

Physical Education combines the best of online instruction with actual student participation in weekly cardiovascular, aerobic, and muscle toning activities. The course promotes a keen understanding of the value of physical fitness and aims to motivate students to participate in physical activities throughout their lives.

Specific areas of study include: Cardiovascular exercise and care, safe exercising, building muscle strength and endurance, injury prevention, fitness skills and FITT benchmarks, goal setting, nutrition and diet (vitamins and minerals, food labels, evaluation product claims), and stress management. The course requires routine participation in adult-supervised physical activities. Successful completion of this course will require parent/legal guardian sign-off on student-selected physical activities and on weekly participation reports to verify the student is meeting his or her requirements and responsibilities.

Physical Education is built to state standards and informed by the Presidential Council on Physical Fitness and Sports standards.

Length: One semester

## UNIT 1: P.E. DESIGNED FOR ME

### LESSON 1: ONLINE P.E.

#### **Study: Online P.E.: How Could It Be?**

Review the guidelines to participating in the course, course expectations, and learn about how an online P.E. course works.

Duration: 0 hrs 30 mins

#### **Practice: Commitment Statement**

Complete and submit a signed commitment statement, and answer a few brief questions about your participation in the course.

Duration: 0 hrs 5 mins Scoring: 30 points

#### **Discuss: Meet Your Team**

Meet your classmates by participating in an online discussion forum, discussing favorite types of physical activity.

Duration: 0 hrs 20 mins Scoring: 15 points

#### **Quiz: Online P.E.**

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

### LESSON 2: FITNESS LOGS

#### **Activity Log: Fitness Log # 1**

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

#### **Activity Log: Fitness Log # 2**

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

#### **Activity Log: Fitness Log # 3**

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

#### **Activity Log: Fitness Log # 4**

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

**Activity Log: Fitness Log # 5**

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

**Activity Log: Fitness Log # 6**

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

**Activity Log: Fitness Log # 7**

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

**Activity Log: Fitness Log # 8**

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

**Activity Log: Fitness Log # 9**

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

**Activity Log: Fitness Log # 10**

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

**Activity Log: Fitness Log # 11**

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

**Activity Log: Fitness Log # 12**

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

**Activity Log: Fitness Log # 13**

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

**Activity Log: Fitness Log # 14**

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

**Activity Log: Fitness Log # 15**

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

**Activity Log: Fitness Log # 16**

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

**Activity Log: Fitness Log # 17**

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

**LESSON 3: WARM IT UP, COOL IT DOWN****Study: Warm It Up**

Learn the mechanics and importance of flexibility, including the importance of properly warming up the body for physical activity.

Duration: 0 hrs 30 mins

**Study: Cool It Down**

Study breathing and stretching techniques, and the differences between different types of stretches.

Duration: 0 hrs 30 mins

### **Practice: Design Your Routine**

Design and describe an adjustable warm-up and cool-down routine to be used for the duration of the course.

Duration: 0 hrs 30 mins Scoring: 30 points

### **Quiz: Warm It Up, Cool It Down**

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

## **LESSON 4: SETTING FITNESS GOALS**

### **Study: Steps to Setting Goals**

Learn how to set goals, what steps to take to set them, and how to measure progress of those goals along the way.

Duration: 0 hrs 30 mins

### **Study: Workout Prescription**

Study will give examples of options you may select for all three components of a good workout program: cardio, muscular endurance, and flexibility.

Duration: 0 hrs 30 mins

### **Practice: Setting and Reaching Goals**

Set at least three fitness goals, and develop a fitness plan that will focus on the three health-fitness components keeping your goals in mind.

Duration: 0 hrs 30 mins Scoring: 30 points

### **Quiz: Setting Fitness Goals**

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

## **LESSON 5: CAREER AND EDUCATIONAL OPTIONS**

### **Study: Health and Fitness Career Options**

Discuss different careers related to health and fitness.

Duration: 0 hrs 30 mins

### **Explore: Career Exploration**

Select a health-fitness career and research all components of that specific job.

Duration: 0 hrs 40 mins Scoring: 20 points

### **Quiz: Career and Educational Options**

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

## **LESSON 6: P.E. DESIGNED FOR ME WRAP-UP**

### **Review: P.E. Designed for Me**

Review material learned in the unit, and ask any remaining questions you may have.

Duration: 0 hrs 30 mins

### **Test (CS): P.E. Designed for Me**

Take a computer-scored test to assess the knowledge you have learned in this unit.

