

**PHYSICAL EDUCATION IV**  
**12<sup>th</sup> Grade**

**April 2012**

# **PHYSICAL EDUCATION IV**

## **I. COURSE DESCRIPTION**

Physical Education IV is a course that will provide information to students regarding fundamental concepts of physical fitness. Students will acquire knowledge about the value and benefits of health-related physical activity in reducing risks for various disease and physical conditions. Required components of this course are Team Handball (3 weeks), Ultimate Frisbee (3 weeks), Volleyball (3 weeks), Weight Training (3 weeks), and Life Guarding (9 weeks).

## **II. COURSE OBJECTIVES/OUTLINE**

### **A. TEAM HANDBALL**

The students will be able to:

1. To promote fitness through an activity, endurance producing sport (2.6.12.C1).
2. To teach an active game which can be played indoors as well as outdoors.
3. To learn strategies of team play (2.5.12.C1).
4. To appreciate the activity as related to self-awareness, interpersonal relationships, and decision making.
5. A knowledge of the history, rules, game procedures, and equipment used in Team Handball (2.5.12.D1, D2).
6. The fundamental skills and techniques used in Team Handball (2.5.12.B1, B2, B3, B4).
7. Analyze situations and conditions that will impact the safety and selected appropriate skills to handle each. (2.5.12.D1).
8. Develop knowledge of the various movement skills involved in Team Handball (2.5.12.A1, A3, B1).
9. Analyze cooperative and competitive activities in Team Handball and develop strategies to improve conditions to gain an advantage (2.5.12.D1).
10. Demonstrate positive work behaviors and ethics in a sportsmanship like manner (2.5.9).

### **B. ULTIMATE FRISBEE**

The students will be able to:

1. To have a knowledge of the history, rules, and equipment used in Ultimate Frisbee (2.5.12.D1).
2. The fundamental skills and techniques of Ultimate Frisbee (2.5.12. A1, A4, A5, B1, D1).
3. An appreciation of Ultimate Frisbee as related to self-awareness, interpersonal relationships, and decision making (2.5.12.C1, D1).
4. Develop knowledge of the various movement skills involved in Ultimate Frisbee (2.5.12.A1, A2, A3, A4, A5).
5. Demonstrate positive work behaviors and ethics in a sportsmanship like manner (2.5.12.C1, D1, D2, E1).
6. Apply safety rules for Ultimate Frisbee (2.5.12.D1, D2, 2.6.12.B1).

### **C. VOLLEYBALL**

The students will be able to:

1. To have a knowledge of the history and rules of Volleyball (2.5.12.B4, E1).
2. To be able to describe and demonstrate the fundamental skills, techniques and strategies needed in Volleyball (2.5.12.A1, A3, A5, C1).
3. An appreciation of the game with special emphasis on team play and sportsmanship (2.5.12.C1, D1).
4. To have an appreciation of the game as related to self-awareness, interpersonal relationships and decision making (2.5.12.A2, B3, C1, 2.2 B1).
5. To appreciate the recreational and carryover values of Volleyball (2.5.12.A4, B4).
6. Develop knowledge of the various movement skills involved in Volleyball (2.5.12.A2, A3, A4, A5).
7. Develop knowledge of various concepts involved in Volleyball (2.5.12.B1, B2, B4).

### **D. BASKETBALL**

The students will be able to:

1. A knowledge of the history, rules, game procedures, and the equipment used in Basketball (2.5.12.B4, D1, D2).
2. The fundamental skills and techniques used in Basketball (2.5.12.A1, A2, A3, A4, A5, B1, B2, B3).
3. Develop cognitive awareness of the various movement skills in Basketball (2.5.12.B1, B2, B3).
4. Apply safety rules in Basketball (2.5.12.D1, D2).
5. Demonstrate positive work behaviors and ethics in a sportsmanship like manner in Basketball (2.5.12.D1, D2).
6. Develop skills using teamwork and cooperation in defensive and offensive strategies in Basketball (2.5.12.C1, E1).
7. Discuss the physical and psychological benefits derived from Basketball (2.6.12.A1, C1, C2, C4).

