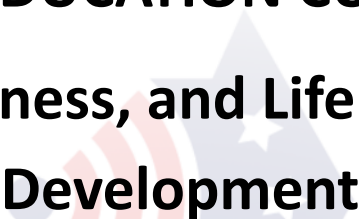


12th Grade American Online School

PHYSICAL EDUCATION CURRICULUM

Fitness, Wellness, and Lifelong Physical Development



Version Mar/2025

1. Introduction

The Role of Physical Education in 12th Grade

In 12th grade, Physical Education (PE) focuses on maintaining a healthy lifestyle, improving physical fitness, and understanding the importance of lifelong wellness. This curriculum encourages strength, endurance, coordination, and flexibility while promoting sportsmanship, teamwork, and injury prevention.

By the end of this course, students will:

- ✓ Understand how to create and maintain a personalized fitness plan.
 - ✓ Develop physical strength, endurance, flexibility, and coordination.
 - ✓ Learn injury prevention strategies and proper workout techniques.
 - ✓ Engage in a variety of physical activities, from traditional sports to modern fitness programs.
 - ✓ Understand the connection between physical activity, mental health, and overall well-being.
-

2. Core Competence Areas

PE.1 Physical Fitness and Personal Health

Learning Outcomes

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

- ✓ Understand the components of fitness, including cardiovascular endurance, muscular strength, flexibility, and body composition.
- ✓ Develop personalized fitness goals and track progress.
- ✓ Incorporate healthy habits into daily life, including proper nutrition and exercise routines.

Competencies

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

- Learn how aerobic and anaerobic exercises impact the body.
- Develop goal-setting strategies for improving personal fitness.
- Understand the importance of rest, hydration, and recovery.

PE.1.A.2 – Designing and implementing a personal fitness plan.

- Track heart rate, endurance levels, and strength improvements.
- Learn proper stretching and warm-up/cool-down techniques.
- Explore different training methods, including high-intensity interval training (HIIT) and resistance training.

PE.2 Strength Training and Conditioning

Learning Outcomes

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

- ✓ Perform exercises that build strength, endurance, and flexibility.
- ✓ Learn proper weightlifting techniques to avoid injury.
- ✓ Understand how different types of workouts impact muscle development.

Competencies

PE.2.A.1 – Developing muscular strength and endurance.

- Learn resistance training techniques with body weight, free weights, and machines.
- Understand how to safely increase intensity and progression in workouts.
- Explore how strength training benefits metabolism, posture, and injury prevention.

PE.2.A.2 – Practicing flexibility and mobility training.

- Learn dynamic stretching vs. static stretching.
- Explore yoga, Pilates, and other flexibility-focused exercises.
- Understand how mobility training improves sports performance and reduces injuries.

PE.3 Cardiovascular Health and Endurance Training

Learning Outcomes

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

- ✓ Understand how cardiovascular exercise strengthens the heart and lungs.
- ✓ Engage in different endurance-based activities such as running, swimming, and cycling.
- ✓ Learn techniques to improve stamina and breathing efficiency.

Competencies

PE.3.A.1 – Understanding cardiovascular fitness.

- Learn the benefits of aerobic exercise for heart health.
- Track heart rate zones and calculate target heart rates.
- Understand the impact of cardiovascular training on metabolism and energy levels.

PE.3.A.2 – Engaging in endurance training and sports performance.

- Participate in interval running, long-distance training, and agility drills.
- Learn how cross-training improves overall fitness and injury prevention.
- Explore sports conditioning for activities such as basketball, soccer, and track.

PE.4 Sports, Teamwork, and Recreational Activities

Learning Outcomes

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

- ✓ **Participate in various team and individual sports.**
- ✓ **Develop sportsmanship, communication, and leadership skills.**
- ✓ **Understand game rules, strategies, and fair play.**

Competencies

PE.4.A.1 – Participating in team sports and competitive play.

- Learn fundamental techniques and strategies in basketball, soccer, volleyball, and other sports.
- Understand how teamwork, communication, and leadership contribute to success.
- Develop decision-making skills in fast-paced game environments.

PE.4.A.2 – Exploring recreational and lifelong physical activities.

- Participate in non-traditional physical activities such as hiking, rock climbing, or martial arts.
- Learn how to engage in recreational sports for long-term fitness.
- Explore how different physical activities promote mental health and stress relief.

PE.5 Injury Prevention, Recovery, and Wellness

Learning Outcomes

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

- ✓ **Understand common sports injuries and how to prevent them.**
- ✓ **Learn proper recovery techniques, including stretching, rest, and rehabilitation.**
- ✓ **Recognize the connection between physical activity, mental health, and stress management.**

Competencies

PE.4.A.1 – Preventing sports-related injuries.

- Learn how to recognize, treat, and prevent common injuries.
- Understand the role of warm-ups and cool-downs in preventing muscle strain.
- Study proper footwear, posture, and equipment usage.

PE.5.A.2 – Exploring recovery techniques and wellness strategies.

- Learn the importance of sleep, hydration, and nutrition in athletic performance.
- Understand how mindfulness, meditation, and relaxation impact overall well-being.
- Explore mental health strategies to reduce stress and anxiety.

3. Assessment and Evaluation

Formative Assessments – Checking Progress Through Interactive Learning

- ✓ Fitness assessments tracking endurance, flexibility, and strength.
- ✓ Skill-based evaluations for sports and physical activities.
- ✓ Journals and reflections on health, fitness goals, and mental well-being.

Summative Assessments – Final Projects and Exams

- ✓ Personalized fitness plan evaluation.
- ✓ Written test on injury prevention, anatomy, and training principles.
- ✓ Participation-based assessment of teamwork, leadership, and sportsmanship.

Authentic Assessment – Real-World Applications

- ✓ Students develop long-term health and fitness plans.
 - ✓ Community engagement in recreational sports or wellness programs.
 - ✓ Guest speaker sessions with athletes, trainers, and wellness coaches.
-

4. Instructional Strategies for Online Learning

Technology-Integrated Learning

- ✓ Virtual fitness tracking using apps like MyFitnessPal or Strava.
- ✓ Online workouts, yoga sessions, and instructional videos.
- ✓ Health and wellness discussions through digital platforms.
- ✓ AI-driven personalized training and fitness goal setting.

The logo for American Online School features a stylized house icon with a Wi-Fi signal and stars, positioned above a horizontal line. Below the line, the words "AMERICAN", "ONLINE", and "SCHOOL" are stacked vertically in a large, sans-serif font. "AMERICAN" is in red, "ONLINE" is in blue, and "SCHOOL" is in light blue.