

Course Description:

Physical Education 6 (1 of 1) explores fitness, nutrition, exercise basics, and specific sports. Topics include fundamental aspects of physical activity (safety tips, warm-up and cooldown exercises, and good sportsmanship), personal fitness and nutrition, and the importance of regular exercise to encourage lifelong healthy activity. Sports in the course include dance, baseball, basketball, pickleball, volleyball, soccer, and football. Project 1 creates a health and fitness log and project 2 explores the basics of golf.

Course Objectives:

- Explore a daily balanced diet.
- Identify how physical activity affects nutrition.
- Identify opportunities in school for regular physical activity.
- Describe the training principles of overload, progression, and specificity in running.
- Classify activities as being aerobic or anaerobic.
- Describe how each part of fitness impacts health.
- Perform a strength and cardio workout.
- Perform a choreographed dance.
- List the terminology used in the dance.
- Describe elements of balance, force, and leverage in a dance routine.
- Identify the rules of pickleball and volleyball.
- Keep score during a pickleball and volleyball game.
- Throw for distance and power to a target.
- Catch a ball from a variety of directions.
- Catch and throw a ball being thrown from a variety of angles while moving.
- Dribble with dominant hand using a change of speed and direction.
- Perform foot dribbles with control and changing direction.
- Shoot on goal in changing environments.
- Identify and follow the rules of football.
- Demonstrate good sportsmanship.

Required Materials:

- printables (see Course Syllabus for link)
- printer and printer paper (for printables)
- pen or pencil

- smartwatch or fitness tracker, or a watch with a second hand, a stopwatch, or a timer
- measuring tape
- painter's tape
- stopwatch or timer
- 1 lb. to 3 lb. dumbbells or two 16-ounce water bottles
- something to step up onto like a stair, a step, or a bench
- jump rope
- paper
- a ballet barré or sturdy chair
- mat
- pickleball paddle
- ball for pickleball (plastic ball with holes)
- pickleball court
- video recording device
- volleyball
- volleyball net
- baseball
- baseball glove
- baseball tee
- bat
- basketball
- two basketballs
- golf club: a driver or 3-wood
- at least three golf balls
- golf club: a putter
- cup or marker to represent a hole
- soccer ball
- five plastic cones
- soccer goal
- football

Optional:

- Fitness Program Project Checklist
- yoga mat
- obstacles like cones

Course Overview:

This course is made up of 6 units. Each unit has five lessons. Lesson are made of up activities that include the following types of learning:

- **Instruction** activities provide modeling of new skills and concepts. These are not graded activities.
- **Workbook** activities allow for submission of exercise logs to show consistent physical activity. These are graded activities.
- **Checkpoints** test mastery of skills from lessons. These are graded activities.
- **Unit Reviews** allow for practice of skills prior to taking unit exams. These are not graded activities.
- **Unit Exams** test mastery of skills from the unit. These are graded activities.

- **Projects** provide an opportunity for practice of more complex skills across several activities or lessons within a unit. These activities require a final graded submission.
- The **Final Review** allows for practice of skills prior to taking the final exam. This is not a graded activity.
- The **Final Exam** tests mastery of skills from the course. This is a graded activity.

Unit 1: Nutrition and Fitness Basics

- ***Lesson 1: Explore a Healthy Diet***

- Activity 1: Instruction: Food Groups
- Activity 2: Instruction: Portion Sizes
- Activity 3: Instruction: Balanced Diet
- Activity 4: Instruction: Spend Calories
- Activity 5: Instruction: Portions and Activity Levels
- Activity 6: Instruction: Create an Exercise Log
- Activity 7: Checkpoint: Explore a Healthy Diet

- ***Lesson 2: Healthy Habits***

- Activity 1: Instruction: Heat Illness
- Activity 2: Instruction: Regular Physical Activity
- Activity 3: Instruction: Fun Fitness
- Activity 4: Instruction: Fitness and Stress Management
- Activity 5: Checkpoint: Healthy Habits