### **E. SOCCER**

The student will be able to:

1. Develop knowledge of the history, rules, and equipment used in Soccer (2.5.9).
2. Techniques and skills necessary for effective individual and team play (2.5.1-2.5.6, 10, 11).
3. Develop an appreciation of Soccer as a team sport and the degree to which it is played throughout the country and the world.
4. Develop knowledge of the various movement skills involved in Soccer (2.5.4, 6, 10, 11).
5. An appreciation of the career implications of Soccer and its implication for leisure preferences (2.5.4-2.5.6).
6. Apply safety rules of Soccer (2.5.12.D2).
7. Discuss the physical and psychological benefits derived from Soccer in preventing sports related injuries (2.6.10, 11).
8. Team skills using team work and cooperation in defense and defensive strategy and offense and offensive strategy (2.5.9).

## **F. Softball**

The students will be able to:

1. To have a knowledge of the history, rules, and equipment used in Softball (2.5.12.B4, D2).
2. To be able to demonstrate the proper techniques and fundamental skills which are of value in the physical education class and recreational play (2.5.12.A1, A3, A4, B1, B2, B3).
3. To have an appreciation of the game for both the player and spectator, with emphasis placed upon team play and sportsmanship (2.5.12.D1).
4. An appreciation of the activity as related to self- awareness, interpersonal relationships, and decision making (2.5,12.D1).
5. Team skills using team work and cooperation in defense and defensive strategy and offense and offensive strategy (2.5.12.C1).
6. Apply safety rules for Softball (2.5.1.D2).
7. Increase the level of agility and physical coordination (2.5.12.A1).
8. Increase joy in one's physical sense and in being with others (2.5.12.D1)
9. To analyze the impact of kinesthetic awareness "perfect" practice, motivation, and appropriate challenges facilitating the learning and refinement of a movement skill (2.5.12.B3).

## **G. WEIGHT TRAINING**

The students will be able to:

1. Be aware of systemic and intelligent applications of modern weight training techniques (2.5.12.A1, A2).
2. Develop a base understanding of various weight training exercises (2.6.12.B1, B2).
3. Develop a base understanding of human anatomy and physiology.
4. Develop a base understanding of correct weight training exercises and the correct application of such exercises to enhance specific development of the human anatomy (2.6.12.B1, B2, C2).
5. Understand the different types of weight training regimes (2.6.12.B1, B2, C1, C2, C5).
6. Understand the correct formula to improve on a personal level using any specific weight training method (2.6.12.B1, B2, C1, C2, C5).
7. Use correct lifting techniques, body form, safety, spotting, and care of equipment to gain maximum results with maximum safety (2.1.E1, E2, 2.5.12.A1, 2.6.12.A3).
8. Develop an understanding of the skills of weight training to apply the skills as a means for attaining and maintaining physical fitness as it relates to recreational activity and competitive sports (2.5.12.A3, A4).
9. Develop an appreciation of the activity as it relates to self-awareness and decision making (2.1.A3).
10. Develop an appreciation of the activity as related to one's overall physical well-being (2.6.12.C3, C5, C6).

## **H. AEROBICS**

The students will be able to:

1. Apply safety rules in Aerobics (2.5.12.D1, D2).
2. Analyze and apply movement concepts, biomechanical principles, and rhythm to independently learn, assess, refine and combine movement skills used in physical activities (2.5.12.A1, A2, A3, A5).
3. Apply the principles of Physiology, Kinesiology, and Psychology to improve personal performance on physical activity (2.5.12.B1, B2, B3).
4. Discuss the physical and psychological benefits derived for health-related fitness (2.6.12.A1, A2, A3, B1, B2).
5. Design and evaluate a personal fitness plan, taking into consideration fitness, health, and nutritional status, age, interests, and abilities, and discuss how the plan may be adapted to injury, illness, or aging (2.6.12.C3, C4, C5).
6. Develop knowledge of the proper body position for performing basic movements (2.5.12.A1, B4).
7. Combine movement skills in Aerobics to participate in physical activities and lifetime pursuits

## **I. Kinect**

The students will be able to:

1. Increase body awareness through rhythm and movement (2.5.12.A2).
2. Improve coordination, balance, precision, timing, and concentration (2.5.12.A3, B2, B3).
3. Increase Cardiac Fitness level (2.6.12.A2, B2, C1, C2, C3, C4 ).
4. Feel comfortable while moving to music (2.5.12.A1, B1).
5. Increase range of motion (2.6.12.A1).
6. Use feedback from **Kinect** console to detect, analyze, and correct errors in Movement skills and patterns used in applied settings (2.5.12.A2).