Duration: 0 hrs 30 mins Scoring: 40 points

### **Test (TS): P.E. Designed for Me**

Take a teacher-scored test to assess the knowledge you have learned in this unit.

Duration: 0 hrs 30 mins Scoring: 25 points

## **UNIT 2: IS MY BODY GOOD TO GO?**

### **LESSON 1: YOUR FITNESS NEEDS**

**Study: Body Types**

Discuss the different body types, how our bodies age, and why there is no one good or desirable body type.

Duration: 0 hrs 30 mins

**Study: Assess the Situation**

Complete a personal health-fitness assessment by responding to a prompt and executing several tasks.

Duration: 0 hrs 30 mins

**Journal: Good Body**

Submit health-fitness assessment scores and statistics, and write about your response to the assessment. Was it what you expected? Why or why not?

Duration: 0 hrs 30 mins Scoring: 20 points

**Quiz: Your Fitness Needs**

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

**LESSON 2: SAFETY FACTORS****Study: Reduce Your Risks**

How to reduce the risk of injury by following set rules designed for safety, and other smart guidelines to follow.

Duration: 0 hrs 30 mins

**Study: Safety Equipment**

Check out different types of equipment designed to protect the body during physical activity.

Duration: 0 hrs 30 mins

**Practice: Playing It Safe**

Respond to a series of questions covering safety equipment, possible injuries, and personal experiences with staying safe while staying fit.

Duration: 0 hrs 30 mins Scoring: 30 points

**Quiz: Safety Factors**

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

**LESSON 3: DON'T HURT YOURSELF****Study: Common Injuries**

Explore the world of injuries: sprains, strains, breaks, dislocations, and much more.

Duration: 0 hrs 30 mins

**Study: Treatment for Common Injuries**

How and when to treat an injury yourself as opposed to when you should seek medical attention.

Duration: 0 hrs 30 mins

**Explore: Career Exploration**

Select a health-fitness career and research all components of that specific job.

Duration: 0 hrs 40 mins Scoring: 20 points

**Quiz: Don't Hurt Yourself**

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

**LESSON 4: HEALTH PRACTICES****Study: Proper Nutrition**

Discuss the body's nutritional needs, how to achieve a balanced diet, and the six essential nutrients.

Duration: 0 hrs 30 mins

**Study: Poor Choices, Poor Results**

Analyze the impact of substance abuse, stress, and poor nutrition on the body.

Duration: 0 hrs 30 mins

### **Discuss: Nutritious and Delicious**

Discuss your healthy and unhealthy eating habits, and how to strike a balance between them.

Duration: 0 hrs 20 mins Scoring: 15 points

### **Practice: Nobody's Perfect**

Respond to the following writing prompt: What unhealthy choices have you made in the past, and how did they affect you?

Duration: 0 hrs 30 mins Scoring: 30 points

### **Quiz: Health Practices**

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

## **LESSON 5: IS MY BODY GOOD TO GO? WRAP-UP**

### **Review: Unit Review**

Review material learned in the unit, and ask any remaining questions you may have.

Duration: 0 hrs 30 mins

### **Test (CS): Computer-Scored Test**

Take a computer-scored test to assess the knowledge you have learned in this unit.

Duration: 0 hrs 30 mins Scoring: 40 points

### **Test (TS): Teacher-Scored Test**

Take a teacher-scored test to assess the knowledge you have learned in this unit.

Duration: 0 hrs 30 mins Scoring: 25 points

## **UNIT 3: GREAT FOR THE HEART**

### **LESSON 1: WORK YOUR HEART OUT**

#### **Study: A Happy Heart**

Learn how to monitor the heart in all its stages, from resting beats per minute to target heart rate to recovery time.

Duration: 0 hrs 30 mins

#### **Study: Exercise Principles**

Review the FITT (Frequency, Intensity, Type, and Time) concept, learn certain benefits of exercise, and review guidelines for working out.

Duration: 0 hrs 30 mins

#### **Practice: Be Your Own Heart Rate Monitor**

Take and track your resting, target, and recovery heart rates. Research heart function.

Duration: 0 hrs 30 mins Scoring: 30 points

#### **Quiz: Work Your Heart Out Quiz**

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

### **LESSON 2: JOIN THE TEAM**

#### **Study: Team Sports**

Familiarize yourself with a variety of traditional team sports, including baseball, soccer, and volleyball.

Duration: 0 hrs 30 mins

#### **Study: History of the Game**

Learn about the history of team sports, the continued role they have played in society, and their importance to the world.

Duration: 0 hrs 30 mins

#### **Explore: Have You Ever Played?**

Explore a new or 'non-traditional' team sport, and explain the game, its rules, and other interesting facts.

