

# Physical Education Syllabus

The goal of the Romeoville High School physical education classes is to introduce and teach the basic fundamentals of various individual and team related activities as well as health and fitness activities. Our Physical Education Staff would like to give individuals a basic knowledge of how to maintain a healthy and active lifestyle.

**Physical Education 9:** Beginning physical education introduces students to different aspects of team-oriented and individual physical activities that foster life-long fitness and good health. The students will learn team building skills, game strategies, fundamentals, equipment manipulation, and the rules of several physical activities.

**Physical Education 10:** The second year of physical education will build on the first year experiences. The activities will build on the knowledge learned their freshman year while incorporating new activities.

## SAMPLE ACTIVITIES 9-10

TEAM & INDIVIDUAL ACTIVITIES	FITNESS ACTIVITIES
Basketball	Fitness Conditioning
Football	Aerobic Fitness
Soccer	Weight Training
Volleyball	Target Heart Rate
Floor Hockey	Fitness Testing

**Physical Education 11:** The third year of physical education will consist of elective activities designed to introduce the students to life-long fitness and recreational activities. The students will be offered a choice of physical activities in an advanced physical education class. Students will be exposed to a minimum of 6 activities per semester.

**Physical Education 12:** The fourth year of physical education will continue to offer elective activities designed to introduce the students to life-long fitness and recreational activities. The students will be offered additional choices of physical activities in an advanced physical education class. Students will be exposed to a minimum of 6 activities per semester.

# Sample College Syllabus For Physical Education

**D Keegan**



## **Sample College Syllabus For Physical Education:**

**AS Level Textbook** John Honeybourne, Michael Hill, Helen Moors, 2000 The second edition of this well established text has been updated to match the revised course specifications for OCR AQA and Edexcel syllabuses **The Journal of Health and Physical Education**, 1935 *Journal of Health, Physical Education, Recreation*, 1935 Teaching Middle School Physical Education Bonnie S. Mohnsen, 2008 This text describes how to create a programme that addresses the specific needs and capabilities of middle school students while helping them through the transition from childhood to young adulthood This edition is fully updated and revised **Physical Education, Sport and Schooling** John Evans, 2017-04-28 In Britain the physical education curriculum has been experiencing a period of unrest For many teachers the practices of decades have become problematic features of their curriculum and teaching This book first published in 1986 explores the experiences of teachers and pupils in programmes of physical education from a sociological perspective In explores a range of issues relating to the organisation and management of physical education departments deviancy and dissent in sport gender inequalities and the concepts of community education and leisure education This title will be of interest to students of sociology and education **Building Effective Physical Education Programs** Deborah Tannehill, Dr Hans Van Der Mars, Ann MacPhail, 2013-10-21 Building Effective Physical Education Programs is a unique text focused on designing and delivering school physical education programs The text succeeds in helping pre service novice and more experienced teachers to understand the essential components necessary to create and deliver impactful physical education programs within their school or organization Through its use of engaging learning experiences found in each chapter this text is ideal for use across various physical education teacher courses and teacher professional development programs Written for an international audience Building Effective Physical Education Programs acknowledges both the similarities and differences of physical education programs from country to country International case studies are included to further illustrate worldwide practices This text is appropriate for the student who is interested in the field of physical education as well as the seasoned professional with years of experience Key Features Learning Experience boxes help readers apply knowledge gained from the text to real world practice by utilizing activities and critical thinking questions to drive comprehension An international perspective on physical education provides a global viewpoint and gives students a broad context for different program types A focus on current trends and issues makes this text relevant and timely Ancillaries provide instructors with the tools to implement a successful physical education teacher education course Instructor resources include Instructor's Manual Test Bank and PowerPoint presentations Student resources include Companion website and Student Study Guide **Physical Education** Ken Green, Kenneth Hardman, 2005 This book is a core text for physical education courses It deals with enduring themes and contemporary issues in primary and secondary physical education **Introduction to Teaching Physical Education** Jane M. Shimon, 2025-04-11 The third edition of Introduction to Teaching Physical Education With HKPropel Access provides

