

BONDUEL PHYSICAL EDUCATION

ADAPTED PHYSICAL EDUCATION

Grade: 6-8, 9-12

Credits: ½

Prerequisite: IEP or 504

Course Description:

This course is designed to offer a wide variety of activities that will be adapted to meet the needs of each individual student. The class works specifically with individual development and maintenance of overall student fitness and optimal skill development. The focus will be on basic skills and fundamentals. Students may be involved in fitness related activities which will include; fitness center activities, team and individual sports, outdoor adventure activities, and use of wii technology.

Course Objective:

Students will be able to:

- Participate in a wide variety of fitness activities
- Demonstrate basic knowledge of physical fitness principals
- Demonstrate ability to use personal fitness equipment
- Demonstrate ability to follow basic instruction of rules and safety precautions
- Demonstrate positive interaction during cooperative games

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