



2014-2015 Curriculum Catalog

Physical Education

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Assignment Title	Project Summary	Video Demo	Materials Needed
All assignments	Please have on hand the following supplies for this course.	-	<ul style="list-style-type: none"> Internet access printer paper
Project: Principles of Training	Create your own personal training log.	No	<ul style="list-style-type: none"> a way to track your personal fitness.
Project: Risk Factors and Behaviors	Write an essay of no less than 200 words on health behaviors, risk factors, and prevention of coronary artery disease (CAD) through exercise.	No	<ul style="list-style-type: none"> research materials
Project: How the Heart Works	In a step by step format, write about the process of the blood flow as it enters the heart until it leaves the heart.	No	N/A
Muscular Strength and Endurance	Choose at least four strength training exercises from these resources. Perform each exercise according to the instructions and record your results in your notes.	No	<ul style="list-style-type: none"> a variety of hand held weights, rubber tubing, or barbells depending on exercise chosen.
Project: Nutrition	Choose three nutritional labels off of food packaging. Explain the ingredients and how to read each label in terms of calories, protein, carbohydrates, fats, and percentage of daily recommended dietary value.	No	<ul style="list-style-type: none"> three nutritional labels off of food packaging
Project: Responsible Choices	Write an essay of no less than 200 words about how drugs and alcohol can affect the body and make you unable to participate in sports and fitness-related activities.		<ul style="list-style-type: none"> research materials
Soccer	Practice your soccer skills	Yes (via weblink)	<ul style="list-style-type: none"> soccer large play area
Project: Soccer	Research three of the world's most famous soccer players. Compose two complete paragraphs on each player for a total of at least 300 words, explaining their path to success.	No	<ul style="list-style-type: none"> research materials
Basketball Overview	Take some shots using the fundamentals that you have just learned. You should attempt at least fifteen jump shots from different points on the court. You should also attempt at least fifteen lay-ups.	No	<ul style="list-style-type: none"> basketball basketball hoop

Project: Understanding Football	Use the completed graphic organizer, http://www.eduplace.com/graphicorganizer/pdf/persuasion.pdf to write a five-paragraph essay of no less than 350 words titled, "Football Has Impacted Our Society in Many Ways."	No	N/A
Modern Baseball	Review at least two movies that are dedicated to baseball.	No	<ul style="list-style-type: none"> two movies that are dedicated to baseball
Project: Modern Baseball	Record a complete inning of a major league baseball game on TV. Write a script for the inning as if you were the announcer.	No	<ul style="list-style-type: none"> watch a baseball game on video or TV
Project: Baseball History	Choose three out of four written assignments listed in the project.	No	<ul style="list-style-type: none"> research materials
Volleyball	Find a video showing a volleyball team executing the set and spike. Using a volleyball or a ball of similar size and weight, practice some skills. Record your results in your notes using these questions as your guide.	No	<ul style="list-style-type: none"> Video of a volleyball game Volleyball or a ball of similar size and weight
Project: Volleyball	Experiment with your passing, serving, and setting.	No	<ul style="list-style-type: none"> Volleyball or a ball of similar size and weight
Project: Title IX and Gender Issues in Sports	Choose one out of two written assignments listed in the project.	No	<ul style="list-style-type: none"> research materials
Project: Olympics	Create a program for the ancient Olympics.	No	<ul style="list-style-type: none"> research materials
Project: Controversy in the Olympic Games	For each of the Olympic Games listed in the project, briefly describe the controversy that occurred.	No	<ul style="list-style-type: none"> research materials
Project: Golf	Use your terminology glossary to categorize the words. List the words that all go together and categorize them with a heading.	No	<ul style="list-style-type: none"> terminology glossary
Swimming	If possible, find a pool and practice with each stroke under supervision of a strong swimmer.	No	<ul style="list-style-type: none"> a swimming pool adult supervision
Project: Swimming	Write an essay convincing a nonactive person that swimming is beneficial. Create a swim test.	No	N/A
Gymnastics	Test your core muscle and stability	No	<ul style="list-style-type: none"> a watch or clock

Project: Running	Describe proper running mechanics. Describe the position of the arms, torso, head and shoulders and explanations as to the importance of each.	No	N/A
Racewalking	Racewalk drills: record your ability to do them properly.	No	<ul style="list-style-type: none">• a place to walk
Project: Careers in Sports	Choose one sports career that interests you now or one that you may wish to pursue in the future. In a 200 word, two-paragraph essay, describe the requirements necessary for the career in your first paragraph. Then, in the second paragraph, explain your interest in the career and why you may choose to pursue this career.	No	<ul style="list-style-type: none">• research materials
