

# 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.

#### PE208

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.

#### PE209

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.  
Unit Review.  
Physical Education Activity Log.

Section 3: Sportsmanship.

#### PE210

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.