

Joshua Christian High School
44648 15th St. West
Lancaster, CA 93534

Physical Education

I. Course Description

The purpose of this course will be to expose the student to a variety of sports and physical activities. These sports and activities are designed to improve physical development, general fitness and health. The student will be taught a Christian philosophy towards these activities, as well as the rules and regulations for the selected sports and activities.

II. Course Goals and Objectives

A. Goals

Through this course, we believe that it is important for the student to develop an interest in physical activities as well as proper hygiene and diet to maintain a healthy body and attitude. Not only will the student be exposed to different sports and activities, but he will be required to learn the regulations of that sport or activity to expand his sense of sportsmanship and discipline. The student will also learn the importance of a proper warm-up before participating in the sport or activity.

B. Objectives

Student will:

1. learn about the mechanics and maintenance of an 18-speed mountain bike.
2. learn about the laws, common causes of bicycle accidents, safety and equipment requirements of bicycling.
3. be required to participate in bicycling a number of times per week.
4. learn the basic rules and regulations of golf.
5. be taught the basics for a proper stance, grip of the club and address of the ball.
6. have to practice and demonstrate good form and patience in the sport of golf.
7. learn the basic rules of tennis.
8. be taught the proper stance and racket grip for striking the ball.
9. be required to participate in tennis matches along with being able to keep score.
10. participate in swimming. Learning about the different forms used to stay afloat and the different strokes used in swimming.
11. participate in other activities to increase strength, agility and endurance. These activities will range from lifting weights to running and walking.

III. Course Outline

A. First Semester

1. Bicycling
2. Golf

B. Second Semester

1. Tennis
2. Swimming

IV. Instructional Material

1. Teacher developed notes and outlines.
2. Selected readings on the rules in golf and tennis from the local library.

V. Teaching Methods

1. Lecture
2. Demonstrations
3. Student participation

VI. Evaluation

A. Components

1. Daily participation
2. Teacher-student discussions
3. Proper demonstration of the sport or activity

B. Grading Scale

A = Daily participation in discussion and activity along with being able to effectively demonstrate the activity with effort.

B = Daily participation in discussion and activity along with demonstrating the activity but lacks effort.

C = Daily participation in discussion and activity.

Repeat Course = does not participate in the activity.