

CHAMBERSBURG AREA SCHOOL DISTRICT  
COURSE OF PLANNED INSTRUCTION

SCHOOL Senior High DEPARTMENT Health, Safety and Physical Education DATE June/2001  
COURSE TITLE Elective Girls Physical Education GRADE 12 COURSE LENGTH 36 weeks  
LESSON FREQUENCY (PER WEEK) 5 TIME 43 minutes COURSE REVISED June / 2001  
COURSE CREDIT 1. COURSE REQUIRED no ELECTED yes

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I. MAJOR COURSE OBJECTIVES AND STUDENT PERFORMANCE INDICATORS

All Students Will:

Be responsible for the same objectives and state standards as the regular 12<sup>th</sup> grade Wellness students

In addition, the elective physical education students will:

- A. Be able to assess his level of general health
- B. Be able to perform activities that will demonstrate muscular strength, endurance, agility, flexibility, coordination and balance
- C. Be able to maintain a standard of physical fitness
- D. Be able to acquire knowledge of game rules and strategy including some "extreme games"
- E. Be able to develop skills in various activities that can be incorporated into team play and lifetime sports
- F. Be able to formulate social growth demonstrated by qualities of leadership , cooperation, tolerance and sportsmanship
- G. Be able to participate in recreational skills which will prepare them to enjoy the activity as a lifetime sport
- H. Be able to participate in activities which will promote a positive self-image
- I. Be able to participate in coed activities that will develop acceptable social standards and favorable attitudes
- J. Be able to develop an interest in physical education, recreation and leisure time activities that could lead to a career in this field