## **J. LIFEGUARD/CPR with CERTIFICATION**

This program provides potential lifeguards with skills and knowledge necessary to keep patrons of aquatic facilities safe in and around the water. This program includes a lifeguard training course with aquatic-specific first-aid and cardiopulmonary resuscitation (CPR) training.

The primary purpose of this program is to provide entry-level lifeguard candidates with the skills and knowledge to prevent, recognize, and respond to emergencies and to provide care for injuries and sudden illnesses until advanced medical personnel arrive and take over.

\*\*Pre-requisites for this course are:

1. A passing grade in 9-11 Physical Education and be at least 15 years old.
2. A successful completion of a swimming competency test. Swim 500 yards continuously using these strokes in the following order:
  - A. 200 yards front crawl
  - B. 100 yards breaststroke
  - C. 200 yards front and/or breaststroke (can be a mix).
  - D. Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10-pound object, return to the surface, and swim 20 yards back to the starting point with the object.

The students will be able to:

1. Develop the skills and knowledge needed to prevent and respond to aquatic emergencies (2.5.12.D1, D2).
2. Develop the skills and knowledge needed to properly maintain and operate a swimming pool (2.5.12.D1, D2).
3. Enforce facility rules and regulations and educate patrons about them (2.5.12.D2).
4. Thorough knowledge and application of lifeguarding surveillance and rescue techniques (2.5.12.D1, D2).
5. Demonstrate leadership and public relations skills.
6. Develop and demonstrate decision making skills.
7. Exercise regularly to maintain fitness level (strength and endurance) (2.6.12.A1, A2, C1, C2).
8. Develop and demonstrate first-aid and/or CPR in an emergency.

Certification Requirements:

Red Cross certification means that on a particular date an instructor verified that a course participant could:

- Demonstrate competency in each required skill taught in a course. Competency is defined as being able to perform each skill to the objective and without guidance.
- Correctly answer at least 80 percent of the questions in each of the 4 sections of the final written examination.
- Class size: 1 instructor per 10 students.

Upon successful completion of this program Red Cross certification will be awarded which represents lifeguarding, CPR and First-aid certifications.

### **III. METHODS OF STUDENT EVALUATION**

Students are evaluated using the following criteria:

- |                        |     |
|------------------------|-----|
| 1. Class participation | 75% |
| 2. Skills/Written test | 25% |

### **V. INSTRUCTIONAL STRATEGIES**

Various teaching methods are used in these courses. Instruction will be given using handouts, participation in activities, performance of dance steps, evaluation of specific skills related to group initiatives, trust activities, and high rope course performance, swim strokes and floating techniques, modeling movement of the instructor. Group activities and cooperating learning may be used. Classroom demonstrations will be included. Board approved videos may be used.

