

**WHITE PLAINS HIGH SCHOOL PHYSICAL EDUCATION CURRICULUM**

**FRESHMAN**



**AQUATICS**

- All Freshman must take aquatics
  - Basic life saving skills are provided at the beginning of the course
  - Strokes are analyzed and students must apply that knowledge
  - Advanced swimmers are paired with novice swimmers, so there is opportunity for cooperative learning
  - Strokes taught: Strokes freestyle, back stroke, breaststroke, elementary backstroke, butterfly, and treading water.
  - **3<sup>rd</sup> Quarter:** students are taught and then play water polo.
  - **4<sup>th</sup> Quarter:** students are taught snorkeling and kayaking and participate in water aerobics.
- ❖ Formative and Summative assessments are used in each quarter to monitor students' progress and learning. \*Homework Assignments

**SOPHOMORES**



**FITNESS**

- All sophomores must take fitness
  - The focus in this course is Wellness and the goal is to provide the students with as many different ways to improve their wellness as possible.
  - **1<sup>st</sup> Quarter:** involves reviewing the 5 fitness components and then testing every student's level of Fitness using the Cooper Institute Fitnessgram. The students are asked to compare their results with the Healthy Living Standards and then set goals on how to improve their fitness levels.
  - **2<sup>nd</sup> Quarter:** involves students learning how to use dumbbells, ankle weights, bosu balls, stability balls, exercise bands, steppers, and a multitude of plyometric, abdominal and core exercises. These activities are then incorporated into circuits, which give the students experiences in "working out" without a gym.
  - **3<sup>rd</sup> Quarter:** moves the class into the weight room where the students are taught how to use the machines and what muscles and their locations are being worked at the machines. They are taught weight training principles, how to keep a log, and weight room etiquette.
  - **4<sup>th</sup> Quarter:** involves teaching a mini nutrition unit, yoga, Pilates, retesting the fitness components to check for improvement and ending with a mini unit in ultimate Frisbee.
- ❖ Formative and Summative assessments are used in each quarter to monitor students' progress and learning. \*Homework Assignments

**JUNIOR & SENIOR ELECTIVES**

**ADVENTURE SPORTS**

**BFS (BIGGER FASTER STRONGER)  
PILOT PROGRAM**

**YOGA PILATES PLUS**

**LEISURE SPORTS**

**LIFE SAVING**

**PROJECT ADVENTURE**

**STRENGTH TRAINING**

**TEAM SPORTS**

## JUNIOR & SENIOR ELECTIVES

### ADVENTURE SPORTS

- Skill and safety techniques
- Rollerblading
- Orienteering
- Archery
- Cross Country Skiing
- Camping Skills
- Mountain Biking
- ❖ Formative and Summative assessments are used in each quarter to monitor students' progress and learning. \*HW

### BFS (BIGGER FASTER STRONGER) Pilot Program

- Students will learn the fundamental exercise techniques and drills necessary for developing strength, power, agility and speed for any sport.
- Participants will learn complex performance optimizing lifts, including the squat, dead lift, power clean, and bench press. All students' progress will be tracked throughout the year to show strength gains.
- Proper nutrition for athletes will be taught and a customized meal plan will be created for each student.
- Students will be required to read "*Be an 11, Guidebook for Success.*"
- ❖ Formative and Summative assessments are used in each quarter to monitor students' progress and learning. \*HW

### YOGA PILATES PLUS

- Walking Unit
- Pilates exercise and routines
- Yoga exercises and routines
- Self Defense
- Stress Management/Relaxation
- ❖ Formative and Summative assessments are used in each quarter to monitor students' progress and learning. \*HW

### LEISURE SPORTS

- Skills and strategy Instruction
- Tournament Play
- Tennis
- Ultimate Frisbee
- Team HandBall
- Badminton
- Bowling
- ❖ Formative and Summative assessments are used in each quarter to monitor students' progress and learning. \*HW

### LIFE SAVING

- Swimming and Life Saving Skills
- Instruction and certifications:
  - Life Saving
  - First Aid
  - CPR for Professional Rescuer
  - AED
- ❖ Formative and Summative assessments are used in each quarter to monitor students' progress and learning. \*HW

### Project Adventure

- Building Community within the class
- Problem Solving
- Trust Activities
- Challenging Oneself – High Elements
- Experiential Learning Cycle
- ❖ Formative and Summative assessments are used in each quarter to monitor students' progress and learning. \*HW

### STRENGTH TRAINING

- Advanced weight training techniques, principles, and spotting
- Students developing their own specific strength and fitness goals.
- Using goals to develop an individualized strength training program and implementing training program
- Reviewing and analyzing various strength training programs and videos
- ❖ Formative and Summative assessments are used in each quarter to monitor students' progress and learning.

### TEAM SPORTS

- Skills and strategy Instruction
- Tournament Play
- Soccer
- Flag Football
- Floor Hockey
- Volleyball
- Basketball
- Softball
- ❖ Formative and Summative assessments are used in each quarter to monitor students' progress and learning.

\*HW  
Homework assignments may be given during each quarter.