Peters Township High School
Course Syllabus: PHYSICAL EDUCATION I

**Course Overview and Essential Skills**

The Peters Township Physical Education program has been developed with a vision to bring physical education into the 21st century. The curriculum is designed to energize and educate for healthy lifestyles through wellness, adventure, fitness, lifetime activities, relaxation, and team sports.  It is our goal to foster healthy habits of fitness and activity enjoyment in our students.

**Course Textbook and Required Materials**

Red shorts, White T-shirt, Athletic shoes

 **Course Outline of Material Covered:**

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| --- | --- | --- |
| Unit or Topic | Concepts/Skills/Resources | Timeframe |
| Team Sports | Softball, basketball, floor hockey, volleyball, Gatorball, Soccer, Ultimate Frisbee, Football | 2-3 weeks per activity |
| Adventure Education |  Orienteering, Team Building/Survivor | 2-3 weeks per activity |
| Lifetime Activities | Bowling, Tennis, Table Tennis, Badminton | 2-3 weeks per activity |
| Fitness Education | Weight Training, Core Development, Resistance Bands, Yoga, Step Aerobics, Dynamic Stretching, Walk/Hike, Body Tone, Total Fitness | 2-3 weeks per activity |
| Recreational Games | Horseshoes, Croquet, Bocce | 2-3 per activity |

\****Depending on the needs of the class or changes in the school year, the course outline is subject to change.***