## VI. SCOPE AND SEQUENCE CHART

KEY I= INTRODUCED  
 D= DEVELOPED IN DEPTH  
 R= REINFORCED

<b>SKILL TO BE LEARNED</b>	<b>12</b>
Demonstrate correct form & control when combining & modifying movement skills in applied settings	IDR
Use feedback from internal & external sources to detect, analyze, and correct errors in movement skills and patterns used in applied settings.	IDR
Apply & analyze the use of momentum, force, and torque to enhance or change the performance of movement skills during physical activity	IDR
Transfer specialized movement skills that use similar patterns from one movement activity to another.	IDR
Design & perform smooth flowing sequences with intentional changes in direction, flow, and speed	IDR
Analyze a movement performance and discuss how each part can be made more interesting, creative, efficient, and/or effective	IDR
Predict changes in movement performance based on the application of balance, counter balance, weight transfer, and agility	IDR
Analyze the impact o kinesthetic awareness, "perfect" practice, motivation, & appropriate challenges in facilitating the learning and refinement of a movement skill	IDR
Analyze how movement activities reflect culture, era, geography, or historical context	IDR
Demonstrate & assess tactile understanding by using appropriate & effective offensive, defensive, and cooperative strategies	IDR
Analyze the role, responsibilities, & preparation of players, officials, trainers, & other participants & recommend strategies to improve their behavior	IDR
Investigate the impact of rules & regulations on the health and safety of participants	IDR
Compare, contrast, and apply sport psychology techniques to mentally prepare for physical activity	IDR
Predict the short & long-term physical, social, & emotional benefits & potential problems associated with regular physical activity	IDR
Summarize the causes, influences, and responses of body systems during exercise	IDR
Describe how preventive healthcare, physiological monitoring, hydration, a safe environment, & exercising with a partner contribute to safe fitness activities	IDR
Evaluate the role of genetics, gender, age, nutrition, activity level, & exercise type on body composition	IDR
Develop & implement a training program to maximize health benefits & prevent exercise-related injuries & illnesses	IDR
Apply training principles to establish a progression of activity that will improve each component of fitness & justify the use of each principle	IDR
Compare & contrast the use of drugs, fitness products, and fads to achieve fitness	IDR
Engage in a variety of sustained, vigorous physical activities to enhance each component of fitness	IDR
Perform at the intensity level needed to enhance cardiovascular fitness, monitor physiological responses before, during, and after exercise, & modify exercise appropriately in response	IDR
Assess personal level fitness, design a personal fitness plan considering current health & fitness status, goals & interests, skill level, accessibility & costs, & use technology to implement, monitor, & evaluate the plan	IDR
Demonstrate age & gender-specific progress towards the achievement of fitness goals for each component of health-related & skill-related fitness	IDR
Modify a fitness plan to accommodate for injury, illness, pregnancy, aging, & disability	IDR
Discuss the use of body mass index, body fat percentage, & fat deposition as measures of fitness	IDR

## **VII. PACING CHART**

### **1. Team Handball**

The lessons and activities in this unit will likely take fifteen class sessions to complete.

Unit 1: Lesson 1: Introduction to Team Handball Week 1

Provide students with an introduction to the game of Team Handball.

Develop a knowledge of the history, rules, game procedures, and equipment used in Team Handball.

Develop the fundamental skills and techniques used in Team Handball.

This lesson will likely require five of the fifteen class sessions planned for this unit.

Unit 1: Lesson 2: Introduction to team strategy and play. Week 2

Develop knowledge of the various movement skills involved in Team Handball.

Develop and learn strategies of team play.

Analyze situations and conditions that will impact the safety and selected appropriate skills to handle each.

To teach an active game which can be played indoors as well as outdoors.

This lesson will likely require five of the fifteen class sessions planned for this unit.

Unit 1: Lesson 3: Game play Week 3

To promote fitness through an activity, endurance producing sport.

To appreciate the activity as related to self-awareness, interpersonal relationships, and decision making.

Develop and demonstrate positive work behaviors and ethics in a sportsmanship like manner.

Analyze cooperative and competitive activities in Team Handball and develop strategies to improve conditions to gain an advantage.

This lesson will likely require five of the fifteen class sessions planned for this unit.

### **2. Ultimate Frisbee**

The lessons and activities in this unit will likely take fifteen class sessions to complete.

Unit 2: Lesson 1: Introduction of Ultimate Frisbee Week 1

Provide students with an introduction to the game of Ultimate Frisbee.

Develop knowledge of the history, rules, and regulations of Ultimate Frisbee.

Develop the necessary skills and techniques to throw and catch a Frisbee both in a stationary position and on the move.

This lesson will likely require five of the fifteen class sessions planned for this unit.

Unit 2: Lesson 2: Introduction to team strategy and play. Week 2

Lesson two provides students with an introduction to game play through the use of varied lead up games.

Students are able to practice skills in a lead up game setting.

This lesson will likely require five of the fifteen class sessions planned for this unit.



#### Unit 2: Lesson 3: Game play Week 3

Develop skills and techniques necessary for game play.

Develop offensive and defensive skills.

