

11th Grade American Online School

PHYSICAL EDUCATION CURRICULUM

Advanced Skills, Strength, and Endurance

Version Mar/2025

1. Introduction

The Role of Physical Education in 11th Grade

Physical Education in 11th grade focuses on advanced physical development, strength training, endurance building, and lifelong fitness habits. This curriculum emphasizes teamwork, individual goal-setting, and understanding how physical activity contributes to overall well-being.

By the end of this course, students will:

- ✓ **Improve cardiovascular endurance, muscular strength, and flexibility.**
- ✓ **Understand the principles of physical fitness, including proper form and injury prevention.**
- ✓ **Engage in sports, recreational activities, and personal fitness plans.**
- ✓ **Develop leadership and teamwork skills through cooperative games and activities.**
- ✓ **Understand how to maintain a healthy lifestyle beyond high school.**

2. Core Competence Areas

PE.1 Physical Fitness and Development

Learning Outcomes

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

- ✓ **Demonstrate improvements in strength, endurance, flexibility, and coordination.**
- ✓ **Understand how different types of exercise affect the body.**
- ✓ **Create a personal fitness plan based on individual goals.**

Competencies

PE.1.A.1 – Understanding components of physical fitness.

- Learn the five components of fitness: cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition.
- Explore how different exercises target specific muscle groups.
- Understand how physical activity impacts mental health and stress reduction.

PE.1.A.2 – Developing a personal fitness routine.

- Learn how to set fitness goals and track progress.
- Develop a workout plan incorporating strength, cardio, and flexibility exercises.
- Understand how to adjust workouts for individual fitness levels.

PE.2 Strength Training and Endurance Building

Learning Outcomes

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

- ✓ **Demonstrate proper workout techniques and training principles.**
- ✓ **Improve cardiovascular endurance through aerobic and anaerobic training.**
- ✓ **Understand how nutrition and recovery impact physical performance.**

Competencies

PE.2.A.1 – Mastering strength and resistance training.

- Learn proper techniques for weightlifting or bodyweight exercises.
- Understand progressive overload and how to build muscle safely.
- Explore different training styles, including circuit training and HIIT (High-Intensity Interval Training).

PE.2.A.2 – Enhancing endurance and cardiovascular health.

- Engage in running, cycling, swimming, and interval training.
 - Learn how to increase stamina through consistent aerobic exercise.
 - Understand the importance of heart rate zones and VO2 max for endurance training.
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PE.3 Sports and Recreational Activities

Learning Outcomes

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

- ✓ Participate in team and individual sports to develop agility, coordination, and teamwork.
- ✓ Apply sportsmanship and strategic thinking in competitive games.
- ✓ Explore recreational activities that promote lifelong physical activity.

Competencies

PE.3.A.1 – Engaging in team and individual sports.

- Learn rules and techniques of various team sports, for example, basketball, soccer, volleyball, or flag football, etc.
- Develop strategic thinking, coordination, and reaction time.
- Understand the importance of teamwork, leadership, and communication.

PE.3.A.2 – Exploring lifelong recreational activities.

- Participate in non-competitive fitness activities, like e.g., yoga, pilates, hiking, etc.
 - Learn how recreational sports like for example, tennis, golf, and swimming contribute to long-term health.
 - Explore outdoor activities, e.g., rock climbing, cycling, and kayaking.
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PE.4 Injury Prevention, Recovery, and Nutrition

Learning Outcomes

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

- ✓ Understand injury prevention strategies and proper warm-up/cool-down techniques.
- ✓ Learn recovery methods, including stretching, rest, and hydration.
- ✓ Analyze the role of nutrition in physical fitness and performance.

Competencies

PE.4.A.1 – Preventing injuries and maintaining joint health.

- Learn how to prevent common sports injuries.
- Understand the importance of stretching, dynamic warm-ups, and cooldowns.
- Explore the role of proper footwear and equipment in injury prevention.

PE.4.A.2 – Understanding recovery and nutrition.

- Study how hydration and electrolyte balance affect performance.
 - Learn about macronutrients (proteins, fats, carbohydrates) and their role in muscle recovery.
 - Understand the importance of sleep and rest for athletic performance.
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3. Assessment and Evaluation

Formative Assessments – Checking Progress Through Interactive Learning

- ✓ Daily fitness logs and self-assessments.
- ✓ Participation in team and individual physical activities.
- ✓ Reflection journals on fitness improvements and challenges.

Summative Assessments – Final Projects and Exams

- ✓ Physical fitness tasks measuring endurance, strength, and flexibility.
- ✓ Written exam on injury prevention, nutrition, and exercise science.
- ✓ Project on designing a long-term fitness and wellness plan.

Authentic Assessment – Real-World Applications

- ✓ Students develop personalized fitness programs based on their health goals.
 - ✓ Work with coaches, local gyms or trainers for practical training sessions.
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4. Instructional Strategies for Online Learning

Inquiry-Based and Problem-Based Learning

- ✓ Students analyze and compare different fitness trends and workout routines.
- ✓ Case studies on sports injuries and rehabilitation methods.

Project-Based Learning (PBL)

- ✓ Students create instructional videos demonstrating proper exercise techniques.
- ✓ Research on professional athlete training regimens and how they apply to everyday fitness.

Technology-Integrated Learning

- ✓ Use of fitness tracking apps, smartwatches, or manual logs to monitor progress.
- ✓ Virtual exercise classes and AI-generated personal training plans.
- ✓ Online resources for learning about sports science and injury prevention.