



Reavis High School

Curriculum Snapshot/Cover Page for Freshmen PE



Unit 1: Presidential Fitness

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This unit emphasizes dynamic stretching and culminates in the testing of five areas of fitness. These areas are flexibility (sit and reach test), muscular strength (pull-up / flexed arm hang test), cardio-respiratory endurance (one mile run), muscular endurance (one minute sit-up test), and agility (shuttle run). Students will be assessed in each of these concept areas. At the end of the unit, students will have clear understandings of their strengths and weakness within each area according to national standards. Students will also understand the various dynamic stretches and their importance in injury prevention and increasing flexibility.



Unit 2: Badminton

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This unit focuses on the rules, strategy/theory, history and execution of badminton skills. It will also emphasize improvement of actual game play. By the end of the unit, students will be able to serve using correct form and technique, know the difference between a clear shot, drive, drop, and smash, and play by the rules of badminton. Students will be assessed in physical skills (serving, rally play, and the 4 types of shots used in badminton) and rule comprehension (written exam).



Unit 3: CPR

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Students will learn to recognize and respond appropriately to cardiac, breathing, and first aid emergencies. Students will be prepared to give immediate care to a suddenly injured or ill person until EMS arrives. Students will be assessed on the five skills learned in CPR (CPR, AED, checking an unconscious victim, and caring for a conscious and unconscious choking victim).



Unit 4: Swimming

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This unit focuses on advanced swim stroke development and water safety, along with a variety of different water team games. By the end of the unit, students will be able to demonstrate the proper technique for treading water, front crawl, back crawl, elementary back stroke, breast stroke, and side stroke. Students will also understand when to use these various techniques in life-saving situations. Students will be assessed in physical skills (stroke tests), and on water safety (written exam).



Unit 5: Golf

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This unit focuses on golf strategy, theory, and concepts along with skill development at a local driving range. By the end of the unit, students will be able to demonstrate the proper stance, grip, and basic swing. Students will also understand club selection in a variety of situations. Students will be assessed in physical skills (grip, stance, and swing) and golf rule comprehension and etiquette (written exam).



Unit 6: Volleyball

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This unit focuses on the rules, strategy, history, and execution of volleyball skills. Students will also be exposed to tournament play. By the end of the unit, students will be able to serve, bump, and set effectively. Students will also understand rotation and basic offensive and defensive strategy. Students will be assessed in physical skills (serve, bump, and set) and rule comprehension (written exam).



