

# Phoenix Christian Jr High School PED0500 Physical Education Course Scope & Sequence

**COURSE DESCRIPTION** In this class, students will learn the importance of proper physical fitness. This goal will be accomplished through various physical activities that promote overall general health and physical fitness; increase muscle strength and endurance; improve flexibility and cardiovascular system; promote a positive self image; and teach the value of teamwork through participation. Finally students will learn proper ways to play as well as the general rules of popular athletic games.

## **REQUIRED TEXTS AND KEY SUPPLEMENTAL MATERIALS**

Phoenix Christian P.E. uniform, athletic shoes, and a combination lock

## **COURSE SCOPE AND SEQUENCE**

### **First Semester**

#### Volleyball 5 Weeks

*Key Concepts:* Introduction to Physical Fitness. Introduction to Volleyball.

*Assessments:* Weekly Mile run (under 10 minutes), Basic Exercises: Push-Ups, Sit-ups, and Warm Up. Volleyball Rules, Skills Practice-Pass, Set, and Hit.

*Biblical Integration:* The importance of integrity in sport by applying various lessons learned through Gospel accounts.

#### Ultimate Frisbee 4 Weeks

*Key Concepts:* Introduction to Ultimate Frisbee, Continued Physical Fitness

*Assessments:* Intro to Proper Stretching, Mile Run, Basic Ultimate Frisbee Rules, Skills Practice - Frisbee Toss, Team Competition and Tournament.

*Biblical Integration:* The importance of physical health by understanding the Biblical teaching of taking care of the body as a temple.

#### Flag Football 5 Weeks

*Key Concepts:* Introduction to Flag Football, Continued Physical Fitness

*Assessments:* Mile Run (Under 9 Minutes), Proper Warm-up, Body Weight Exercise, Basic Flag Football Rules, Skills Practice-Passing, Catching, Defense, Team Competition and Tournament.

*Biblical Integration:* The importance of encouragement by applying principals learned in various writings of Paul.

#### Basketball 4 Weeks

*Key Concepts:* Introduction to Basketball, Continued Physical Fitness

*Assessments:* Mile Run (Under 9 Minutes), Basic Basketball Rules, Skills Practice-Passing, Shooting, Defense, Dribbling, Strategy, Team Competition.

*Biblical Integration:* Students will learn the importance of integrity in sport by applying various lessons learned through gospel accounts.

## Second Semester

### Dodge Ball 1 Week

*Key Concepts:* Physical Fitness, Intro to Dodge Ball

*Assessments:* Warm Up Exercise, Mile Run (Under 9 Minutes), Dodge Ball Rules, Team Competition.

*Biblical Integration:* The importance of physical health by understanding the biblical teaching of taking care of the body as a temple.

### Kickball 4 Weeks

*Key Concepts:* Physical Fitness, Intro to Kickball

*Assessments:* Mile Run, Warm up Exercise, Intro to Kickball Rules, Team Competition and Final Tournament.

*Biblical Integration:* The importance of encouragement by applying principals learned in various writings of Paul.

### Capture the Flag 4 Weeks

*Key Concepts:* Physical Fitness, Intro to Capture the Flag

*Assessments:* Mile Run (Under 9 Minutes), Warm-up Exercises: Push-ups, Sit-ups, Stretching. Intro to Capture the Flag Rules, Strategy Skills, Team Competition and Final Tournament.

*Biblical Integration:* The importance of physical health by understanding the biblical teaching of taking care of the body as a temple

### Rag Ball 4 Weeks

*Key Concepts:* Physical Fitness, Introduction to Rag Ball

*Assessments:* Mile Run (Under 9 Minutes), Warm-up Exercises: Push-ups, Sit-ups, Stretching.

Intro to Rag Ball Rules, Skills Practice: Hitting, Throwing, Defense, Strategy. Team Competition and Tournament.

*Biblical Integration:* The importance of encouragement by applying principals learned in various writings of Paul.

### Soccer 5 Weeks

*Key Concepts:* Physical Fitness, Introduction to Soccer

*Assessments:* Mile Run (Under 9 Minutes), Warm-up Exercises: Push-ups, Sit-ups, Stretching, Intro to Soccer Rules, Skills Practice: Passing, Dribbling, Defense. Team Competition And Final Tournament.

*Biblical Integration:* The importance of physical health by understanding the biblical teaching of taking care of the body as a temple.