

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 aligned to national and state standards and the Presidential Council on Physical Fitness and Sports.

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 hr 30 min*

### LESSON 2: FITNESS LOGS

#### Activity Log: Fitness Log # 1

Complete and submit your fitness log for the week.

*Duration: 2 hr 30 min Scoring: 50 points*

#### Activity Log: Fitness Log # 2

Complete and submit your fitness log for the week.

*Duration: 2 hr 30 min Scoring: 50 points*

#### Activity Log: Fitness Log # 3

Complete and submit your fitness log for the week.

*Duration: 2 hr 30 min Scoring: 50 points*

#### Activity Log: Fitness Log # 4

Complete and submit your fitness log for the week.

*Duration: 2 hr 30 min Scoring: 50 points*

#### Activity Log: Fitness Log # 5

Complete and submit your fitness log for the week.

*Duration: 2 hr 30 min Scoring: 50 points*

#### Activity Log: Fitness Log # 6

Complete and submit your fitness log for the week.

*Duration: 2 hr 30 min Scoring: 50 points*

#### Activity Log: Fitness Log # 7

Complete and submit your fitness log for the week.

*Duration: 2 hr 30 min Scoring: 50 points*

**Activity Log: Fitness Log # 8**

Complete and submit your fitness log for the week.

*Duration: 2 hr 30 min Scoring: 50 points*

**Activity Log: Fitness Log # 9**

Complete and submit your fitness log for the week.

*Duration: 2 hr 30 min Scoring: 50 points*

**Activity Log: Fitness Log # 10**

Complete and submit your fitness log for the week.

*Duration: 2 hr 30 min Scoring: 50 points*

**Activity Log: Fitness Log # 11**

Complete and submit your fitness log for the week.

*Duration: 2 hr 30 min Scoring: 50 points*

**Activity Log: Fitness Log # 12**

Complete and submit your fitness log for the week.

*Duration: 2 hr 30 min Scoring: 50 points*

**Activity Log: Fitness Log # 13**

Complete and submit your fitness log for the week.

*Duration: 2 hr 30 min Scoring: 50 points*

**Activity Log: Fitness Log # 14**

Complete and submit your fitness log for the week.

*Duration: 2 hr 30 min Scoring: 50 points*

**Activity Log: Fitness Log # 15**

Complete and submit your fitness log for the week.

*Duration: 2 hr 30 min Scoring: 50 points*

**Activity Log: Fitness Log # 16**

Complete and submit your fitness log for the week.

*Duration: 2 hr 30 min Scoring: 50 points*

**Activity Log: Fitness Log # 17**

Complete and submit your fitness log for the week.

*Duration: 2 hr 30 min Scoring: 50 points*

## **LESSON 3: WARM IT UP, COOL IT DOWN**

## **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 hr 30 min*

**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 hr 30 min*

**Quiz: Setting Fitness Goals**

Test your knowledge of the lesson you have just covered.

*Duration: 0 hr 10 min 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 hr 30 min*

### Quiz: Career and Educational Options

Test your knowledge of the lesson you have just covered.

*Duration: 0 hr 10 min 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 hr 30 min*

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

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

*Duration: 0 hr 30 min 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 hr 30 min Scoring: 25 points*

## LESSON 7: DIAGNOSTIC

### Diagnostic: P.E. Designed for Me

Test your understanding of this unit.

*Duration: 0 hr 30 min Scoring: 20 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 hr 30 min*

#### Study: Assess the Situation

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

*Duration: 0 hr 30 min*

#### Quiz: Your Fitness Needs

Test your knowledge of the lesson you have just covered.

*Duration: 0 hr 10 min Scoring: 10 points*

### LESSON 2: SAFETY FACTORS

### LESSON 3: DON'T HURT YOURSELF

### LESSON 4: HEALTH PRACTICES

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

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

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

*Duration: 0 hr 30 min Scoring: 25 points*

## LESSON 6: DIAGNOSTIC

## 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 hr 30 min*

#### **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 hr 30 min*

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

Test your knowledge of the lesson you have just covered.

*Duration: 0 hr 10 min 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 hr 30 min*

#### **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 hr 30 min*

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

Test your knowledge of the lesson you have just covered.

*Duration: 0 hr 10 min 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 hr 30 min*

#### **Study: Conflict Happens**

Learn to recognize and resolve conflict during physical activity.

*Duration: 0 hr 30 min*

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

Test your knowledge of the lesson you have just covered.

*Duration: 0 hr 10 min 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 hr 30 min*

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

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

*Duration: 0 hr 30 min*

#### **Quiz: Sportsmanship Quiz**

Test your knowledge of the lesson you have just covered.

*Duration: 0 hr 10 min Scoring: 10 points*

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

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

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

*Duration: 0 hr 30 min Scoring: 25 points*

## LESSON 6: DIAGNOSTIC

### 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 hr 30 min*

**Study: Strength Training**

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

*Duration: 0 hr 30 min*

**Quiz: Muscle Madness**

Test your knowledge of the lesson you have just covered.

*Duration: 0 hr 10 min 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 hr 30 min*

**Study: Benefits of Anaerobic Exercise**

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

*Duration: 0 hr 30 min*

**Quiz: Time for Anaerobics**

Test your knowledge of the lesson you have just covered.

*Duration: 0 hr 10 min Scoring: 10 points*

#### LESSON 3: INDIVIDUAL SPORTS

**Study: Individual Sporting Activities**

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

*Duration: 0 hr 30 min*

**Study: History of the Game**

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

*Duration: 0 hr 30 min*

**Quiz: Individual Sports**

Test your knowledge of the lesson you have just covered.

*Duration: 0 hr 10 min 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 hr 30 min*

**Study: Sports and Drugs**

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

*Duration: 0 hr 30 min*

### **Quiz: Sports Downfalls**

Test your knowledge of the lesson you have just covered.

*Duration: 0 hr 10 min 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 hr 30 min*

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

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

*Duration: 0 hr 30 min 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 hr 30 min Scoring: 25 points*

## **LESSON 6: DIAGNOSTIC**

### **Diagnostic: Fit as a Fiddle**

Test your understanding of this unit.

*Duration: 0 hr 30 min Scoring: 20 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 hr 30 min*

#### **Study: Explore the Outdoors: Water**

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

*Duration: 0 hr 30 min*

### **Quiz: Outdoor Fitness Fun**

Test your knowledge of the lesson you have just covered.

*Duration: 0 hr 10 min 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 hr 30 min*

#### **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 hr 30 min*

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

Test your knowledge of the lesson you have just covered.

*Duration: 0 hr 10 min 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 hr 30 min*

### **Study: Borderline Dangerous**

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

*Duration: 0 hr 30 min*

### **Quiz: Adventure Activities**

Test your knowledge of the lesson you have just covered.

*Duration: 0 hr 10 min 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 hr 30 min*

### **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 hr 30 min*

### **Quiz: Continued Athleticism**

Test your knowledge of the lesson you have just covered.

*Duration: 0 hr 10 min 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 hr 30 min*

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

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

*Duration: 0 hr 30 min Scoring: 40 points*

## **LESSON 6: DIAGNOSTIC**

### **Diagnostic: Fitness Adventure**

Test your understanding of this unit.

*Duration: 0 hr 30 min Scoring: 20 points*

## **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 hr*

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

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

*Duration: 0 hr 30 min Scoring: 50 points*