

P.E. COURSE OUTLINE SUMMARY

Court/Community School Humboldt County Office of Education

Course Content and Objectives:

Bio Mechanics

Movement skills and knowledge

Health

Consumer and Career Information

Social & Personal Development

Fitness and Wellness

Individual and team sports

NOTE: A unit of PE (12 hours) should include at least 4 hours of physical activity and 4 hours of knowledge activities. The student may choose the type of activity--physical or knowledge--for the remaining 4 hours.

Semester Credits Attempted

Student agrees to complete _____ credit(s) per school attendance month, totaling a minimum of _____ credits attempted.

Course Description:

P.E. is a 20 credit course available to students in grades 7-12. This course includes physical activities as well as readings and projects in knowledge areas.

Evaluation:

Student credit and grades will be determined by the teacher based on student learning of the course content. Teachers will choose from among the following assessment methods as appropriate:

- written or oral tests
- oral presentations
- written papers and reports
- group discussion
- individual and group projects
- teacher observation
- _____

Texts:

Methods of Study

- ___ Textbook readings and exercises
- ___ Written or oral report
- ___ Group discussion
- ___ Group or individual project
- ___ Lecture or class presentation
- ___ Videos or films
- ___ Computer applications
- ___ Internet research
- ___ Real life applications
- ___ Problem solving
- ___ Field trip
- ___ Community internship
- ___ Service learning
