

**URBANDALE COMMUNITY SCHOOL DISTRICT  
CURRICULUM FRAMEWORK OUTLINE**

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**SUBJECT:** Physical Education  
**COURSE TITLE:** 11<sup>th</sup>/12<sup>th</sup> Physical Education  
**GRADE LEVEL:** 11<sup>th</sup> and 12<sup>th</sup> Grade  
**PREREQUISITES:** None

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**COURSE DESCRIPTION:**

The objective of 11/12<sup>th</sup> grade physical education is to provide students with a variety of activities that expand their experience in various physical activities. Students will select and register for one of the following sections: PE 11-12 Fitness, PE 11-12 Team Sports, PE 11-12 Recreational Activities, or PE 11-12 Strength Training.

Students will select an area of focus to continue to study and demonstrate the state required components of physical education. Students will further develop their skills in movement, participate regularly in physical activities and lifelong activities, comprehend and apply the concepts of fitness, develop social relationships and gain an understanding of their individual fitness level. This course includes the state requirement of cardiopulmonary resuscitation (CPR) training for all graduates.

**CONTENT STANDARDS:**

In order that our students may achieve the maximum benefit from their talents and abilities, the students of Urbandale Community School District's Physical Education should be able to . . .

**Content Standard I. Use a variety of basic and advanced movement forms.**

Benchmark: Demonstrate **advanced** motor skills and movement patterns needed to perform a variety of activities.

**Content Standard II. Apply movement concepts and principles to the learning and development of motor skills.**

Benchmark: Apply bio-mechanical concepts and principles to evaluate performance.

**Content Standard III. Participate regularly in physical activity.**

Benchmarks: Participate in regularly in health-enhancing activities.  
Practice preventative health behaviors.

**Content Standard IV. Achieve and maintain a health-enhancing level of physical fitness.**

Benchmark: Monitor personal level of physical fitness.

**Content Standard V. Demonstrate responsible personal and social behavior while respecting differences among people in physical activity settings.**

Benchmark: Follow established rules, procedures and safety guidelines.



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**PREREQUISITES:** None

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**CONTENT STANDARDS AND COURSE BENCHMARKS WITH INDICATORS:**

**Content Standard I. Use a variety of basic and advanced movement forms.**

**Benchmark: Demonstrate advanced motor skills and movement patterns needed to perform a variety of activities.**

Indicators: Demonstrate intermediate and advanced core lifts for strength training (e.g., Olympic, auxiliary).  
Demonstrate appropriate spotting techniques.  
Demonstrate advanced strength and cardio techniques.  
Demonstrate game strategies.  
Demonstrate motor skills and object manipulation for recreational activities.  
Demonstrate basic aquatic activities (i.e., front crawl, elementary back stroke, breast stroke, side stroke and stride entry).  
Demonstrate rhythm and dance.

Assessment: Teacher developed tasks and checklists

**Content Standard II. Apply movement concepts and principles to the learning and development of motor skills.**

**Benchmark: Apply bio-mechanical concepts and principles to evaluate performance.**

Indicators: Evaluate strength-training techniques.  
Demonstrate knowledge of strength training principles and terminology (e.g., warm up, workload, volume, intensity, rest time, peaking).  
Evaluate sport specific skills.

Assessment: Individual evaluation technique form and feedback

**Content Standard III. Participate regularly in physical activity.**

**Benchmark: Participate in regularly in health-enhancing activities.**



Indicators: Participate regularly in physical activity that contributes to the attainment and maintenance of the five fitness components (flexibility, muscle strength, cardiovascular endurance, muscle endurance, and body composition).

Assessments: Analysis of fitness testing and fitness recording sheet

**Benchmark: Practice preventative health behaviors.**

Indicators: Engage in behaviors that promote positive mental and emotional health.

Assessment: Student activity log

**Content Standard IV. Achieve and maintain a health-enhancing level of physical fitness.**

**Benchmark: Monitor personal level of physical fitness.**

Indicators: Engage in an ongoing cycle of goal-setting, implementation, evaluate, and readjustment to enhance health status.

Assess and monitor current physical health to meet fitness goals.

Assessment: UHS fitness test  
Personal fitness evaluation

**Content Standard V. Demonstrate responsible personal and social behavior while respecting differences among people in physical activity settings.**

**Benchmark: Follow established rules, procedures and safety guidelines.**

Indicators: Identify and practice safety procedures for selected activities (e.g., weight room etiquette and safety, water rescue and safety).  
Participate cooperatively with others to integrate group goals in competitive and non-competitive situations.  
Demonstrate and explain basic CPR.

Assessment: Instructor observation with documentation  
Heartsaver CPR Assessment

No student enrolled in the Urbandale Community School District shall be excluded from participation in, be denied the benefits of, or be subjected to discrimination in the District's programs on the basis of race, color, creed, sex, religion, marital status, ethnic background, national origin, disability, sexual orientation, gender identity, or socio-economic background. The policy of the District shall be to provide educational programs and opportunities for students as needed on the basis of individual interests, values, abilities and potential.



