

El Monte Union High School District

Course Outline

District: EMUHSD
High School: Rosemead

<p>Course Title: Athletics</p> <p>Textbook(s):</p> <p>Copyright date/Edition:</p> <p>Transitional* _____ (Eng. Dept. Only)</p> <p>Sheltered (SDAIE)* ___ Bilingual* ___</p> <p>AP** _____ Honors** _____</p> <p>Department: Physical Education</p> <p>CTE*** :</p> <p>Industry Sector: _____</p> <p>Pathway: _____</p> <p>Check One</p> <p>Introductory: _____</p> <p>Concentrator: _____</p> <p>Capstone: _____</p> <p>Grade Level (s): 10, 11, 12 _____</p> <p>_____</p> <p>Semester <u> X </u> Year _____</p> <p>Year of State Framework Adoption _____</p>	<p>This course meets graduation requirements:</p> <p>() English</p> <p>() Fine Arts</p> <p>() Foreign Language</p> <p>() Health & Safety</p> <p>() Math</p> <p>(X) Physical Education</p> <p>() Science</p> <p>() Social Science</p> <p>() Elective</p> <p>This course meets a-g requirements:</p> <p>() "a" – Social Studies</p> <p>() "b" – ELA</p> <p>() "c" – Math</p> <p>() "d" – Lab Science</p> <p>() "e" – Language (not English)</p> <p>() "f" – Vis/Perf Arts</p> <p>() "g" – College prep elective</p>	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 70%; text-align: left;">Department/Cluster Approval</th> <th style="width: 30%; text-align: left;">Date</th> </tr> </thead> <tbody> <tr><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td></tr> </tbody> </table> <p>Is this course an adaptation from another source?</p> <p><input type="checkbox"/> No</p> <p><input type="checkbox"/> Yes</p> <p>If yes, please indicate the source of the original course:</p> <p>_____</p> <p>_____</p>	Department/Cluster Approval	Date	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
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*Instructional materials appropriate for English Language Learners are required.

For AP/Honors course **attach a page describing how this course is above and beyond a regular course. Also, explain why this course is the equivalent of a college level class.

***For CTE, **attach the CTE course outline** created in the online template (<http://ctecourse.scoe.net/>).

1. Prerequisite(s): PE 9

2. Short description of course which may also be used in the registration manual:

Students are enrolled in this class if they are participating on a CIF team provided through our Athletic Department

Objectives of course

To develop efficient and effective motor skills. Develop and maintain the best possible level of performance and fitness. To exhibit advanced skills at a competitive level.

Overall course content

This course involves students competing on a competitive team that is part of our Athletic program.

3. Course content:

Will vary by sport.

Common content includes:

Strength and conditioning

Practices

Games

Skill acquisition

Strategy and rules of the sport

Good sportsmanship

Student performance standards

Maintain a 2.0 gpa

Continue to be a part of the team for the entire season

Demonstrate a high level of good sportsmanship

Attend all games and practices (unless cleared by the coach)

Be a force for unity on the team and not a cause of disunity

Grades will be given based on the percentage of points each student has earned. Students will also receive a citizenship grade based on their behavior on the field.

Grading Scale

- . A = 90% - 100%
- . B = 80% - 89%
- . C = 70% - 79%
- . D = 60% - 69%
- . F = 50% - 59%

4. Describe how this course integrates the schools SLO (former ESLRs- Expected School-wide Learning Results):

(A) Graduates of Rosemead High School will be **ACADEMIC ACHIEVERS** who:

Exhibit good study and work habits and effectively use time and time management skills.

Students will be given the opportunity to show good work habits every day during each sport activity by giving forth a credible effort. Students will have their knowledge and instinct engaged by remembering rules and strategies of each sport activity.

(B) Graduates of Rosemead High School will be **RESPONSIBLE CITIZENS** who

Are able to work in collaborative groups to produce an outcome in a timely manner.

Students will have the opportunity to work together as a team in every game activity. They will learn that to be successful in this situation they must be a positive influence.

(C) Graduates of Rosemead High School will be **HEALTHY INDIVIDUALS** who

- . Exhibit knowledge of high-risk activities that affect their health and how to avoid them.

Students will receive physical training in various activities. The Cardiovascular and Muscular system will receive extensive training.

(D) Graduates of Rosemead High School will be **PROFICIENT TECHNOLOGY USERS** who

Demonstrate competency in the use of computers and their applications.

Students will use Fitbit watches that will track their exercise results. They will need to access the Fitbit app using the technology found in a smart phone, tablet or computer. They will also access the internet with their smart phones for research on how to do various physical activities and to familiarize themselves with game play of various sports.

(E) Graduates of Rosemead High School will be **EFFECTIVE COMMUNICATORS** who

Effectively read, write, listen, speak and understand the English language

Students will have to effectively communicate with their teammates during games to be successful. They will have to learn the lingo of each sport and communicate the sports strategies to teammates.

(F) Graduates of Rosemead High School will be **COMPLEX THINKERS** who

Utilize creative analytical thinking.

Strategies for each sport requires critical thinking. Students have to think about what the other team is going to do and then develop an offensive and defensive strategy to combat their opponent. They will have to determine their opponent's strengths and weaknesses and plan accordingly. These strategies may have to be adjusted during game play requiring additional analytical thinking.

5. Describe the Integrated ELD teaching techniques to be used to meet the needs of English Language Learners:

Cooperative Learning: Small learning groups (teams)

Visual Learning Methods: Demonstrations of procedures, with hands on learning and directions with
Kinesthetic response to visual and /or auditory instruction.

6. Describe how this course will integrate academic and vocational concepts, possibly through connecting activities. Describe how this course will address work-based learning/school to career concepts:

Through the variety of activities students will learn of several professions that relate to Physical Education, including; game official, physical trainer, recreational leader, coaching, physical therapist and athletic trainer