comprehensive exploration for students considering majoring or minoring in physical education The text offers the essential content that students need to build a strong base of instructional skills and an understanding of the physical education field and it does so in an engaging manner to motivate future educators This edition incorporates the revised SHAPE America national physical education standards and grade span learning indicators for grades pre K through 12 Other updates reflect the changing nature of education and physical education An increased focus on supporting social and emotional learning SEL in physical education Information about how culturally relevant instruction supports an equitable inclusive and respectful classroom Expanded Teachers Talking Teaching sidebars that offer tips from successful teachers based on current challenges and opportunities A new video interview with the 2023 National Elementary PE Teacher of the Year Randy Spring Additional material regarding technology use in physical education To enhance the learning experience prompts throughout the text direct students to related online materials Fifteen case studies new key term flash cards practical worksheets lesson plan templates discussion questions and reflective prompts serve as tools to facilitate a deeper understanding of the content In Introduction to Teaching Physical Education Third Edition aspiring PE teachers will thoroughly explore physical education topics from both theoretical and practical perspectives Part I outlines the history of physical education including the two main systems that served as the profession s foundation influential concepts and people and current national content standards It also discusses the purpose of physical education and highlights the many teaching and nonteaching duties of physical educators Part II presents the details for effective teaching of physical education including the steps to organizing and instructing in the gymnasium It also looks at motivational theories and how to prevent misbehavior and positively manage student behavior In part III students learn to plan quality lessons develop safe and successful lessons and use assessment and rubric design to determine whether outcomes or learning targets are achieved Part IV affords students insight into current technology issues that can be used to enhance physical education and it explores the career options available Introduction to Teaching Physical Education Third Edition will help students gain the knowledge and skills they need as they pursue their entry into the teaching profession providing them with a springboard to advance in their coursework This complete but concise text supplies the perfect introduction to the physical education field covering the essentials in an engaging and informative way as students learn to apply the principles of teaching physical education Note A code for accessing HKPropel is not included with this ebook but may be purchased separately

Assessment in Physical Education Bob Carroll,2003-09-02 In the past assessment was underplayed or neglected in the training of physical education teachers Physical education lay largely outside of school s formal structures of assessment and books on assessment completely ignored this area of the school curriculum With the introduction of the GCSE Routes of Assessment ROA and the National Curriculum assessment has become an important part of the teaching of PE This book examines in detail the issues as they affect teachers

**Flipped Learning in Physical Education** Ove Østerlie,Chad Killian,Julia Sargent,2022-08-31

This is the first book to introduce flipped learning in the context of physical education. It is a timely exploration of pedagogical approaches that draw on digital technologies that can allow learning online and at a distance to support important learning time for physical activity. The book discusses the role of online and digital technology in education and physical education more specifically and examines the key features that define flipped learning, its boundaries, and its format. Drawing on modern learning theories, the book explains why educators and practitioners may choose to use flipped learning and how the approach can improve physical activity opportunities. It also considers the challenges and the guiding principles involved in implementing flipped learning in different countries, cultures, and contexts. Full of practical guidance and drawing on cutting edge research, this book is invaluable reading for all students, researchers, pre-service and in-service teachers, and coaches working in physical education or youth sport.

**Essentials of Teaching Adapted Physical Education** Samuel Hodge, Lauren Lieberman, Nathan Murata, 2017-09-29. **Essentials of Teaching Adapted Physical Education: Diversity, Culture, and Inclusion** offers a wealth of knowledge for teaching today's diverse student population, including those with disabilities. Readers will learn how to teach a variety of students, organize learning within various curricular models, assess and evaluate students, and manage behavior. Readers will also learn more about the conditions and disabilities they may encounter when teaching, how to understand students' various abilities, and how to adapt and modify instructional methods to include all students. The book emphasizes the importance of being culturally responsive and acquiring the necessary knowledge to infuse appropriate, socially just practices into educational settings. Future teachers will learn how to apply culturally responsive instructional methods and behavior management strategies and will understand broader social and economic contexts for their students' behavior. At the same time, this book provides more than a how-to approach to teaching adapted physical education. Its content and features promote reflective learning, encouraging readers to anticipate the types of teaching situations and challenges that may arise and think through how they will respond. Scenarios and vignettes throughout provide context for the material and promote critical thinking and problem solving.

**Report** Commonwealth Shipping Committee, 1911. **Creative School Control** Philip Wescott, Lawrence Cox, 1927. **Education Management, Education Theory, and Education Application** Yuanzhi Wang, 2011-10-09. This volume includes extended and revised versions of a set of selected papers from the 2011 2nd International Conference on Education and Educational Technology (EET 2011) held in Chengdu, China, October 1-2, 2011. The mission of EET 2011 Volume 2 is to provide a forum for researchers, educators, engineers, and government officials involved in the general areas of education management, education theory, and education application to disseminate their latest research results and exchange views on the future research directions of these fields. 133 related topic papers were selected into this volume. All the papers were reviewed by 2 program committee members and selected by the volume editor, Prof. Yuanzhi Wang from Intelligent Information Technology Application Research Association, Hong Kong. The conference will bring together leading researchers, engineers, and scientists in the

domain of interest We hope every participant can have a good opportunity to exchange their research ideas and results and to discuss the state of the art in the areas of the education management education theory and education application

**Journal of Physical Education and School Hygiene** ,1917      **Parliamentary Papers** Great Britain. Parliament. House of Commons,1920      **Athletic Journal** ,1922 Vols 9 10 include proceedings of the 8th 11th annual meeting of the American Football Coaches Association and of the 3d 6th annual meeting of the National Association of the Basketball Coaches of the United States      Research in Education ,1974      Bulletin ,1941      **The Journal of Education** ,1906

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### **Sample College Syllabus For Physical Education Introduction**

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