



BOSTON LATIN SCHOOL

Department of Physical Education

2014-15

COURSE

Physical Education

COURSE DESCRIPTION

Physical education prepares our student body with lifetime recreational and fitness experiences. The program provides a wide variety of exercises, activities and games designed to develop physical skills, stamina, and general physical well-being, with a special emphasis on those activities that can be incorporated into a lifetime fitness regimen. It is mandatory for students to wear the appropriate dress in order to participate.

Physical Education Classes VI through III

Physical Education Topics

- I Pre-exercise routines
 - A. Appropriate clothing
 - B. Warming-up
- II Strength training and maintenance
- III Flexibility training and maintenance
- IV Sports and Games
 - A. Team play
 - B. Individual accomplishment
 - C. Skill training
- V Life Skills
 - A. Fitness habits
 - B. Varied routines
- VI Relaxation and enjoyment
 - A. Competing with teammates
 - B. Cooling down and counting the pulse rate after participating in an activity

ESSENTIAL QUESTIONS

- Why is it important to warm-up before participating in a physical fitness activity?
- Why is it important to control your breathing when you exercise?
- How many times per week should you exercise?
- Why is it important to cool down after participating in a physical fitness activity?
- What kind of physical fitness activities can you do when you're not in school?
- What types of exercises strengthen the different muscles of your body?

POWER STANDARDS

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Class VI will have the knowledge to:

- Throw a variety of objects demonstrating proper footwork.
- Hand dribble and foot dribble a ball or object.
- Keep an object going continuously with a partner (ex. playing catch).
- Perform stretches of at least four major muscle groups.

Class V and Class IV will have the knowledge to:

- Throw a variety of objects demonstrating force, accuracy and proper footwork.
- Hand and foot dribble a ball or object while keeping object away from opponent.

- Perform stretches of at least eight major muscle groups and be able to identify four major muscle groups used in specific fitness stations.

Class III will have the knowledge to:

- Strike a ball or object while in flight and move to a ball or object while in flight.
- Perform stretches of at least twelve major muscle groups and be able to identify eight major muscle groups used in specific stations.

2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Class VI will have the knowledge to:

- Detect, analyze and correct errors in personal movement patterns (Ex. hop, skip, and jump).
- Demonstrate proper warm-up and cool-down techniques.
- Demonstrate and lead class in stretching of at least four major muscle groups.

Class V and Class IV will have the knowledge to:

- Identify basic practice and conditioning principles that enhance performance.
- Demonstrate and lead class in stretching of at least eight major muscle groups.
- Understand basic spacing and concepts for team sport units.

Class III will have the knowledge to:

- Demonstrate and lead class in stretching of at least 12 major muscle groups.
- Understand basic spacing, concepts and strategy for team sport units.
- Develop specific fitness routine designed to their individual needs; apply basic nutritional concepts to it.

3. Exhibits responsible personal and social behavior that respects self and others in various physical activity settings.

Class VI will have the knowledge to:

- Make responsible decisions about using time and applying rules in locker room(s) and gymnasium.
- Respect peers' personal space and exhibit good sportsmanship.
- Distinguish between taking athletic risks and performing reckless acts.
- Apply safety concerns to self-designed activities and or sports.

Class V and Class IV will have the knowledge to:

- Remain on task in a group activity without close teacher monitoring.
- Select partners that can work productively.
- Identify positive and negative peer influence.
- Consider the consequence when confronted with a behavior choice.
- Handle conflicts with others without confrontation.
- Accept a controversial decision with a teacher.

Class III will have the knowledge to:

- Walk away from verbal confrontation.
- Acknowledge good play from an opponent during competition.
- Make decisions free of peer influence.

21ST CENTURY LEARNING EXPECTATIONS

Students will know and be able to demonstrate mastery of content and skills by way of the following:

- Participating in the *Let's Move in BPS Program*. This program is modeled after the national *Let's Move Campaign*.
- Develop the knowledge and skills to be physically active.
- Maintain a positive and confident attitude while participating in physical ed. class.

COMMON ASSESSMENTS

Assessment methods: Observational record, class participation, fitness test and self-evaluation. The Fitness Test will be administered in the fall and spring.