- ***Lesson 3: Track Heart Rate during Aerobic Activity***

- Activity 1: Instruction: Resting Heart Rate
- Activity 2: Instruction: How to Monitor Heart Rate
- Activity 3: Instruction: Monitor Heart Rate
- Activity 4: Instruction: Personal Heart Rate Goal
- Activity 5: Checkpoint: Track Heart Rate during Aerobics

- ***Lesson 4: Warm Up and Cool Down***

- Activity 1: Instruction: Why Warm Up?
- Activity 2: Instruction: Do a Warm-Up
- Activity 3: Instruction: Why Cool Down?
- Activity 4: Instruction: Do a Cooldown
- Activity 5: Discussion Board: Discuss Peer Pressure's Effects
- Activity 6: Checkpoint: Warm Up and Cooldown

- ***Lesson 5: Use Healthy Habits***

- Activity 1: Instruction: Stretch the Upper Body
- Activity 2: Instruction: Stretch the Lower Body
- Activity 3: Instruction: Analyze Fitness Advertising
- Activity 4: Instruction: Elements of a Health Log
- Activity 5: Checkpoint: Use Healthy Habits

- Activity 6: Workbook: Exercise Log Submission 1
- Activity 7: Unit Review: Nutrition and Fitness Basics
- Activity 8: Unit Exam: Nutrition and Fitness Basics

U2: Running and Strength

• *Lesson 6: Overload Principle*

- Activity 1: Instruction: FITT Formula
- Activity 2: Instruction: Overload Principle
- Activity 3: Instruction: Warm-Up: Sprint
- Activity 4: Instruction: Sprint
- Activity 5: Instruction: Cooldown: Sprint
- Activity 6: Checkpoint: Overload Principles
- Activity 7: Project: Fitness Plan: Create a Fitness Program

• *Lesson 7: Ready to Run*

- Activity 1: Instruction: Run in the Sun
- Activity 2: Instruction: Run in Extreme Weather
- Activity 3: Instruction: Gear for Running
- Activity 4: Instruction: Warm-Up: Running
- Activity 5: Instruction: Run Intervals
- Activity 6: Instruction: Cooldown: Running
- Activity 7: Checkpoint: Ready to Run

• *Lesson 8: Run*

- Activity 1: Instruction: Aerobic or Anaerobic
- Activity 2: Instruction: Warm-Up: Running
- Activity 3: Instruction: Aerobic Health
- Activity 4: Instruction: Go for a Tempo Run
- Activity 5: Instruction: Cool Down: Running
- Activity 6: Checkpoint: Run
- Activity 7: Project: Fitness Plan: Revise a Fitness Program

• *Lesson 9: Get Strong*

- Activity 1: Instruction: Warm-Up: Strength Training
- Activity 2: Instruction: Strengthen Your Arms
- Activity 3: Instruction: Strengthen Your Legs
- Activity 4: Instruction: Strengthen Your Core
- Activity 5: Instruction: Cooldown: Strength Training
- Activity 6: Checkpoint: Get Strong

• *Lesson 10: Aerobic and Strength Combo*

- Activity 1: Instruction: Fitness and Health Impact
- Activity 2: Instruction: Movements to Improve Your Health
- Activity 3: Instruction: Strength and Cardio Goal Setting
- Activity 4: Instruction: Warm-Up: Strength and Cardio
- Activity 5: Instruction: Strength and Cardio Workout

- Activity 6: Instruction: Cooldown: Strength and Cardio
- Activity 7: Checkpoint: Aerobic and Strength Combo
- Activity 8: Workbook: Exercise Log Submission 2
- Activity 9: Project: Fitness Plan: Fitness Program Evaluation
- Activity 10: Project: Fitness Plan: Submit
- Activity 11: Unit Review: Running and Strength
- Activity 12: Unit Exam: Running and Strength

