Miami Beach Senior High School

Course Number: **1502410 & 1502420**

Course Title: Individual & Dual Sports 1&2

Instructor: L. Jackson

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**Goal:** The purposes of these courses are to provide and enable students to develop knowledge and skills specified in individual and dual sports and to maintain health related fitness

**Course Topics:**

* Compare and contrast the health-related benefits of various physical activities.
* Evaluate the effectiveness of specific warm-up and cool-down activities.
* Differentiate between the three different types of heat illnesses associated with fluid loss.
* Analyze long-term benefits of participating in regular physical activity.
* Explain how each of the health-related fitness components (Cardio respiratory endurance, muscular strength, muscular endurance, flexibility, body composition) is improved through the application of training principles.
* Compare and contrast aerobic versus anaerobic activities.
* Document food intake, calories consumed, and energy expended through physical activity and analyze the results.
* Compare and contrast the skill-related components of fitness (speed, coordination, balance, power, agility, reaction time) used in various physical activities.
* Calculate individual target heart rate zone and analyze how to adjust intensity level to stay within the desired range.
* Explain the skill-related components of balance, reaction time, agility, coordination, power, and speed and how they enhance performance levels.
* Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
* Participate in a variety of physical activities to meet the recommended number of minutes of moderate to vigorous physical activity (MVPA) beyond physical education on five or more days of the week.
* Participate in a variety of activities that promote Cardio respiratory fitness, muscular strength and endurance, flexibility, and body composition.
* Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.
* Apply the principles of training and conditioning in accordance with personal goals.
* Analyze health-related problems associated with inadequate levels of Cardio respiratory endurance, muscular strength and endurance, flexibility, and body composition.
* Select and perform complex movements using a variety of equipment which lead to improved or maintained muscular strength and endurance.
* Perform a student designed cardio respiratory enhancing workout.
* Utilize selected technology to assess, enhance, and maintain health and skill-related fitness levels.
* Select and apply sports/activity specific warm-up and cool-down techniques.
* Demonstrate responsible behaviors during physical activities.
* Explore the role of games, sports, and/or physical activities in other cultures.

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| Grade | Points | Interpretation |
|  A | 4 | Excellent |
| B | 3 | Good |
| C | 2 | Average |
| D | 1 | Improvement Needed |
| F | 0 | Unsatisfactory |

* Analyze long-term benefits of participating in regular physical activity.
* Compare and contrast aerobic versus anaerobic activities.

**Materials:**

* Miami Beach Senior High School website (miamibeachhigh.dadeschools.net)
* Notebook, Pen or Pencil and highlighter
* PE Uniform
* EDMODO Account

**Grading Criteria:**

40% Dress Policy

40% Participation

20% Written Assignments