
PETERS TOWNSHIP HIGH SCHOOL

COURSE SYLLABUS: PHYSICAL EDUCATION I

Course Overview and Essential Skills

The Peters Township Physical Education program has been developed with a vision to bring physical education into the 21st century. The curriculum is designed to energize and educate for healthy lifestyles through wellness, adventure, fitness, lifetime activities, relaxation, and team sports. It is our goal to foster healthy habits of fitness and activity enjoyment in our students.

Course Textbook and Required Materials

Red shorts, White T-shirt, Athletic shoes

Course Outline of Material Covered:

Unit or Topic	Concepts/Skills/Resources	Timeframe
Team Sports	Softball, basketball, floor hockey, volleyball, Gatorball, Soccer, Ultimate Frisbee, Football	2-3 weeks per activity
Adventure Education	Orienteering, Team Building/Survivor	2-3 weeks per activity
Lifetime Activities	Bowling, Tennis, Table Tennis, Badminton	2-3 weeks per activity
Fitness Education	Weight Training, Core Development, Resistance Bands, Yoga, Step Aerobics, Dynamic Stretching, Walk/Hike, Body Tone, Total Fitness	2-3 weeks per activity
Recreational Games	Horseshoes, Croquet, Bocce	2-3 per activity

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