Unit 3: Dance

- ***Lesson 11: Music and Movement***
 - Activity 1: Instruction: Proper Attire to Dance
 - Activity 2: Instruction: Warm-Up: Jump Rope
 - Activity 3: Instruction: Design a Jump Rope Routine
 - Activity 4: Instruction: Refine a Jump Rope Routine
 - Activity 5: Instruction: Cooldown: Jump Rope
 - Activity 6: Checkpoint: Music and Movement
- ***Lesson 12: Dance***
 - Activity 1: Instruction: Warm-Up: Yoga Sequence
 - Activity 2: Instruction: Learn a Dance
 - Activity 3: Instruction: Practice a Dance
 - Activity 4: Instruction: Perform a Dance
 - Activity 5: Instruction: Cooldown: Dance
 - Activity 6: Checkpoint: Dance
- ***Lesson 13: Ballet and Barre***
 - Activity 1: Instruction: Warm-Up: Yoga Sequence
 - Activity 2: Instruction: Learn a Dance
 - Activity 3: Instruction: Practice a Dance
 - Activity 4: Instruction: Perform a Dance
 - Activity 5: Instruction: Cooldown: Dance
 - Activity 6: Checkpoint: Dance
- ***Lesson 14: Rhythmic Dance***
 - Activity 1: Instruction: Warm-Up: Yoga Sequence
 - Activity 2: Instruction: Dance Movement with Strength
 - Activity 3: Instruction: Rhythmic Dance Routine
 - Activity 4: Instruction: Cooldown: Dance
 - Activity 5: Checkpoint: Rhythmic Dance
- ***Lesson 15: Partner Dance***
 - Activity 1: Instruction: Warm-Up: Yoga Sequence
 - Activity 2: Instruction: Etiquette in Partner Dance
 - Activity 3: Instruction: Practice Partner Dance
 - Activity 4: Instruction: Perform a Partner Dance
 - Activity 5: Instruction: Cooldown: Dance

- Activity 6: Checkpoint: Partner Dance
- Activity 7: Workbook: Exercise Log Submission 3
- Activity 8: Unit Review: Dance
- Activity 9: Unit Exam: Dance

Unit 4: Pickleball and Volleyball

- ***Lesson 16: Pickleball Forehand***

- Activity 1: Instruction: Warm-Up: Pickleball
- Activity 2: Instruction: Learn Forehand
- Activity 3: Instruction: Practice Forehand
- Activity 4: Instruction: Hit Using Forehand
- Activity 5: Instruction: Cooldown: Pickleball
- Activity 6: Checkpoint: Pickleball Forehand

- ***Lesson 17: Pickleball Backhand***

- Activity 1: Instruction: Warm-Up: Pickleball
- Activity 2: Instruction: Learn Backhand
- Activity 3: Instruction: Practice Backhand
- Activity 4: Instruction: Hit Using Backhand
- Activity 5: Instruction: Cooldown: Pickleball
- Activity 6: Checkpoint: Pickleball Backhand

- ***Lesson 18: Game of Pickleball***

- Activity 1: Instruction: Warm-Up: Pickleball
- Activity 2: Instruction: Partner Volley
- Activity 3: Instruction: Force and Direction
- Activity 4: Instruction: Serve
- Activity 5: Instruction: Cooldown: Pickleball
- Activity 6: Checkpoint: Game of Pickleball

- ***Lesson 19: Play Pickleball***

- Activity 1: Instruction: Warm-Up: Pickleball
- Activity 2: Instruction: Keep Score
- Activity 3: Instruction: Play a Game of Pickleball
- Activity 4: Instruction: Game Volley
- Activity 5: Instruction: Cooldown: Pickleball
- Activity 6: Checkpoint: Play Pickleball

- ***Lesson 20: Volleyball***

- Activity 1: Instruction: Warm-Up: Volleyball
- Activity 2: Instruction: Volleyball Rules
- Activity 3: Instruction: Volleyball Underhand Serve
- Activity 4: Instruction: Volleyball Game
- Activity 5: Instruction: Cooldown: Volleyball
- Activity 6: Checkpoint: Volleyball
- Activity 7: Workbook: Exercise Log Submission 4

- Activity 8: Unit Review: Pickleball and Volleyball
- Activity 9: Unit Exam: Pickleball and Volleyball

