

ASD Academic Plan

Physical Education: Winter Sports

Grade Level: 9-12 grade

Length: Semester

Prerequisites: None

Repeatable for additional credits: Unlimited

Course Description: The purpose of this course is to introduce students to basic skills and knowledge associated with winter sports. These activities may include cross-country skiing, snowshoeing, ice hockey, ice skating, sledding, snowboarding and broomball. By applying these principles through active participation, the student will have the necessary skills and knowledge to pursue the activities as a lifetime activity. The course will provide students the opportunity to increase their individual level of physical fitness, acquire knowledge of all fitness components and demonstrate an understanding of how a wellness lifestyle affects one's health, fitness and physical performance. Students will have the opportunity to practice positive personal and social skills.

Learning Outcomes At a Glance

QUARTERS 1 and 2

1-2 weeks each of, x-country skiing, snowshoeing, ice- skating and/or any variety of other units maybe substituted, including sledding, ice hockey/broomball and snowboarding.

There is no specific order. Available teaching space, equipment, and weather conditions will vary the choices.

Demonstrate basic skills associated with winter sports.

Use correct terminology for equipment, skills & proper safety procedures for winter sports.

Utilize best practices and application of skills for winter sports.

Identify opportunities for participation in winter sport activities in and around the community.

Demonstrate an understanding of health-related fitness components: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, body composition, and stress management.

Assess current personal fitness levels.

Identify the major muscle groups and their application to all winter sports.

Improve personal fitness through participation in aerobic, muscular strength, muscular endurance, and flexibility activities.

Assess each individual recreational activity in terms of fitness value.

Identify and apply injury prevention principles related to winter sports.

Understand and correctly apply biomechanical and physiological principles related to exercise and training.

Demonstrate and understanding of health problems associated with inadequate fitness levels.

Demonstrate an understanding of sound nutritional practices as related to health and physical performance.