

Course Description

A. COVER PAGE

Date of Submission (Please include Month, Day and Year)	
1. Course Title PE Course 2	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 2 A/B	
3. Transcript Course Code(s) / Number(s) PE 2001 PE 2002	
4. School All comprehensive school sites	
5. District Santa Maria Joint Union High School	
6. City Santa Maria	
7. School / District Web Site www.smjuhsd.org	10. Grade Level(s) for which this course is designed <input type="checkbox"/> 9 <input checked="" type="checkbox"/> 10 <input checked="" type="checkbox"/> 11 <input checked="" type="checkbox"/> 12
8. School Course List Contact Name: Lorene Yoshihara Title/Position: Dept. Head/Teacher Phone: 805-925-2567 Ext.: 3536 E-mail: lyoshihara@smjuhsd.org	11. Seeking "Honors" Distinction? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
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 combatives, gymnastic & tumbling, team activities 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 combative, gymnastic/tumbling, and team activities.
- B. Students will demonstrate proficient movement skills in combative, gymnastic/tumbling, and team activities.
- C. Students will create or modify practice/training plans based on evaluative feedback of skill acquisition and performance in combative, gymnastic/tumbling, and team activities.
- D. Students will analyze situations and determine appropriate strategies for improved performance in combative, gymnastic/tumbling, and team activities.
- E. Students will participate in moderate to vigorous physical activity at least four days each week.
- F. Students will participate in challenging physical fitness activities using the principles of exercise to meet individual needs and interests.
- G. Students will assess levels of physical fitness and adjust physical activities to accommodate changes in age, growth, and development.
- H. Students will participate in physical activities for personal enjoyment.
- I. Students will evaluate and refine personal goals to improve performance in physical activities.
- J. Students will encourage others to be supportive and inclusive of individuals of all ability levels.

22. Course Outline

PE Course 2 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 team sports such as: football, soccer, basketball, volleyball, softball, cricket, street/field hockey, team handball and lacrosse. The areas of fitness, combatives and basic gymnastic/tumbling will be included as well.

23. Texts & Supplemental Instructional Materials

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)