

BONDUEL PHYSICAL EDUCATION

ADAPTIVE PHYSICAL EDUCATION STUDENT AIDE

Grade: 10 , 11, 12

Credits: ½ Elective Credit

Prerequisite: Completion of PE 9, Intro to Trends or Intro to Strength and Conditioning, Students must complete an application and obtain consent from instructor.

***Students will be expected to dress, participate and work independently daily while respecting classroom guidelines. Failure to do so may result in the student being removed from the class**

Course Description:

This course is designed to offer students the opportunity for a rewarding experience participating and assisting in the adaptive physical education class. Students will be working in small groups with a student(s) who may need extra coaching or assistance. Students are **required** to fill out an application to be considered for this class.

Course Objective:

Students will be able to:

- Participate and assist in a wide variety of fitness activities
- Demonstrate basic knowledge physical fitness principals
- Demonstrate ability to use personal fitness equipment
- Demonstrate ability to follow basic instruction of rules and safety precautions
- Recognize how participation in physical activity influences appreciation for people with various levels of physical ability or disability

Wisconsin State Standards

A.12.1 Participate regularly in health-enhancing fitness activities such as games, sports, dance, outdoor pursuits, and other physical activities that contribute to the maintenance of wellness, independent of class requirements

A.12.2 Understand the ways in which personal characteristics, performance styles, and activity preferences will change over the life span

A.12.3 Maintain and improve physical fitness, motor skills and knowledge about physical activity through charting or journalizing improvement over time

D.12.1 Derive pleasure from participating in physical activities in competitive and recreational settings

D.12.2 Pursue new activities both alone and with others

D.12.3 Recognize the strengths and weaknesses of teammates and provide opportunities for everyone to enjoy success within skill limitations

D.12.4 Enter competition or activity voluntarily

E.12.1 Monitor exercise and other behaviors related to health-related fitness

E.12.2 Maintain appropriate levels of cardiovascular and respiratory efficiency, muscular strength and endurance, flexibility and body composition necessary for a healthful lifestyle

E.12.3 Assess personal health-related fitness status

E.12.5 Use the results of fitness assessments to guide changes in personal program of physical activity

F.12.1 Apply rules, procedures, and etiquette in all physical-activity settings

F.12.3 Defuse potential conflicts by communicating with other participants

F.12.6 Create a safe environment for their own skill practice and group activities

F.12.7 Set personal goals for activity and work toward their achievement

G.12.2 Invite students of both genders and various ethnic backgrounds and those with exceptional needs to join in personally enjoyable physical activities

G.12.3 Display a willingness to experiment with the sport and activity of other cultures

G.12.4 Develop strategies for including persons of diverse backgrounds and abilities in physical activities

G.12.5 Recognize how participation in physical activity influences appreciation for people of both genders, varying cultures and ethnic groups, and those with various levels of physical ability or disability