Duration: 0 hrs 40 mins Scoring: 20 points

### **Quiz: Join the Team Quiz**

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

## **LESSON 3: TEAM CONCEPTS**

### **Study: Offense Versus Defense**

Learn about different movements associated with team sports, including offense and defense skills.

Duration: 0 hrs 30 mins

### **Study: Conflict Happens**

Learn to recognize and resolve conflict during physical activity.

Duration: 0 hrs 30 mins

### **Practice: My Team of Choice**

Acting as the coach of a team, pick a sport and describe an appropriate practice session for that sport.

Duration: 0 hrs 30 mins Scoring: 30 points

### **Quiz: Team Concepts Quiz**

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

## **LESSON 4: SPORTSMANSHIP**

### **Study: Be a Good Sport**

Discuss sportsmanship, sport etiquette, and the importance of following the rules and positive play.

Duration: 0 hrs 30 mins

### **Study: Teammates Are Forever**

Why is it so great to be a part of a team? Find out in this study.

Duration: 0 hrs 30 mins

### **Journal: Am I a Good Sport?**

Given a scenario in a team sport, write about how you would react to the situation.

Duration: 0 hrs 30 mins Scoring: 20 points

### **Discuss: Competitive Versus Aggressive**

What is the difference between being competitive and being overly aggressive? Why is aggression a negative quality to bring to a sport?

Duration: 0 hrs 20 mins Scoring: 15 points

### **Quiz: Sportsmanship Quiz**

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

## **LESSON 5: GREAT FOR THE HEART WRAP-UP**

### **Review: Great for the Heart Review**

Review material learned in the unit, and ask any remaining questions you may have.

Duration: 0 hrs 30 mins

### **Test (CS): Great for the Heart**

Take a computer-scored test to assess the knowledge you have learned in this unit.

Duration: 0 hrs 30 mins Scoring: 40 points

### **Test (TS): Great for the Heart**

Take a teacher-scored test to assess the knowledge you have learned in this unit.

Duration: 0 hrs 30 mins Scoring: 25 points

## UNIT 4: FIT AS A FIDDLE

### LESSON 1: MUSCLE MADNESS

#### Study: Muscular System

Explore the human muscular system and how muscles work and interact with each other.

Duration: 0 hrs 30 mins

#### Study: Strength Training

Study the mechanics of building muscle, and what happens to them as you work them out.

Duration: 0 hrs 30 mins

#### Practice: Strength Training

Develop a weight training program for your personal use.

Duration: 0 hrs 30 mins Scoring: 30 points

#### Quiz: Muscle Madness

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

### LESSON 2: TIME FOR ANAEROBICS

#### Study: Anaerobic Exercise

Understand what anaerobic exercise is, and what physical activity falls under this category.

Duration: 0 hrs 30 mins

#### Study: Benefits of Anaerobic Exercise

Discover the benefits to anaerobic exercise, especially for a life-long fitness pursuit.

Duration: 0 hrs 30 mins

#### Discuss: Safe to Get Buff

Discuss whether or not weightlifting is for everyone, and how it can enhance fitness and activity performance.

Duration: 0 hrs 20 mins Scoring: 15 points

#### Journal: Anaerobic for Life

What is your favorite type of anaerobic activity? How might you continue to incorporate anaerobics into your life as you age?

Duration: 0 hrs 30 mins Scoring: 20 points

#### Quiz: Time for Anaerobics

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

### LESSON 3: INDIVIDUAL SPORTS

#### Study: Individual Sporting Activities

Read about several individual sports, including karate, swimming, and cycling.

Duration: 0 hrs 30 mins

#### Study: History of the Game

Learn the history of individual sports, including the Olympics, and discover their continued importance to society.

Duration: 0 hrs 30 mins

#### Practice: For the Sport of It

Choose an individual sport you are unfamiliar with and research all components of the game.

Duration: 0 hrs 30 mins Scoring: 30 points

#### Quiz: Individual Sports

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

### LESSON 4: SPORTS DOWNFALLS

**Study: Too Much of a Good Thing**

Did you know overtraining can contribute to serious health problems? This study will tell you why.

Duration: 0 hrs 30 mins

**Study: Sports and Drugs**

Study both legal and illegal enhancement drugs, why people take them, and what the dangers are.

Duration: 0 hrs 30 mins

**Explore: Career Exploration**

Select a health-fitness career and research all components of that specific job.

