

**EAST LONGMEADOW HIGH SCHOOL
PHYSICAL EDUCATION PROGRAM OF STUDIES**

PHYSICAL EDUCATION

GRADE	CREDITS
9	4

9th grade physical education is a required subject, and students must pass one semester of this course. The course at this level is planned to develop core skills in major areas of sport activities as well as introduction, in the classroom, into planning for lifetime activities.

The following Massachusetts Health Frameworks categories focused on will be: motor skills, fitness, and personal/social behaviors. Within the categories students may experience the following activities:

- Pickle ball, basketball (motor skills)
- Swimming, Fitness for Life (fitness)
- Cooperative games, table tennis (personal/social behaviors)

Students are evaluated using various assessment tools including a daily participation rubric, unit quizzes, Fitnessgram fitness test, and a final comprehensive written exam.

GRADE	CREDITS
10	4

10th grade physical education is a required subject, and students must pass one semester of this course. The course at this level is planned to develop core skills in major areas of sport activities as well as introduction into planning for lifetime activities.

The following Massachusetts Health Frameworks categories focused on will be: motor skills, fitness, and personal/social behaviors. Within the categories students may experience the following activities:

- Softball, Volleyball (motor skills)
- Fitness Testing, Wellness (fitness)
- Survivor, Dance (personal/social behaviors)

Students are evaluated using various assessment tools including a daily participation rubric, unit quizzes, Fitnessgram fitness test, and final comprehensive exam.

TEAM SPORTS

GRADE	CREDITS
11,12	4

Pre-requisite: Completion of 9th and 10th grade Physical Education classes (8 total P.E. credits).

Juniors must choose 1 of the 4 PE electives that are offered because this is a REQUIRED course to be taken in the students Junior year. Seniors may choose to take an additional PE elective only after Juniors have been scheduled, but it can't be one they have previously taken.

Aligning with the *Massachusetts Comprehensive Health Curriculum Frameworks*, this course will focus on improving students' motor skills, fitness levels, and personal/social behaviors through a variety of potential activities, such as basketball, football, softball, volleyball and/or water polo.

Students will be evaluated through the use of various assessment tools including a daily participation rubric, unit quizzes, FitnessGram fitness testing, and a final comprehensive written exam.

INDIVIDUAL SPORTS

GRADE	CREDITS
11,12	4

Pre-requisite: Completion of 9th and 10th grade Physical Education classes (8 total P.E. credits).

Juniors must choose 1 of the 4 PE electives that are offered because this is a REQUIRED course to be taken in the students Junior year. Seniors may choose to take an additional PE elective only after Juniors have been scheduled, but it can't be one they have previously taken.

Aligning with the *Massachusetts Comprehensive Health Curriculum Frameworks*, this course will focus on improving students' motor skills, fitness levels, and personal/social behaviors through a variety of potential activities, such as aquatics, badminton, golf, table tennis, tennis, and/or sepak takraw.

Students will be evaluated through the use of various assessment tools including a daily participation rubric, unit quizzes, *FitnessGram* fitness testing, and a final comprehensive written exam.

PERSONAL FITNESS

GRADE	CREDITS
11,12	4

Pre-requisite: Completion of 9th and 10th grade Physical Education classes (8 total P.E. credits).

Juniors must choose 1 of the 4 PE electives that are offered because this is a REQUIRED course to be taken in the students Junior year. Seniors may choose to take an additional PE elective only after Juniors have been scheduled, but it can't be one they have previously taken.

Aligning with the *Massachusetts Comprehensive Health Curriculum Frameworks*, this course will focus on improving students' motor skills, fitness levels, and personal/social behaviors through a variety of potential activities, such as aquatics, dynamic and plyo-metric activities, endurance training, strength training, and/or yoga.

Students will be evaluated through the use of various assessment tools including a daily participation rubric, unit quizzes, *FitnessGram* fitness testing, and a final comprehensive written exam.

NON-TRADITIONAL LIFETIME ACTIVITIES

GRADE	CREDITS
11,12	4

Pre-requisite: Completion of 9th and 10th grade Physical Education classes (8 total P.E. credits).

Juniors must choose 1 of the 4 PE electives that are offered because this is a REQUIRED course to be taken in the students Junior year. Seniors may choose to take an additional PE elective only after Juniors have been scheduled, but it can't be one they have previously taken.

Aligning with the *Massachusetts Comprehensive Health Curriculum Frameworks*, this course will focus on improving students' motor skills, fitness levels, and personal/social behaviors through a variety of potential activities, such as archery, aquatics, backyard games, golf, and orienteering.

Students will be evaluated through the use of various assessment tools including a daily participation rubric, unit quizzes, *FitnessGram* fitness testing, and a final comprehensive written exam.