

# Introduction to Physical Education



**Active Students = Better Learners**

[www.cdc.gov/healthyschools/PEandPA](http://www.cdc.gov/healthyschools/PEandPA)

## Course Overview

In this course, students will learn about being active and improving physical fitness. Being active is the key to a better physical YOU, now and in the future.

The minimum requirement for this course is to participate in a physical activity, chosen by each student, for **fifty minutes** for **three days** in **each unit**. These fifty minutes include **ten minutes of warm-ups, thirty minutes of activities, and ten minutes of a cool down**. Students may also decide to increase the number of days and minutes of each activity. They will keep track of their activities on a unit activity log that will be attached to the question section in each unit.

In addition to improving physical activity, students will be learning about various aspects of fitness and a healthy lifestyle. Students will learn to set goals, both in the level of personal fitness and other areas of life. They will learn about proper clothing for working out, how to stay hydrated, and how the new food pyramid can help them make better choices. Besides learning to properly warm-up before and cool-down when exercising, they will test their own fitness levels throughout the course and hopefully see improvement in their own abilities as they strive to achieve a more active lifestyle.

You also need to remember that exhibiting responsible behavior while participating in a sport is very important. Think of how you were taught to play a sport, the importance of playing fair and

cooperating with your teammates, listening to your coach or advisor, and following the rules.

You will learn about various motor skills and movement patterns in sports. You will then be asked to demonstrate your knowledge of this activity through **three Presentation Videos or PowerPoint** that you will attach to the question and answer section in three of the units. You will be responsible for presenting a physical activity such as kicking a soccer ball, dribbling a basketball, passing or setting a volleyball; a presentation of you throwing a ball at a target; and a presentation of you performing a dance movement.

## **Student Requirements**

1. Medical Release Form
2. Complete all 18-unit activity logs.
3. Read the Unit and Answer Questions for all 18 units.
4. Complete a Presentation Video or PowerPoint in Units 6, 12, and 18.