

10th Grade American Online School

PHYSICAL EDUCATION

Physical Development and Lifelong Fitness

Version Mar/2025

1. Introduction

The Role of Physical Education in 10th Grade

Physical education in 10th grade plays a critical role in promoting lifelong health, physical development, and overall well-being. This curriculum is designed to enhance students' physical fitness, motor skills, teamwork, and knowledge of personal health and wellness.

By the end of this course, students will:

- ✓ Develop strength, endurance, flexibility, and coordination through structured physical activities.
- ✓ Learn the importance of physical activity for overall health, stress management, and mental well-being.
- ✓ Understand the principles of exercise science, including biomechanics and movement efficiency.
- ✓ Engage in team sports, individual sports, and recreational activities to build social and cooperative skills.
- ✓ Create personal fitness plans to maintain an active lifestyle beyond high school.

2. Core Competence Areas

PE.1 Physical Development and Fitness

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ **Improve cardiovascular endurance, muscular strength, and flexibility through structured exercises.**
- ✓ **Understand the components of physical fitness and how to measure progress.**
- ✓ **Develop proper techniques for strength training, stretching, and aerobic conditioning.**

Competencies

PE.1.A.1 – Understanding and applying physical fitness principles.

- Learn the five components of physical fitness (cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition).
- Understand how to assess personal fitness levels using fitness tests.
- Learn how different types of exercise contribute to overall fitness.

PE.1.A.2 – Developing a personalized fitness plan.

- Set personal fitness goals and track progress over time.
- Learn how to create a balanced workout routine that includes strength, endurance, and flexibility training.
- Understand the role of nutrition, hydration, and rest in physical performance.

PE.2 Motor Skills and Movement Efficiency

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ **Improve coordination, agility, and reaction time through structured activities.**
- ✓ **Develop proper movement techniques to reduce injury risk.**
- ✓ **Apply biomechanics and movement science principles to enhance athletic performance.**

Competencies

PE.2.A.1 – Enhancing motor skills and movement patterns.

- Learn proper running, jumping, throwing, and catching mechanics.
- Develop coordination, balance, and agility through skill-based drills.
- Understand how posture, alignment, and muscle activation affect movement.

PE.2.A.2 – Applying movement science to physical activity.

- Explore the principles of biomechanics and kinesiology.
 - Learn how to use proper form and technique in different sports and exercises.
 - Understand how body mechanics impact injury prevention and performance.
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PE.3 Team Sports and Individual Activities

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Participate in team and individual sports, focusing on skill development and strategy.
- ✓ Demonstrate teamwork, communication, and sportsmanship.
- ✓ Understand the rules, techniques, and benefits of various sports and recreational activities.

Competencies

PE.3.A.1 – Developing team sport skills and strategies.

- Learn the rules and techniques of basketball, soccer, volleyball, and other team sports.
- Develop strategic thinking and game awareness in team-based activities.
- Explore the role of communication and leadership in sports.

PE.3.A.2 – Exploring individual and lifetime activities.

- Participate in individual fitness activities, such as running, swimming, and yoga.
- Learn about non-traditional and recreational activities, such as rock climbing and hiking.
- Understand how individual sports can promote lifelong fitness.

PE.4 Health, Wellness, and Injury Prevention

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Understand the connection between physical activity, mental health, and stress management.
- ✓ Learn injury prevention strategies and proper warm-up and cool-down techniques.
- ✓ Recognize the importance of lifelong physical activity for overall well-being.

Competencies

PE.4.A.1 – Understanding the role of physical activity in mental and emotional well-being.

- Explore the benefits of exercise for reducing stress, anxiety, and depression.
- Learn how physical activity promotes cognitive function and emotional resilience.
- Discuss the impact of screen time and sedentary behavior on health.

PE.4.A.2 – Practicing injury prevention and recovery.

- Learn proper stretching, warm-up, and cool-down techniques.
- Understand the causes and prevention of common sports injuries.
- Explore strategies for rehabilitation and safe return to activity.

3. Assessment and Evaluation

Formative Assessments – Checking Progress Through Interactive Learning

- ✓ Fitness assessments measuring strength, endurance, and flexibility.
- ✓ Skill demonstrations in sports and motor skills development.
- ✓ Reflections on personal fitness progress and goal setting.

Summative Assessments – Final Projects and Exams

- ✓ Fitness improvement projects, tracking progress over time.
- ✓ Written tests on exercise science, injury prevention, and health principles.
- ✓ Group presentations on different sports, wellness strategies, and injury recovery techniques.

Authentic Assessment – Real-World Applications

- ✓ Students develop personal fitness plans that they can follow beyond school.
 - ✓ Community fitness initiatives, such as organizing a class-wide fitness challenge.
 - ✓ Application of team-building skills in sports and leadership roles.
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4. Instructional Strategies for Online Learning

Inquiry-Based and Problem-Based Learning

- ✓ Case studies on injury prevention and recovery strategies.
- ✓ Discussions on how exercise impacts physical and mental well-being.

Project-Based Learning (PBL)

- ✓ Students create video tutorials demonstrating proper movement techniques.
- ✓ Group projects on analyzing famous athletes' training regimens.

Technology-Integrated Learning

- ✓ Virtual fitness tracking and workout analysis apps.
- ✓ Online physical activity challenges and gamified fitness activities.