

Physical Education combines the best of online instruction with actual student participation in weekly cardiovascular, aerobic, and muscle toning activities. The course promotes a keen understanding of the value of physical fitness and aims to motivate students to participate in physical activities throughout their lives.

Specific areas of study include: Cardiovascular exercise and care, safe exercising, building muscle strength and endurance, injury prevention, fitness skills and FITT benchmarks, goal setting, nutrition and diet (vitamins and minerals, food labels, evaluation product claims), and stress management. The course requires routine participation in adult-supervised physical activities. Successful completion of this course will require parent/legal guardian sign-off on student-selected physical activities and on weekly participation reports to verify the student is meeting his or her requirements and responsibilities.

Physical Education is aligned to national and state standards and the Presidential Council on Physical Fitness and Sports.

Length:One Semester

UNIT 1: P.E. DESIGNED FOR ME

LESSON 1: ONLINE P.E.

Study: Online P.E.: How Could It Be?

Review the guidelines to participating in the course, course expectations, and learn about how an online P.E. course works.

Duration: 0 hr 30 min

LESSON 2: FITNESS LOGS

Activity Log: Fitness Log # 1

Complete and submit your fitness log for the week.

Duration: 2 hr 30 min Scoring: 50 points

Activity Log: Fitness Log # 2

Complete and submit your fitness log for the week.

Duration: 2 hr 30 min Scoring: 50 points

Activity Log: Fitness Log # 3

Complete and submit your fitness log for the week.

*Duration: 2 hr 30 min Scoring: 50
points*

Activity Log: Fitness Log # 4

Complete and submit your fitness log for the week.

*Duration: 2 hr 30 min Scoring: 50
points*

Activity Log: Fitness Log # 5

Complete and submit your fitness log for the week.

*Duration: 2 hr 30 min Scoring: 50
points*

Activity Log: Fitness Log # 6

Complete and submit your fitness log for the week.

*Duration: 2 hr 30 min Scoring: 50
points*

Activity Log: Fitness Log # 7

Complete and submit your fitness log for the week.

*Duration: 2 hr 30 min Scoring: 50
points*

Activity Log: Fitness Log # 8

Complete and submit your fitness log for the week.

*Duration: 2 hr 30 min Scoring: 50
points*

Activity Log: Fitness Log # 9

Complete and submit your fitness log for the week.

*Duration: 2 hr 30 min Scoring: 50
points*

Activity Log: Fitness Log # 10

Complete and submit your fitness log for the week.

*Duration: 2 hr 30 min Scoring: 50
points*

Activity Log: Fitness Log # 11

Complete and submit your fitness log for the week.

*Duration: 2 hr 30 min Scoring: 50
points*

Activity Log: Fitness Log # 12

Complete and submit your fitness log for the week.

*Duration: 2 hr 30 min Scoring: 50
points*

Activity Log: Fitness Log # 13

Complete and submit your fitness log for the week.

Duration: 2 hr 30 min Scoring: 50 points

Activity Log: Fitness Log # 14

Complete and submit your fitness log for the week.

Duration: 2 hr 30 min Scoring: 50 points

Activity Log: Fitness Log # 15

Complete and submit your fitness log for the week.

Duration: 2 hr 30 min Scoring: 50 points

Activity Log: Fitness Log # 16

Complete and submit your fitness log for the week.

Duration: 2 hr 30 min Scoring: 50 points

Activity Log: Fitness Log # 17

Complete and submit your fitness log for the week.

Duration: 2 hr 30 min Scoring: 50 points

LESSON 3: WARM IT UP, COOL IT DOWN

LESSON 4: SETTING FITNESS GOALS**Study: Steps to Setting Goals**

Learn how to set goals, what steps to take to set them, and how to measure progress of those goals along the way.

Duration: 0 hr 30 min

Study: Workout Prescription

Study will give examples of options you may select for all three components of a good workout program: cardio, muscular endurance, and flexibility.

Duration: 0 hr 30 min

Quiz: Setting Fitness Goals

Test your knowledge of the lesson you have just covered.

Duration: 0 hr 10 min Scoring: 10 points

LESSON 5: CAREER AND EDUCATIONAL OPTIONS

Study: Health and Fitness Career Options

Discuss different careers related to health and fitness.

Duration: 0 hr 30 min

Quiz: Career and Educational Options

Test your knowledge of the lesson you have just covered.

Duration: 0 hr 10 min

Scoring: 10 points

LESSON 6: P.E. DESIGNED FOR ME WRAP-UP

Review: P.E. Designed for Me

Review material learned in the unit, and ask any remaining questions you may have.

Duration: 0 hr 30 min

Test (CS): P.E. Designed for Me

Take a computer-scored test to assess the knowledge you have learned in this unit.

