



# Southmoreland School District PE For Life Curriculum Overview

## **PE For Life Overview:**

As a student of physical education, you will be offered a program in grades 10 through 12 that will serve as an integral portion of your total education. The program of study for grades 10, 11, 12 will be structured to provide a range of experiences in physical education.

## **Module Titles:**

**Module 1: Net Games**

**Module 2: Territory Games**

**Module 3: Personal Fitness (Weight Room)**

## **Module Overviews:**

### **Module 1:**

Students demonstrate teamwork during game play, whether it's full team or doubles and become familiar with and display knowledge of the rules and safety procedures by actively participating in game play, and the sport specific skills and strategies necessary for each.

### **Module 2:**

Students become familiar with and display knowledge of the rules and safety procedures by actively participating in game play, the sport specific skills and strategies necessary for each, and teamwork during game play. Students learn to develop the ability to communicate and problem solve while participating in the activities.

### **Module 3:**

Students demonstrate an understanding of safety procedures while using the weight room, the terminology related to the weight room, and how to use each piece of equipment. The muscle or muscle group being exercised while lifting weights are identified, and a complete strength training workout utilizing the weight machines and free weights are utilized to demonstrate correct techniques. Students also complete a workout utilizing the cardiovascular equipment.