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# PETERS TOWNSHIP HIGH SCHOOL

## COURSE SYLLABUS: PARTNERS PE

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### **Course Overview and Essential Skills**

This course is designed for students with special needs that would benefit from more one-on-one assistance to engage in physical activities. Regular education students with an interest in helping others, and/or pursuing a career in education or therapy are encouraged to enroll in this class in order to assist and develop partnerships with special needs students to meet the goals of increasing social skills and a healthy lifestyle. Students must have a medical or educational prescription in order to be admitted to the class. In order to partner, students must complete an application and have instructor approval.

### **Required Materials**

Tennis shoes

### **Course Outline of Material Covered:**

<b>Unit or Topic</b>	<b>Concepts/Skills/Resources</b>	<b>Timeframe</b>
Ice breakers/Cooperative Games	Getting to know each other, Trust & comfort, cooperation, problem-solving, leadership	1-2 weeks
Low-organizational/elementary Games	Locomotor skills, coordination, directions, matching, counting, stations	1-2 weeks
Team Building	Leadership, cooperation, teamwork	1-2 weeks
Skill Sets/Lead up Games	Sport specific skills, modified games	1-2 weeks per sport
Lifetime Activities	Bowling, Horseshoes, Bocce, Croquet	1-2 weeks per activity
Fitness	Core Development, Yoga, Body Tone, Fitness Games/Stations	1-2 weeks per activity

*\*Depending on the needs of the class or changes in the school year, the course outline is subject to change.*