Duration: 0 hrs 40 mins Scoring: 20 points

**Quiz: Sports Downfalls**

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

**LESSON 5: FIT AS A FIDDLE WRAP-UP****Review: Fit as a Fiddle**

Review material learned in the unit, and ask any remaining questions you may have.

Duration: 0 hrs 30 mins

**Test (CS): Fit as a Fiddle**

Take a computer-scored test to assess the knowledge you have learned in this unit.

Duration: 0 hrs 30 mins Scoring: 40 points

**Test (TS): Fit as a Fiddle**

Take a teacher-scored test to assess the knowledge you have learned in this unit.

Duration: 0 hrs 30 mins Scoring: 25 points

**UNIT 5: FITNESS ADVENTURE****LESSON 1: OUTDOOR FITNESS FUN****Study: Explore the Outdoors: Land**

Explore the different types of outdoor land-based activities, including hiking, roller blading, skiing, and archery.

Duration: 0 hrs 30 mins

**Study: Explore the Outdoors: Water**

Explore the different types of outdoor water-based activities, including swimming, water skiing, canoeing, and snorkeling.

Duration: 0 hrs 30 mins

**Discuss: The Great Outdoors**

Talk about which outdoor activities you prefer, and ask classmates if they have participated in an activity you are interested in but have never tried.

Duration: 0 hrs 20 mins Scoring: 15 points

**Journal: Leaving the Comfort Zone**

What adventure activities are outside your comfort zone? When in the past have you pushed your personal limits, and how did it affect you?

Duration: 0 hrs 30 mins Scoring: 20 points

**Quiz: Outdoor Fitness Fun**

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

**LESSON 2: HAVE FUN AND BE CAREFUL****Study: Preparing for Outdoor Adventures**

Gain knowledge about basic skills for outdoor activities, how and why to respect the environment, and what supplies you should always have with you.



Duration: 0 hrs 30 mins

### **Study: Being Adventurous, Safely**

There's nothing more important than staying safe, and this study will help you learn how best to do just that.

Duration: 0 hrs 30 mins

### **Practice: A Weekend Away**

Plan an itinerary for a weekend of outdoor sporting, including what to pack, what activities to do, and what precautions to take.

Duration: 0 hrs 30 mins Scoring: 30 points

### **Quiz: Have Fun and Be Careful**

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

## **LESSON 3: ADVENTURE ACTIVITIES**

### **Study: Extreme Sporting**

Taking it to the extreme: marvel over sky diving, dog sledding, mountain climbing, and the X Games.

Duration: 0 hrs 30 mins

### **Study: Borderline Dangerous**

Sometimes, the extreme becomes dangerous. Study some examples of sports that aren't safe.

Duration: 0 hrs 30 mins

### **Explore: Find a Fit for You**

Explore different types of individual sporting activities and choose one that you would be interested in trying; find out what you would have to do to get involved.

Duration: 0 hrs 40 mins Scoring: 20 points

### **Quiz: Adventure Activities**

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

## **LESSON 4: CONTINUED ATHLETICISM**

### **Study: The Dual Lives of Athletes**

You don't have to live your life for sports to be an athlete. Study examples of people who have a life outside of sports, while still accomplishing great things in the world of athleticism.

Duration: 0 hrs 30 mins

### **Study: Life After Virtual P.E.**

What happens now that virtual P.E. is ending? There are plenty of ways to stay motivated and involved. Find out how in this study.

Duration: 0 hrs 30 mins

### **Quiz: Continued Athleticism**

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

## **LESSON 5: FITNESS ADVENTURE WRAP-UP**

### **Review: Fitness Adventure Review**

Review material learned in the unit, and ask any remaining questions you may have.

Duration: 0 hrs 30 mins

### **Test (CS): Fitness Adventure**

Take a computer-scored test to assess the knowledge you have learned in this unit.

Duration: 0 hrs 30 mins Scoring: 40 points

### **Test (TS): Fitness Adventure**

Take a teacher-scored test to assess the knowledge you have learned in this unit.

## UNIT 6: SEMESTER WRAP-UP

### LESSON 1: SEMESTER REVIEW

#### **Review: Semester Review**

Use a helpful study plan provided to prepare for the semester exam

Duration: 6 hrs

#### **Test (CS): Semester Exam**

A comprehensive computer-scored exam covering important concepts and skills throughout the semester.

Duration: 0 hrs 30 mins Scoring: 50 points

#### **Test (TS): Semester Exam**

A comprehensive teacher-scored exam covering important concepts and skills throughout the semester.

Duration: 1 hr 30 mins Scoring: 150 points