

Geneva CUSD 304
Content-Area Curriculum Frameworks
Grades 6-12

Physical Education and Health

Junior P.E. Leaders

<p>Course Title</p> <p>Grade Level</p> <p>Semesters</p> <p>Prerequisite</p>	<p>Junior P.E. Leaders</p> <p>11th Grade</p> <p>1-2</p> <p>None</p>
<p>Course Description</p>	<p>Junior P.E. Leaders is a semester long course. Is open to Juniors who wish to become an effective mentor, good role model and teaching assistant in the freshmen physical education curriculum. Students will learn how to assist the instructor with all aspects of the freshmen Team Sports and Conditioning curriculum. This will include skill progression, drills, rules and officiating, attendance taking and administering fitness testing. The development of leadership skills and teambuilding activities will be stressed. Students will be graded on participation, curriculum, objectives and teaching experiences. All leaders who receive an A or B and are recommended to continue in the program will then earn P.E. credit their senior year as a senior leader for a freshmen P.E. class.</p>
<p>District-approved Materials and/or Resources</p>	

Sport Skills & Teambuilding

Unit of Study: major topics	Team building, leadership skills and knowledge of the freshmen curriculum.	Resources that will support instruction <i>Inspire 1, 2 CD-rom</i>
Illinois Learning Standards, Benchmarks, National Standards Assessment Frameworks, or other standards that will be taught in this unit	<p>State Goal 19 – Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.</p> <p>State Goal 20 – Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.</p> <p>State Goal 21 – Develop team-building skills by working with others through physical activity.</p> <p>State Goal 24 – Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	
Objectives <ul style="list-style-type: none"> ○ Conceptual ○ Factual ○ Procedural 	<p>By the end of the class the students will be able to:</p> <ul style="list-style-type: none"> ● Demonstrate the following sports: <ul style="list-style-type: none"> - Football, Lacrosse, Soccer, Volleyball, Handball, Speedball, Ultimate Frisbee, Track and Field, Softball. ● Keep score and officiate the rules properly in all the freshmen team sport games. ● Know the floor markings and their meaning. ● Demonstrate safety for self and others. ● Know the value of good team communication. ● Show an understanding of the basic rules. ● Demonstrate and develop a create-a-game. 	
Assessments	Performance Tasks <ul style="list-style-type: none"> ● Written assessment ● Teaching assessment 	Other Evidence

Fitness

Unit of Study: major topics	Fitness	Resources that will support instruction
Illinois Learning Standards, Benchmarks, National Standards Assessment Frameworks, or other standards that will be taught in this unit	STATE GOAL 19: Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity. STATE GOAL 20: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment. STATE GOAL 24: Promote and enhance health and well-being through the use of effective communication and decision-making skills.	
Objectives <ul style="list-style-type: none"> ○ Conceptual ○ Factual ○ Procedural 	By the end of the activity the students will be able to: <ul style="list-style-type: none"> ● Label all the major muscles of the body. ● Label all the major bones of the body. ● Define the following terms- muscle fibers, muscle types, muscle movements. ● Identify major muscle to exercise performed. ● Know muscle types of the body. ● Know muscle fibers of the body. 	
Assessments	Written assessment	Other Evidence