Outdoor Soccer
- Cooperative games
- Team Handball
- Archery
- Basketball
- Volleyball
- Softball
- Lacrosse
- Floor Hockey

#### **Areas to be evaluated:**

- Participation and effort
- Physical and motor skill development
- Personal and social responsibility (attitude and behavior)
- Knowledge of rules, techniques, strategies and scoring where applicable
- Proper dress

#### **Additional activities:**

- Iowa National Guard sponsored activities
- Self Defense Speaker