

Course Description

A. COVER PAGE

Date of Submission (Please include Month, Day and Year)	
1. Course Title PE Course 1	9. Subject Area <input type="checkbox"/> History/Social Science <input type="checkbox"/> English <input type="checkbox"/> Mathematics <input type="checkbox"/> Laboratory Science <input type="checkbox"/> Language other than English <input type="checkbox"/> Visual & Performing Arts <input type="checkbox"/> Intro <input type="checkbox"/> Advanced <input type="checkbox"/> College Prep Elective
2. Transcript Title(s) / Abbreviation(s) PE Course 1 A/B	
3. Transcript Course Code(s) / Number(s) PE 1032 PE 1033	
4. School All comprehensive school sites	
5. District Santa Maria Joint Union High School	
6. City Santa Maria	10. Grade Level(s) for which this course is designed <input checked="" type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12
7. School / District Web Site www.smjuhsd.org	11. Seeking "Honors" Distinction? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
8. School Course List Contact Name: Lorene Yoshihara Title/Position: Dept. Head/Teacher Phone: 805-925-2567 Ext.: 3536 E-mail: lyoshihara@smjuhsd.org	12. Unit Value <input type="checkbox"/> 0.5 (half year or semester equivalent) <input checked="" type="checkbox"/> 1.0 (one year equivalent) <input type="checkbox"/> 2.0 (two year equivalent) <input type="checkbox"/> Other: _____
13. Is this an Internet-based course? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No If "Yes", who is the provider? <input type="checkbox"/> UCCP <input type="checkbox"/> PASS/Cyber High <input type="checkbox"/> Other _____	
14. Complete outlines are not needed for courses that were previously approved by UC. If course was previously approved, indicate in which category it falls. <input type="checkbox"/> A course reinstated after removal within 3 years. Year removed from list? _____ Same course title? <input type="checkbox"/> Yes <input type="checkbox"/> No If no, previous course title? _____ <input type="checkbox"/> An identical course approved at another school in same district. Which school? _____ Same course title? <input type="checkbox"/> Yes <input type="checkbox"/> No If no, course title at other school? _____ <input type="checkbox"/> Year-long VPA course replacing two approved successive semester courses in the same discipline <input type="checkbox"/> Approved Advanced Placement (AP) or International Baccalaureate (IB) course <input type="checkbox"/> Approved UC College Prep (UCCP) Online course <input type="checkbox"/> Approved CDE Agricultural Education course <input type="checkbox"/> Approved P.A.S.S./Cyber High course <input type="checkbox"/> Approved ROP/C course. Name of ROP/C? _____ <input type="checkbox"/> Approved A.V.I.D. course <input type="checkbox"/> Approved C.A.R.T. course <input type="checkbox"/> Approved Project Lead the Way course <input type="checkbox"/> Other. Explain: _____	

<p>15. Is this course modeled after an UC-approved course from another school <u>outside</u> your district? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No</p> <p>If so, which school(s)? _____</p> <p>Course title at other school _____</p>
<p>16. Pre-Requisites</p>
<p>17. Co-Requisites</p>
<p>18. Is this course a resubmission? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No</p> <p>If yes, date(s) of previous submission? _____</p> <p>Title of previous submission? _____</p>
<p>19. Brief Course Description</p> <p>This course will provide a foundation in water safety, individual & dual activities, dance and fitness.</p>

B. COURSE CONTENT

Please refer to instructions

20. Course Goals and/or Major Student Outcomes

- A. Students demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities.
- B. Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
- C. Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.

21. Course Objectives

- A. Students will combine and apply movement patterns, simple to complex, in aquatic, rhythms/dance, and individual and dual activities.
- B. Students will demonstrate proficient movement skills in aquatic, rhythms/dance, and individual and dual activities.
- C. Students will create or modify practice/training plans based on evaluative feedback of skill acquisition and performance in aquatic, rhythms/dance, and individual and dual activities.
- D. Students will analyze situations and determine appropriate strategies for improved performance in aquatic, rhythms/dance, and individual and dual activities.
- E. Students will participate in moderate to vigorous physical activity at least four days each week.
- F. Students will participate in enjoyable and challenging physical activities that develop and maintain the five components of physical fitness.
- G. Students will meet health-related physical fitness standards established by a scientifically based health-related fitness assessment.
- H. Students will accept personal responsibility to create and maintain a physically and emotionally safe and nonthreatening environment for physical activity.
- I. Students will act independently of negative peer pressure during physical activity.
- J. Students will develop personal goals to improve one's performance in physical activities.
- K. Students will analyze the role that physical activity plays in social interaction and cooperative opportunities in the family and the workplace.
- L. Students will and evaluate the role of cooperation and positive interactions with others when participating in physical activity.
- M. Students will identify and utilize the potential strengths of each individual in physical activities.

22. Course Outline

PE Course 1 will provide a foundation for high school instruction. Students develop proficient movement skills in each area of physical education; they expand their capabilities for independent learning; and they examine practices that allow for sound decision making to enhance successful participation in movement activities. This course will concentrate on individual and dual activities such as: orienteering/outdoor adventure, cycling, tennis, badminton/speedminton, track & field, golf/frisbee golf, handball/racquetball and a fitness lab. The areas of fitness, aquatics and rhythm/dance will be included as well.

23. Texts & Supplemental Instructional Materials

Red Cross – Water Safety Guide

24. Key Assignments

25. Instructional Methods and/or Strategies

Instructional methods and/or strategies may include the following:

- A. Lecture
- B. Demonstration
- C. Participation
- D. Group work
- E. Lab work
- F. Project-based learning
- G. Videos/audiotape
- H. Research
- I. Field Trip
- J. Textbook

26. Assessment Methods and/or Tools

Assessment methods and/or tools may include the following:

- A. Participation
- B. Attendance
- C. Quizzes
- D. Exams
- E. Projects
- F. Homework assignments

C. HONORS COURSES ONLY

Please refer to instructions

27. Indicate how this honors course is different from the standard course.

D. OPTIONAL BACKGROUND INFORMATION

Please refer to instructions

28. Context for Course (optional)

29. History of Course Development (optional)