### Health/Physical Education Department

#### Physical Education I-HPE101

**Half Year Course** - .5 Credit

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<th>COMPETENCIES</th>
<th>STANDARD</th>
<th>INSTRUCTIONAL LEARNING TARGET</th>
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| 1. I can demonstrate knowledge about the five components of Physical Fitness and apply them for self-improvement. | S.3  
S.5 | LT 1.1 I can participate in daily activities that demonstrate the five components of physical fitness.  
LT 1.2. I can set a goal to improve my results on the big five components of Physical Fitness.  
LT 1.3. I can demonstrate knowledge and the importance of the basic muscle groups as they apply to lifelong fitness. | 1. Written summative assessment for components of Physical Fitness  
2. Fitness-Gram Testing Results  
3. Daily participation assessment rubric (see rubric)  
4. Pre-assessment and post-assessment documentation  
5. Hypokinetic Disease Assessment  
6. Basic Muscles Identification Summative/Formative Assessment  
7. The “Big 5” Assessment |
| 2. I understand and can demonstrate how positive interactions influence my performance and that of others. | S.4  
S.5 | LT 2.1 I can accept and include others of varying ability levels and demonstrate consideration for others. | 1. Daily participation rubric (see rubric)  
2. Self Assessment-goal-setting based on data collection |
| my peers in small group and team activities. | LT 2.2 I can demonstrate self-control and apply this in all classroom activities to ensure a safe environment.  
LT 2.3 I can demonstrate positive interactions in partners, small games and large games.  
LT 2.4 I can demonstrate regard and respect with my classmates and teacher during class activities.  
LT 3.1 I can understand and demonstrate exercises as they apply to a variety of physical activities that promote life-long fitness.  
LT 3.2 I can understand rules, regulations, and strategies for different team activities. |
3. I can demonstrate movement concepts, principles, strategies, and tactics as they apply to the performance of a variety of physical activities that promote lifelong fitness.

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<th>S.1</th>
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1. Football Written Assessment
2. Volleyball Written Assessment
3. Daily participation assessment rubric

-Revised June 17, 2015.

- Standards used are taken from the Shape America Society of Health and Physical Educators. National PE Standards.