Demonstrate positive behaviors and ethics of sportsmanship through game play.

This lesson will likely require five of the fifteen class sessions planned for this unit.

### **3. Volleyball**

The lessons and activities in this unit will likely take fifteen class sessions to complete.

#### Unit 3: Lesson 1: Introduction of volleyball Week 1

Provide students with an introduction to the game of volleyball.

Develop knowledge of the history and rules of volleyball.

Develop, describe, and demonstrate the fundamental skills needed in volleyball.

Develop knowledge of various concepts involved in volleyball.

This lesson will likely require five of the fifteen class sessions planned for this unit.

#### Unit 3: Lesson 2: Introduction to team strategy and play. Week2

Develop an appreciation for the recreational and carryover values of volleyball.

Develop knowledge of the various movement skills involved in volleyball.

This lesson will likely require five of the fifteen class sessions planned for this unit.

#### Unit 3: Lesson 3: Game play Week 3

Develop skills and techniques necessary for game play.

Develop an appreciation of the game as related to self-awareness, interpersonal relationships, and decision making.

Develop an appreciation of the game with special emphasis on team play and sportsmanship.

This lesson will likely require five of the fifteen class sessions planned for this unit.

### **4. Basketball**

The lessons and activities in this unit will likely take fifteen class sessions to complete.

#### Unit 4: Lesson 1: Introduction of basketball and basic skills.

Develop knowledge of the history, rules, and equipment used in basketball.

Develop Techniques and skills necessary for effective individual and team play.

Develop knowledge of the various movement skills involved in basketball.

Apply safety rules of basketball.

This lesson will likely take five of the fifteen class sessions for this unit.

#### Unit 4: Lesson 2: Introduction of team strategies.

Team skills using team work and cooperation in defense and defensive strategy and offense and offensive strategy.

Develop techniques and skills necessary for effective individual and team play.

This lesson will likely take five of the fifteen class sessions for this unit.

Unit 4: Lesson 3: Game play and strategies.

Develop techniques and skills necessary for effective individual and team play.

Develop an appreciation of basketball as a team sport and the degree to which it is played throughout the country and the world.

Team skills using team work and cooperation in defense and defensive strategy and offense and offensive strategy.

This lesson will likely take five of the fifteen class sessions for this unit.

## **5. Soccer**

The lessons and activities in this unit will likely take fifteen class sessions to complete.

Unit 5: Lesson 1: Introduction of soccer and basic skills.

Develop knowledge of the history, rules, and equipment used in Soccer.

Develop Techniques and skills necessary for effective individual and team play.

Develop knowledge of the various movement skills involved in Soccer.

Apply safety rules of Soccer.

This lesson will likely take five of the fifteen class sessions for this unit.

Unit 5: Lesson 2: Introduction of team strategies.

Team skills using team work and cooperation in defense and defensive strategy and offense and offensive strategy.

Develop techniques and skills necessary for effective individual and team play.

This lesson will likely take five of the fifteen class sessions for this unit.

Unit 5: Lesson 3: Game play and strategies.

Develop techniques and skills necessary for effective individual and team play.

Develop an appreciation of Soccer as a team sport and the degree to which it is played throughout the country and the world.

Team skills using team work and cooperation in defense and defensive strategy and offense and offensive strategy.

This lesson will likely take five of the fifteen class sessions for this unit.

## **6. Softball**

The lessons and activities in this unit will likely take fifteen class sessions to complete.

Unit 6: Lesson 1: Introduction of softball Week 1

Provide students with an introduction to the game of softball.

Develop knowledge of the history and rules of softball.

Develop, describe, and demonstrate the fundamental skills needed in softball.

Develop knowledge of various concepts involved in softball.

This lesson will likely require five of the fifteen class sessions planned for this unit.

Unit 6: Lesson 2: Introduction to team strategy and play. Week2

Develop an appreciation for the recreational and carryover values of softball.

Develop knowledge of the various movement skills involved in softball.

This lesson will likely require five of the fifteen class sessions planned for this unit.

### Unit 6: Lesson 3: Game play Week 3

Develop skills and techniques necessary for game play.

