



Gasconade R-2
Objective Course Curriculum Report for: Advanced
PE - Tenth Grade

Generated on 11/23/2015

Name

Advanced PE Objective 1

Unit Objective

Improve general body strength and appearance, flexibility, agility and endurance

Created By

System

Creation Date

5/19/2013 7:16:32 PM +00:00

Modified By

System

Modification Date

11/19/2013 6:17:16 PM +00:00

Sequence

1

Assessment Methods

Essential Questions

Course

Advanced PE

Unit

Aerobics, flexibility, agility, and endurance

Objective used to assess students

Formative Assessment Activities

Pacer mile completion
Activity completion and participation

Depth of Knowledge

70%

Learning Activity

Students will complete pacer miles directed by the instructor
Complete video tapes featuring tae-bo, pilates, yoga, and abdominal work
Videos: "Slim & 6 Pack Abs"
" Cardio Dance Blasts"
"Billy Blanks TAEBO Get Celebrity Fit"
"Fat Blasting Cardio"
" Jump into Fitness"

Research-based Instructional Strategies

Demonstration and handouts

Supporting Resources

Correction Exercise

Enrichment Exercise for Accelerated Learners

Remediation for Struggling Learners

IEP Modifications when necessary

District Defined

Objective is A+

Missouri School Improvement Program

Code	Subject	Grade	RI
------	---------	-------	----

Show-Me Standards

Code	Subject	Grade	Standard	Goal
4	Health/Physical Education	Grades: K-12	principles of movement and physical fitness	
4.7	Knowledge Standards	Grades: K-12	Students in Missouri public schools will acquire the knowledge and skills to make decisions and act as responsible members of society.	Identify and apply practices that preserve and enhance the safety and health of self and others

Grade and Course Level Standards

Common Core Standards

Version

1

Files

Date Range

Other Standards

Other Diverse Learners

Students Self-Reflection About Personal Goals

Use of Technology

Guiding Questions

Guiding Questions Depth of Knowledge

Summative Assessment Activities

Summative Correction Exercise

Family and Community Involvement

Name

Advanced PE Objective 2

Unit Objective

Enjoy the satisfaction of interacting, participating and competing with others in physical activities from diverse backgrounds and abilities while showing personal etiquette, respect, and safety during physical activities.

Created By

System

Creation Date

5/19/2013 7:16:32 PM +00:00

Modified By

System

Modification Date

11/19/2013 5:13:15 PM +00:00

Sequence

2

Assessment Methods

Essential Questions

Course

Advanced PE

Unit

Personal/Social Responsibility

Objective used to assess students

Formative Assessment Activities

The student will actively encourage and help other students through motivational conversation.70% Dress out

Depth of Knowledge

70%

Learning Activity

The student will properly understand the need for proper clothing and equipment when performing physical activities.

The student will properly warm-up and respect the rules of the class

Research-based Instructional Strategies

Students will model workouts from video tapes and be paced by the instructor

Supporting Resources

Correction Exercise

Enrichment Exercise for Accelerated Learners

Remediation for Struggling Learners

IEP Modifications when necessary

English Language Learner

District Defined

Objective is A+

Missouri School Improvement Program

Code	Subject	Grade	RI
------	---------	-------	----

Show-Me Standards

Code	Subject	Grade	Standard	Goal
4	Health/Physical Education	Grades: K-12	principles of movement and physical fitness	
4.7	Knowledge Standards	Grades: K-12	Students in Missouri public schools will acquire the knowledge and skills to make decisions and act as responsible members of society.	Identify and apply practices that preserve and enhance the safety and health of self and others

Grade and Course Level Standards

Common Core Standards

Version

1

Files

Date Range

Other Standards

Other Diverse Learners

Students Self-Reflection About Personal Goals

Use of Technology

Guiding Questions

Guiding Questions Depth of Knowledge

Summative Assessment Activities

Summative Correction Exercise

Family and Community Involvement

Name

Advanced PE Objective 3

Unit Objective

Demonstrate rhythmic activities that use a variety of equipment to develop the components of fitness

Created By

System

Creation Date

5/19/2013 7:16:32 PM +00:00

Modified By

System

Modification Date

Sequence

3

Assessment Methods

Essential Questions

Course

Advanced PE

Unit

Components of Fitness

Objective used to assess students

Formative Assessment Activities

Active Participation

Depth of Knowledge

70%

Learning Activity

Pacer mile with dumb bells

Core Training with bars

Stability Balls

Tae-bo, Piliates, Stretching, Yoga and Abdominal work

Research-based Instructional Strategies

Demonstration and handouts

Video: "Billy Banks Taebo"
" Cardio Dance Blast"

Supporting Resources

Correction Exercise

Enrichment Exercise for Accelerated Learners

Remediation for Struggling Learners

IEP Modifications when necessary

English Language Learner

District Defined

Objective is A+

Missouri School Improvement Program

Code	Subject	Grade	RI
------	---------	-------	----

Show-Me Standards

Code	Subject	Grade	Standard	Goal
4	Health/Physical Education	Grades: K-12	principles of movement and physical fitness	
4.4	Knowledge Standards	Grades: K-12	Students in Missouri public schools will acquire the knowledge and skills to make decisions and act as responsible members of society.	Recognize and practice honesty and integrity in academic work and in the workplace

Grade and Course Level Standards

Common Core Standards

Version

1

Files

Date Range

Other Standards

Other Diverse Learners

Students Self-Reflection About Personal Goals

Use of Technology

Guiding Questions

Guiding Questions Depth of Knowledge

Summative Assessment Activities

Summative Correction Exercise

Family and Community Involvement