Duration: 0 hr 30 min Scoring: 40 points

Test (TS): P.E. Designed for Me

Take a teacher-scored test to assess the knowledge you have learned in this unit.

Duration: 0 hr 30 min Scoring: 25 points

LESSON 7: DIAGNOSTIC

Diagnostic: P.E. Designed for Me

Test your understanding of this unit.

Duration: 0 hr 30 min Scoring: 20 points

UNIT 2: IS MY BODY GOOD TO GO?

LESSON 1: YOUR FITNESS NEEDS

Study: Body Types

Discuss the different body types, how our bodies age, and why there is no one good or desirable

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body type.

Duration: 0 hr 30 min

Study: Assess the Situation

Complete a personal health-fitness assessment by responding to a prompt and executing several tasks.

Duration: 0 hr 30 min

Quiz: Your Fitness Needs

Test your knowledge of the lesson you have just covered.

Duration: 0 hr 10 min Scoring: 10 points

LESSON 2: SAFETY FACTORS

LESSON 3: DON'T HURT YOURSELF

LESSON 4: HEALTH PRACTICES

LESSON 5: IS MY BODY GOOD TO GO WRAP-UP

Test (TS): Teacher-Scored Test

Take a teacher-scored test to assess the knowledge you have learned in this unit.

Duration: 0 hr 30 min Scoring: 25 points

LESSON 6: DIAGNOSTIC

UNIT 3: GREAT FOR THE HEART

LESSON 1: WORK YOUR HEART OUT

Study: A Happy Heart

Learn how to monitor the heart in all its stages, from resting beats per minute to target heart rate to recovery time.

Duration: 0 hr 30 min

Study: Exercise Principles

Review the FITT (Frequency, Intensity, Type, and Time) concept, learn certain benefits of exercise, and review guidelines for working out.

Duration: 0 hr 30 min

Quiz: Work Your Heart Out Quiz

Test your knowledge of the lesson you have just covered.

Duration: 0 hr 10 min

Scoring: 10 points

LESSON 2: JOIN THE TEAM**Study: Team Sports**

Familiarize yourself with a variety of traditional team sports, including baseball, soccer, and volleyball.

Duration: 0 hr 30 min

Study: History of the Game

Learn about the history of team sports, the continued role they have played in society, and their importance to the world.

Duration: 0 hr 30 min

Quiz: Join the Team Quiz

Test your knowledge of the lesson you have just covered.

Duration: 0 hr 10 min Scoring: 10

points

LESSON 3: TEAM CONCEPTS**Study: Offense Versus Defense**

Learn about different movements associated with team sports, including offense and defense skills.

Duration: 0 hr 30 min

Study: Conflict Happens

Learn to recognize and resolve conflict during physical activity.

Duration: 0 hr 30 min

Quiz: Team Concepts Quiz

Test your knowledge of the lesson you have just covered.

Duration: 0 hr 10 min Scoring: 10

points

LESSON 4: SPORTSMANSHIP

Study: Be a Good Sport

Discuss sportsmanship, sport etiquette, and the importance of following the rules and positive play.

Duration: 0 hr 30 min

Study: Teammates Are Forever

Why is it so great to be a part of a team? Find out in this study.

Duration: 0 hr 30 min

Quiz: Sportsmanship Quiz

Test your knowledge of the lesson you have just covered.

Duration: 0 hr 10 min Scoring: 10 points

LESSON 5: GREAT FOR THE HEART WRAP-UP

Test (TS): Great for the Heart

Take a teacher-scored test to assess the knowledge you have learned in this unit.

Duration: 0 hr 30 min Scoring: 25 points

LESSON 6: DIAGNOSTIC

UNIT 4: FIT AS A FIDDLE

LESSON 1: MUSCLE MADNESS

Study: Muscular System

Explore the human muscular system and how muscles work and interact with each other.

Duration: 0 hr 30 min

Study: Strength Training

Study the mechanics of building muscle, and what happens to them as you work them out.

Duration: 0 hr 30 min

Quiz: Muscle Madness

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Test your knowledge of the lesson you have just covered.

Duration: 0 hr 10 min Scoring: 10

points

LESSON 2: TIME FOR ANAEROBICS

Study: Anaerobic Exercise

Understand what anaerobic exercise is, and what physical activity falls under this category.

Duration: 0 hr 30 min

Study: Benefits of Anaerobic Exercise

Discover the benefits to anaerobic exercise, especially for a life-long fitness pursuit.

Duration: 0 hr 30 min

Quiz: Time for Anaerobics

Test your knowledge of the lesson you have just covered.

Duration: 0 hr 10 min Scoring: 10

points

LESSON 3: INDIVIDUAL SPORTS

Study: Individual Sporting Activities

Read about several individual sports, including karate, swimming, and cycling.

