

PHYSICAL EDUCATION 1 & 2

Starline High School PE is an individualized, self paced Physical Education Curriculum. This Standards-Based Curriculum is completely aligned to the California State Standards.

The High School PE Courses 1 and 2 provide the foundation for high school physical education, including a special unit for 9th grade that is entirely dedicated to preparation for the California State Physical Fitness test.

Each unit contains a physical education activity log that documents independent study physical activity, and acts as a record of the minimum required hours for High School PE.

Students develop proficient movement skills in each area of physical education; they expand their capabilities for independent learning; and they examine practices that allow for sound decision making to enhance successful participation in movement activities. The content articulates the knowledge, skills, and confidence students need to maintain meaningful physical activity throughout their lifetime. The two year course sequence provides a blueprint for delivering the content in a manner that equips students to make a successful transition from the physical education instructional program to participation in physical activity during adulthood. The adult lifestyle demands that individuals initiate and monitor their own participation in physical activity. Family responsibilities, career demands, and individual choices influence physical activity patterns.

PE CA TEST

California State Physical Education Test Unit

PE101

Chapter 1: Why is Personal Fitness Important?

Section 1: Defining Personal Fitness

Section 2: Why Care Now?

Section 3: No More Excuses

Chapter 2: Extreme Sports

Section 1: What is an Extreme Sport?

Section 2: Competitions and Safety

Section 3: Tell Me About It

Chapter 3: Character and Sportsmanship

PE102

Chapter 1: Move It; Groove It; Give it a Shake

Section 1: The Culture of Dance

Section 2: Dance—An Amazing Form of Exercise

Section 3: Exercise Your Options

Chapter 2: Creativity and Cooperation

Chapter 3: Get Moving

Section 1: Move It or Lose It

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PE103

Chapter 1: Combat Sports

Section 1: History

Section 2: Exercise Your Options

Chapter 2: Have Fun, Be Safe

Section 1 Weather Related Safety Tips
Section 2: Common Problems Associated with Exercise
Chapter 3: Character Development and Responsibility

PE104

Chapter 1: The ABC's of Skill-Related Fitness
Chapter 2: Evaluating Skills
Chapter 3: Exercise your options.
Chapter 4: Character and Responsibility

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PE105

Chapter 1: The Fab Five
Chapter 2: Make Your Heart Happy
Chapter 3: The Fab Five Fitness Tests
Section 1: Endurance
Section 2: Cardiorespiratory Fitness
Section 3: Body Composition
Section 5: Flexibility
Chapter 4: Character and Responsibility

PE106

Chapter 1: Fitness
Section 1: Exercise
Section 2: do it! let's exercise
Section 3: Health and Diet
Chapter 2: Sports
Section 1: basketball
Section 2: surfing
Section 3: Running
Chapter 3:
Section 1: History
Section 2: Heroes
Section 3: Sportsmanship

PE107

Chapter 1: Fitness
Section 1: Exercise
Section 2: Weight Training
Section 3: Health and Diet
Chapter 2: Sports
Chapter 3:
Section 1: History
Section 2: Heroes
Section 3: Sportsmanship
Unit Review

PE108

Chapter 1: Fitness

Section 1: Exercise
Section 2: do it! let's exercise
Section 3: Health and Diet
Chapter 2: Sports
Section 1: Football
Section 2: One Wall Racquetball
Section 3: Lacrosse
Chapter 3:
Section 1: History
Section 2: Heroes
Section 3: Sportsmanship
Unit Review

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Chapter 1: Fitness
Section 1: Exercise
Section 2: Weight Training
Section 3: Health and Diet
Chapter 2: Sports
Chapter 3:
Section 1: History
Section 2: Heroes
Section 3: Sportsmanship
Unit Review

PE110

Chapter 1: Fitness
Section 1: Exercise
Section 2: Weight Training
Section 3: Health and Diet
Chapter 2: Sports
Chapter 3:
Section 1: History
Section 2: Heroes
Section 3: Sportsmanship
Unit Review

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PE201

Chapter 1: Fitness.
Section 1: Exercise concepts.
Section 2: do it! let's exercise.
Section 3: Health and Diet.
Chapter 2: Sports.
Section 1: Combative Sports.
Section 2: Gymnastics and Tumbling.
Section 3: Team Sports.
Chapter 3: Character
Section 1: Mean What You Say!

Section 2: Heroes.
Section 3: Sportsmanship.
Unit Review.
Physical Education Activity Log.

PE202

Chapter 1: Fitness.
Section 1: Exercise concepts.
Section 2: do it! let's exercise.
Section 3: Health and Diet.
Chapter 2: Sports.
Section 1: Combative Sports.
Section 2: Gymnastics and Tumbling.
Section 3: Team Sports.
Chapter 3: Character
Section 1: Mean What You Say!
Section 2: Heroes.
Section 3: Sportsmanship.
Unit Review.
Physical Education Activity Log.

PE203

Chapter 1: Fitness.
Section 1: Exercise concepts.
Section 2: do it! let's exercise.
Section 3: Health and Diet.
Chapter 2: Sports.
Section 1: Combative Sports.
Section 2: Gymnastics and Tumbling.
Section 3: Team Sports.
Chapter 3: Character
Section 1: Mean What You Say!
Section 2: Heroes.
Section 3: Sportsmanship.
Unit Review.
Physical Education Activity Log.

PE204

Chapter 1: Fitness.
Section 1: Exercise concepts.
Section 2: do it! let's exercise.
Section 3: Health and Diet.
Chapter 2: Sports.
Section 1: Combative Sports.
Section 2: Gymnastics and Tumbling.
Section 3: Team Sports.
Chapter 3: Character
Section 1: Mean What You Say!

Section 2: Heroes.
Section 3: Sportsmanship.
Unit Review.
Physical Education Activity Log.

PE205

Chapter 1: Fitness.
Section 1: Exercise concepts.
Section 2: do it! let's exercise.
Section 3: Health and Diet.
Chapter 2: Sports.
Section 1: Combative Sports.
Section 2: Gymnastics and Tumbling.
Section 3: Team Sports.
Chapter 3: Character
Section 1: Mean What You Say!
Section 2: Heroes.
Section 3: Sportsmanship.
Unit Review.
Physical Education Activity Log.

PE206

Chapter 1: Fitness.
Section 1: Exercise concepts.
Section 2: do it! let's exercise.
Section 3: Health and Diet.
Chapter 2: Sports.
Section 1: Combative Sports.
Section 2: Gymnastics and Tumbling.
Section 3: Team Sports.
Chapter 3: Character
Section 1: Mean What You Say!
Section 2: Heroes.
Section 3: Sportsmanship.
Unit Review.
Physical Education Activity Log.

PE207

Chapter 1: Fitness.
Section 1: Exercise concepts.
Section 2: do it! let's exercise.
Section 3: Health and Diet.
Chapter 2: Sports.
Section 1: Combative Sports.
Section 2: Gymnastics and Tumbling.
Section 3: Team Sports.
Chapter 3: Character

Section 1: Mean What You Say!

Section 2: Heroes.

Section 3: Sportsmanship.

Unit Review.

Physical Education Activity Log.