

JUNIOR/SENIOR ATHLETIC PE

PEH 261/262 • Semester, year
(Excellence Award Capstone Course)

Teacher name Michael Anderson

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Course description*

This is a continuation of the strength and conditioning programs started in the Sophomore Athletic P. E. class. This class is designed for the junior and/or senior who plans to participate in one or more varsity sports.

Credit weight*

College Prep

[Link to published core curriculum map*](#)

Priority Standards*

Semester 1	Semester 2
Students know and apply both fundamental and complex motor skills and movement patterns that can be transferred to a variety of physical activities.	Students know and apply both fundamental and complex motor skills and movement patterns that can be transferred to a variety of physical activities.
Students know and apply movement concepts and principles, sports vocabulary, and strategies and tactics related to physical activities.	Students know and apply movement concepts and principles, sports vocabulary, and strategies and tactics related to physical activities.
Students know and apply fitness concepts to the five components of health-related fitness.	Students know and apply fitness concepts to the five components of health-related fitness.
Students practice safe and responsible behaviors that promote personal and group success in all physical activity settings.	Students practice safe and responsible behaviors that promote personal and group success in all physical activity settings.
Students participate regularly in a variety of individual and group physical activities which promote enjoyment, self-confidence, and personal accomplishment, that lead to an active lifestyle.	Students participate regularly in a variety of individual and group physical activities which promote enjoyment, self-confidence, and personal accomplishment, that lead to an active lifestyle.

Grading Categories*

(Common for all instructors of this course)

Category Percent Weights*

(Common for all instructors of this course)

Grading Categories*	Category Percent Weights*
Unit Assessments (Common for all instructors of this course)	

Grades in this class are available via the [eSchool Home Access Center](#)

Materials Needed

Polar Heart Rate strap

Retake/Late Work/Missing Assignment Policy

Other information