Develop an appreciation of the game as related to self-awareness, interpersonal relationships, and decision making.

Develop an appreciation of the game with special emphasis on team play and sportsmanship.

This lesson will likely require five of the fifteen class sessions planned for this unit

## **7. Weight Training**

The lessons and activities in this unit will likely take fifteen class sessions to complete.

### Unit 7: Lesson 1: Introduction to weight training. Week 1

Develop a base understanding of weight training exercises.

Develop a systemic and intelligent application of modern weight training techniques.

Develop a base understanding of human anatomy and physiology.

Develop a base understanding of correct weight training exercises and the correct application of such exercises to enhance specific development of the human anatomy.

Develop an understanding of the different types of weight training regimes.

This lesson will likely require five of the fifteen class sessions planned for this unit.

### Unit 7: Lesson 2: Begin workout routines in group format. Week 2

Understand the correct formula to improve on a personal level using any specific weight training method.

Use correct lifting techniques, body form, safety, spotting, and care of equipment to gain maximum results with maximum safety.

This lesson will likely require five of the fifteen class sessions planned for this unit.

### Unit 7: Lesson 3: Workout routines continued to increase fitness levels. Week 3

Develop an understanding of the skills of weight training to apply the skills as a means for attaining and maintaining physical fitness as it relates to recreational activity and competitive sports.

Develop an appreciation of the activity as it relates to self-awareness and decision making.

Develop an appreciation of the activity as related to one's overall physical well-being.

This lesson will likely require five of the fifteen class sessions planned for this unit.

## **8. Aerobics**

The lessons and activities in this unit will likely take fifteen class sessions to complete.

### Unit 8: Lesson 1: Introduction of aerobics Week 1

Provide students with an introduction to the various forms of aerobics.

Develop knowledge of the history, of Zumba, yoga , P-90X and TRX.

Develop, describe, and demonstrate the fundamental skills needed in aerobics.

Develop knowledge of various concepts involved in aerobics.

This lesson will likely require five of the fifteen class sessions planned for this unit.

Unit 8: Lesson 2: Introduction to individual and group activity. Week 2  
Develop an appreciation for the recreational and carryover values of aerobics.  
Develop knowledge of the various movement skills involved in aerobics.  
Increase body awareness through rhythm and movement.  
Improve coordination, balance, precision, timing and coordination.  
This lesson will likely require five of the fifteen class sessions planned for this unit.

Unit 8: Lesson 3: Develop body awareness through the element of rhythm. Week 3  
Develop skills and techniques necessary for moving to music including timing and concentration.  
Develop an appreciation of aerobics as related to self-awareness, interpersonal relationships, and decision making.  
Develop an appreciation of aerobics with special emphasis on coordination, balance and increased cardiac fitness level.  
Develop an understanding that physical activity provides the opportunity for enjoyment, challenge, self-expression and communication.  
This lesson will likely require five of the fifteen class sessions planned for this unit.

## **9. Kinect**

The lessons and activities in this unit will likely take fifteen class sessions to complete.

Unit 9: Lesson 1: Introduction of Kinect equipment and games.

Lesson 1: Introduction of games and Kinect equipment.  
Students will be able to increase body awareness through rhythm and movement  
Feel comfortable while moving to music.  
This lesson will likely require five of the fifteen class sessions for this unit.

Unit 9: Lesson 2: Develop a positive self esteem through participation in an exercise program  
Increase body awareness through rhythm and movement  
Improve coordination, balance, precision, timing, and concentration  
Increase Cardiac Fitness level  
Increase range of motion  
Feel comfortable while moving to music.  
This lesson will likely require five of the fifteen class sessions for this unit.

Unit 9: Lesson 3: Develop body awareness through the element of rhythm.  
Increase body awareness through rhythm and movement  
Improve coordination, balance, precision, timing, and concentration  
Increase Cardiac Fitness level  
Increase range of motion  
Feel comfortable while moving to music.  
Use feedback from Kinect console to detect, analyze, and correct errors in Movement skills and patterns used in applied settings  
This lesson will likely require five of the fifteen class sessions for this unit.

## **10. Lifeguarding/CPR with CERTIFICATION**

The lessons and activities in this unit will likely take fifteen class sessions to complete.

