

9th Grade American Online School

PHYSICAL EDUCATION CURRICULUM

Developing the Body, Mind, and Character Through Movement and Meaningful Physical Activity

Version Apr/2025

1. Introduction

The Role of Physical Education in 9th Grade

The 9th Grade Physical Education curriculum supports students in developing a lifelong commitment to health, fitness, and active living. Through a wide range of physical challenges, students enhance movement skills, cardiovascular endurance, muscular strength, and teamwork. The course emphasizes ethical engagement, goal setting, and reflective practice to build physical competence, emotional resilience, and enjoyment of activity.

By the end of this course, students will:

- ✓ Develop and follow personal fitness plans based on self-assessment and goal setting.
- ✓ Demonstrate safe and effective exercise techniques across physical activities.
- ✓ Apply movement skills and tactical strategies in sport and game situations.
- ✓ Exhibit respect, sportsmanship, and ethical behavior in all physical contexts.
- ✓ Reflect on personal growth through physical activity and its impact on well-being.

2. Core Competence Areas

PE.1 Physical Fitness and Conditioning

Learning Outcomes

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

- ✓ Warm up and cool down using proper techniques.
- ✓ Improve cardiovascular and muscular endurance.
- ✓ Design and monitor a personalized fitness routine.
- ✓ Explain how exercise impacts physical health.

Competencies

PE.1.A.1 – Demonstrating Warm-up and Cool-down Techniques.

- Lead or follow dynamic and static stretching routines appropriate to the activity.

PE.1.A.2 – Improving Endurance and Strength.

- Sustain aerobic and anaerobic activities with increasing intensity and duration.

PE.1.A.3 – Creating a Personal Fitness Plan.

- Set goals, assess progress, and adjust plans using fitness logs or digital tools.

PE.1.A.4 – Understanding the Benefits of Physical Activity.

- Describe how movement supports cardiovascular, respiratory, and muscular health.

PE.2 Movement Skills and Athletic Techniques

Learning Outcomes

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

- ✓ Demonstrate balance, coordination, and agility.
- ✓ Perform sport-specific skills in individual and team contexts.
- ✓ Apply movement strategies during gameplay.
- ✓ Improve technique through peer and self-assessment.

Competencies

PE.2.A.1 – Executing Fundamental Movement Patterns.

- Demonstrate locomotor and non-locomotor skills with control and fluidity.

PE.2.A.2 – Performing Sport-Specific Techniques.

- Develop precision in skills such as throwing, dribbling, and jumping.

PE.2.A.3 – Applying Tactical Thinking.

- Use positioning, timing, and decision-making in game settings.

PE.2.A.4 – Analyzing and Refining Movement.

- Use visual feedback and checklists to improve skill execution.
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PE.3 Sportsmanship and Ethical Participation

Learning Outcomes

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

- ✓ Engage respectfully with peers and officials during sports.
- ✓ Understand the societal role and value of sport.
- ✓ Advocate for inclusive, fair, and safe participation.
- ✓ Create awareness campaigns for school or community fitness.

Competencies

PE.3.A.1 – Practicing Fair Play.

- Demonstrate integrity, rule-following, and responsibility in physical activity.

PE.3.A.2 – Reflecting on Sports and Society.

- Discuss how sports influence identity, culture, and social inclusion.

PE.3.A.3 – Promoting Ethical Behavior.

- Identify harmful behaviors and model cooperation and inclusion.

PE.3.A.4 – Creating Health Promotion Materials.

- Design posters, videos, or presentations encouraging physical activity.
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PE.4 Health and Well-Being

Learning Outcomes

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

- ✓ **Make connections between lifestyle habits and overall health.**
- ✓ **Identify safety practices and injury prevention techniques.**
- ✓ **Explain the psychological benefits of movement and exercise.**

Competencies

PE.4.A.1 – Understanding Health and Lifestyle Choices.

- Analyze how sleep, nutrition, stress, and activity affect wellness.

PE.4.A.2 – Preventing Injury.

- Use proper form, equipment, and warm-up routines to minimize risk.

PE.4.A.3 – Promoting Mental and Emotional Health.

- Describe how movement reduces stress and builds confidence.
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PE.5 Personal Growth, Goal Setting, and Reflection

Learning Outcomes

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

- ✓ **Set and revise fitness goals using data and reflection.**
- ✓ **Recognize personal strengths and areas for improvement.**
- ✓ **Demonstrate persistence and motivation in physical challenges.**

Competencies

PE.5.A.1 – Setting Fitness Goals.

- Use journals, apps, or trackers to monitor progress and reflect on outcomes.

PE.5.A.2 – Practicing Self-Reflection.

- Describe how physical activity builds life skills such as focus, discipline, and resilience.

PE.5.A.3 – Participating with Commitment.

- Engage actively and maintain effort and attitude across all physical education activities.
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3. Assessment and Evaluation

Formative Assessments – Checking Progress Through Interactive Learning

- ✓ Fitness journaling and goal check-ins.
- ✓ Technique feedback during practice sessions.
- ✓ Peer review and video reflection on skill performance.

Summative Assessments – Final Projects and Exams

- ✓ Fitness plan evaluation and revision.
- ✓ Performance benchmarks for endurance, strength, and skill execution.
- ✓ Written reflections or presentations on the value of physical activity.

Authentic Assessment – Real-World Applications

- ✓ Student-led warm-ups or training circuits.
 - ✓ Participation in individual and team sports.
 - ✓ Campaigns to promote healthy living in school or community.
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4. Instructional Strategies for Online Learning

Inquiry-Based and Problem-Based Learning

- ✓ Use real-time and asynchronous workouts, challenges, and sport technique videos.
- ✓ Emphasize student-led activities and peer coaching.

Project-Based Learning (PBL)

- ✓ Introduce fitness challenges, achievement badges, and progress trackers.
- ✓ Incorporate movement games and cooperative team goals.

Technology-Integrated Learning

- ✓ Use Strava, Apple Health, or Google Fit for tracking progress.
- ✓ Record technique using video for self or peer review.
- ✓ Access curated content from YouTube or PE platforms for practice.

Inclusive and Growth-Oriented Culture

- ✓ Normalize mistakes and celebrate gradual improvement.
- ✓ Promote a culture of respect, body positivity, and inclusive movement.