Duration: 0 hr 30 min

Study: History of the Game

Learn the history of individual sports, including the Olympics, and discover their continued importance to society.

Duration: 0 hr 30 min

Quiz: Individual Sports

Test your knowledge of the lesson you have just covered.

Duration: 0 hr 10 min Scoring: 10

points

LESSON 4: SPORTS DOWNFALLS

Study: Too Much of a Good Thing

Did you know overtraining can contribute to serious health problems? This study will

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tell you why.

Duration: 0 hr 30 min

Study: Sports and Drugs

Study both legal and illegal enhancement drugs, why people take them, and what the dangers are.

Duration: 0 hr 30 min

Quiz: Sports Downfalls

Test your knowledge of the lesson you have just covered.

Duration: 0 hr 10 min Scoring: 10 points

LESSON 5: FIT AS A FIDDLE WRAP-UP

Review: Fit as a Fiddle

Review material learned in the unit, and ask any remaining questions you may have.

Duration: 0 hr 30 min

Test (CS): Fit as a Fiddle

Take a computer-scored test to assess the knowledge you have learned in this unit.

Duration: 0 hr 30 min Scoring: 40 points

Test (TS): Fit as a Fiddle

Take a teacher-scored test to assess the knowledge you have learned in this unit.

Duration: 0 hr 30 min Scoring: 25 points

LESSON 6: DIAGNOSTIC

Diagnostic: Fit as a Fiddle

Test your understanding of this unit.

Duration: 0 hr 30 min Scoring: 20 points

UNIT 5: FITNESS ADVENTURE

LESSON 1: OUTDOOR FITNESS FUN

Study: Explore the Outdoors: Land

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Explore the different types of outdoor land-based activities, including hiking, roller blading, skiing, and archery.

Duration: 0 hr 30 min

Study: Explore the Outdoors: Water

Explore the different types of outdoor water-based activities, including swimming, water skiing, canoeing, and snorkeling.

Duration: 0 hr 30 min

Quiz: Outdoor Fitness Fun

Test your knowledge of the lesson you have just covered.

Duration: 0 hr 10 min Scoring: 10 points

LESSON 2: HAVE FUN AND BE CAREFUL

Study: Preparing for Outdoor Adventures

Gain knowledge about basic skills for outdoor activities, how and why to respect the environment, and what supplies you should always have with you.

Duration: 0 hr 30 min

Study: Being Adventurous, Safely

There's nothing more important than staying safe, and this study will help you learn how best to do just that.

Duration: 0 hr 30 min

Quiz: Have Fun and Be Careful

Test your knowledge of the lesson you have just covered.

Duration: 0 hr 10 min Scoring: 10 points

LESSON 3: ADVENTURE ACTIVITIES

Study: Extreme Sporting

Taking it to the extreme: marvel over sky diving, dog sledding, mountain climbing, and the X Games.

Duration: 0 hr 30 min

Study: Borderline Dangerous

Sometimes, the extreme becomes dangerous. Study some examples of sports that aren't safe.

Duration: 0 hr 30 min

Quiz: Adventure Activities

Test your knowledge of the lesson you have just covered.

Duration: 0 hr 10 min Scoring: 10

points

LESSON 4: CONTINUED ATHLETICISM

Study: The Dual Lives of Athletes

You don't have to live your life for sports to be an athlete. Study examples of people who have a life outside of sports, while still accomplishing great things in the world of athleticism.

Duration: 0 hr 30 min

Study: Life After Virtual P.E.

What happens now that virtual P.E. is ending? There are plenty of ways to stay motivated and involved. Find out how in this study.

Duration: 0 hr 30 min

Quiz: Continued Athleticism

Test your knowledge of the lesson you have just covered.

Duration: 0 hr 10 min Scoring:

10 points

LESSON 5: FITNESS ADVENTURE WRAP-UP

Review: Fitness Adventure Review

Review material learned in the unit, and ask any remaining questions you may have.

Duration: 0 hr 30 min

Test (CS): Fitness Adventure

Take a computer-scored test to assess the knowledge you have learned in this unit.

Duration: 0 hr 30 min Scoring: 40 points

LESSON 6: DIAGNOSTIC

Diagnostic: Fitness Adventure

Test your understanding of this unit.

Duration: 0 hr 30 min Scoring: 20 points

UNIT 6: SEMESTER WRAP-UP

LESSON 1: SEMESTER REVIEW

Review: Semester Review

Use a helpful study plan provided to prepare for the semester exam

Duration: 6 hr

Test (CS): Semester Exam

A comprehensive computer-scored exam covering important concepts and skills throughout the semester.

Duration: 0 hr 30 min Scoring: 50 points