Unit 10: Lesson 1: Introduction to the lifeguarding program. Week 1

Students will learn the purpose of life guard training course.

Develop and demonstrate decision making skills.

Become familiar with the life guarding demands through the job description of a professional life guard.

This lesson will likely require five of the forty five class sessions planned for this unit.

Unit 10: Lesson 2: The importance of the life guard team. Week 2

Learn legal considerations that shape roles/responsibilities of life guarding.

Enforce facility rules and regulations and educate patrons about them.

Learn to properly communicate with patrons to prevent injuries and ensure patron safety.

Demonstrate leadership and public relations skills.

This lesson will likely require five of the forty five class sessions planned for this unit.

Unit 10: Lesson 3: Entering the pool. Week 3

Develop the skills and knowledge needed to properly maintain and operate a swimming pool.

Learn to enter the pool and use rescue tube.

Learn proper patron surveillance and victim recognition.

Demonstrate thorough knowledge and application of life guarding surveillance and rescue techniques.

This lesson will likely require five of the forty five class sessions planned for this unit.

Unit 10: Lesson 4: Responding to emergencies. Week 4

Learn how to respond to emergencies and follow an emergency action plan.

Identify distressed swimmers, active/passive drowning victims.

Perform rescue skills through active participation and practice.

This lesson will likely require five of the forty five class sessions planned for this unit.

Unit 10: Lesson 5: Variations of rescues. Week 5

Demonstrate and perform multiple victim rescues with a variety of situations.

Demonstrate and perform escapes and proper victim removal from water.

This lesson will likely require five of the forty five class sessions planned for this unit.

Unit 11: Lesson 6: CPR and first aid. Week 6, 7, and 8

Demonstrating and utilizing universal precaution measures.

Demonstrate and explain a primary survey.

Introduce CPR and the varied techniques based on the victim.

Develop and demonstrate first aid and/or CPR in an emergency.

Develop the skills and knowledge needed to prevent and respond to aquatic emergencies.

This lesson will likely require fifteen of the forty five class sessions planned for this unit.

Unit 12: Lesson 7: Course completion and fulfillment. Week 9

Demonstrate competency in each required skill taught in the course.

Demonstrate the critical skills of lifeguarding by performing rescues.

This lesson will likely require five of the forty five class sessions planned for this unit.

## **VIII. STUDENT HANDOUT**

### **Course Overview and Proficiencies for Physical Education IV**

#### **I. COURSE OVERVIEW**

Physical Education IV is a course that will provide information to students regarding fundamental concepts of physical fitness. Students will acquire knowledge about the value and benefits of health-related physical activity in reducing risks for various disease and physical conditions. Components of this course may include individual and team sports, aerobics, weight lifting, CPR/Lifeguarding (9 weeks), and lifetime/leisure sports.

#### **II. PROFICIENCIES**

Upon successful completion of the requirements for this course the students will be able to:

1. Increase range of motion.
2. Use feedback from Kinect equipment and games to detect, analyze, and correct errors in movement skills and patterns used in applied settings
3. Develop a program of exercise which is designed from a personal point of view for the student and is an ongoing process designed for individual improvement and maintenance of physical fitness
4. To perform and analyze various activities relating to the fitness elements
5. Apply and analyze the use of momentum, force, and torque to enhance or change the performance of movement skills during physical activity
6. Engage in a variety of sustained, vigorous physical activities to enhance each component of fitness
7. Demonstrate positive work behaviors and ethics in a sportsmanship like manner
8. Combine movement skills to participate in physical activities and lifetime pursuits
9. Observe physical activities and provide feedback to participant to improve performance
10. Discuss the physical benefits derived from fitness activities
11. To have an appreciation of the game for both the player and spectator, with emphasis placed upon team play and sportsmanship
12. An appreciation of the activity as related to self-awareness, interpersonal relationships, and decision making
13. Develop a base understanding of correct weight training exercises and the correct application of such exercises to enhance specific development of the human anatomy
14. Develop an appreciation of the activity as related to one's overall physical well-being
15. Engage in and understand the importance of lifetime fitness activities.