Unit 5: Baseball and Basketball

- ***Lesson 21: Throwing***
 - Activity 1: Instruction: Warm-Up: Baseball
 - Activity 2: Instruction: Learn to Throw
 - Activity 3: Instruction: Throw for Accuracy
 - Activity 4: Instruction: Cooldown: Baseball
 - Activity 5: Checkpoint: Throwing
 - Activity 6: Project: Golf: Rules and Etiquette of Golf
- ***Lesson 22: Catching and Hitting***
 - Activity 1: Instruction: Warm-Up: Baseball
 - Activity 2: Instruction: Learn to Catch
 - Activity 3: Instruction: Catch from All Directions
 - Activity 4: Instruction: Cooldown: Baseball
 - Activity 5: Checkpoint: Catching
- ***Lesson 23: Hit a Baseball***
 - Activity 1: Instruction: Warm-Up: Baseball
 - Activity 2: Instruction: Practice Striking a Ball
 - Activity 3: Instruction: Strike a Pitched Ball
 - Activity 4: Instruction: Cooldown: Baseball
 - Activity 5: Checkpoint: Hit a Baseball
 - Activity 6: Project: Golf: Strike and Adjust Your Swing
- ***Lesson 24: Basketball Offense***
 - Activity 1: Instruction: Warm-Up: Basketball
 - Activity 2: Instruction: Catch and Throw
 - Activity 3: Instruction: Dribble
 - Activity 4: Instruction: Create Space on the Court
 - Activity 5: Instruction: Cooldown: Basketball
 - Activity 6: Checkpoint: Basketball Offense
- ***Lesson 25: Basketball Defense***
 - Activity 1: Instruction: Warm-Up: Basketball
 - Activity 2: Instruction: Reduce Open Space
 - Activity 3: Instruction: Defensive Moves
 - Activity 4: Instruction: Cooldown: Basketball
 - Activity 5: Checkpoint: Basketball Defense
 - Activity 6: Workbook: Exercise Log Submission 5
 - Activity 7: Project: Golf: Practice the Elements of Golf
 - Activity 8: Project: Golf: Submission
 - Activity 9: Unit Review: Baseball and Basketball
 - Activity 10: Unit Exam: Baseball and Basketball

Unit 6: Football and Soccer

- ***Lesson 26: Soccer Skills***
 - Activity 1: Instruction: Warm-up: Soccer
 - Activity 2: Instruction: Team Play
 - Activity 3: Instruction: Pass and Receive a Soccer Ball
 - Activity 4: Instruction: Cooldown: Soccer
 - Activity 5: Checkpoint: Soccer Skills
- ***Lesson 27: Play Soccer***
 - Activity 1: Instruction: Warm-up: Soccer
 - Activity 2: Instruction: Team Play
 - Activity 3: Instruction: Pass and Receive a Soccer Ball
 - Activity 4: Instruction: Cooldown: Soccer
 - Activity 5: Checkpoint: Soccer Skills
- ***Lesson 28: Football Skills***
 - Activity 1: Instruction: Warm-up: Football
 - Activity 2: Instruction: Football Rules
 - Activity 3: Instruction: Football Passing Form
 - Activity 4: Instruction: Throwing a Football
 - Activity 5: Instruction: Catch a Football
 - Activity 6: Instruction: Cooldown: Football
 - Activity 7: Checkpoint: Football Skills
- ***Lesson 29: Football Defense and Offense***
 - Activity 1: Instruction: Warm-up: Football
 - Activity 2: Instruction: Passing a Football
 - Activity 3: Instruction: Creating Open Spaces in Football
 - Activity 4: Instruction: Cooldown: Football
 - Activity 5: Checkpoint: Football Defense and Offense
- ***Lesson 30: Play Football***
 - Activity 1: Instruction: Warm-Up: Football
 - Activity 2: Instruction: Change from Offense to Defense
 - Activity 3: Instruction: Cooldown: Football
 - Activity 4: Checkpoint: Play Football
 - Activity 5: Workbook: Exercise Log Submission 6
 - Activity 6: Final Exam Review
 - Activity 7: Final Exam

