



2013 Physical Education Supply List

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Physical Education

Assignment # and Title	Lesson/Project Objectives	Video Demo	Materials Needed
10. Muscular Strength and Endurance	<p>In this lesson you will learn how to describe the importance of attaining a high level of strength and endurance, types of muscle contractions, methods of developing strength, and a series of strength-training exercises.</p> <p>You will also be able to explain the types of muscle fibers and how to apply the principles of fitness to strength.</p>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<ul style="list-style-type: none"> Variety of hand held weights, rubber tubing, or barbells, depending on exercises chosen
11. Evaluating Your Fitness Level	<p>In this lesson you will learn how to assess your level of cardiovascular fitness, body composition, muscular strength, muscular endurance, and flexibility.</p>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<ul style="list-style-type: none"> Cloth tape measure clock or watch with second hand access to a 12 inch high step
13. Project: Nutrition	<p>Choose three nutritional labels off of food packaging. Explain the ingredients and how to read each label in terms of calories, protein, carbohydrates, fats, and percentage of daily recommended dietary value.</p>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<ul style="list-style-type: none"> 3 nutritional labels off of food packaging
14. Weight Management	<p>In this lesson you will determine your ideal body weight, explain key terms related to body composition, discuss the problems associated with obesity, describe the dangers of dieting, fad diets, and diet aids debunk the myths about spot reduction, identify healthy eating habits.</p>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<ul style="list-style-type: none"> Accurate scale tape measure
19. Soccer	<p>In this lesson you will summarize the history of soccer, recognize the positions of a soccer team, explain the rules of soccer, demonstrate soccer skills, report on the opportunities for playing local amateur soccer in your area.</p>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<ul style="list-style-type: none"> Soccer ball or one of similar size Large play area (at least 20 feet long)
22. Basketball Overview	<p>In this lesson you will summarize the history of basketball, identify ways in which the game has changed since the days of the Black Fives, identify the positions of the players and their basic jobs, explain the basics on how to shoot a basketball.</p>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<ul style="list-style-type: none"> Basketball or ball of similar size Basketball court (helpful, but not mandatory)
24. Modern Baseball	<p>In this lesson you will explain the basics of baseball positions, identify the leagues and teams in modern baseball, identify popular publications, organizations, and media outlets for baseball, Identify baseball in popular culture.</p>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<ul style="list-style-type: none"> Two movies about baseball
25. Project: Modern Baseball	<p>In this project you will record a complete inning of a major league baseball game on TV and write a script for the inning as if you were the announcer.</p>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<ul style="list-style-type: none"> TV for watching one inning of a televised baseball game
29. Volleyball	<p>In this lesson you will participate in volleyball, demonstrate the skills used in volleyball through practice and assessment, view a volleyball game and determine how plyometrics can help today's volleyball player describe a brief history of volleyball.</p>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<ul style="list-style-type: none"> Volleyball or ball of similar size

30. Project: Volleyball	In this project you will learn/improve some basic volleyball skills. For this assessment, you should experiment with your passing, serving, and setting.	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<ul style="list-style-type: none"> Volleyball or ball of similar size 	<ul style="list-style-type: none"> Gymnasium (helpful, but not mandatory)
37. Golf	In this lesson you will learn how to define golf terminology, describe the equipment necessary for golf, report on proper golf etiquette, and execute proper swing mechanics.	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<ul style="list-style-type: none"> Golf club (helpful, but not mandatory) 	
39. Tennis	In this lesson you will learn how to outline game basics, including some rules of the game, state the basics of the forehand stroke, explain the steps of the topspin forehand explain the basic backhand stroke and the backhand slice, describe the tennis serve, report on the fitness level required to play tennis.	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<ul style="list-style-type: none"> Tennis racquet 	<ul style="list-style-type: none"> tennis balls
40. Swimming	In this lesson you will outline the history of swimming, explain how to perform the competitive strokes efficiently, identify careers that require swimming as a prerequisite, and report on the many benefits of swimming.	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<ul style="list-style-type: none"> Swim suit 	<ul style="list-style-type: none"> access to a swimming pool (helpful, but not mandatory)
42. Gymnastics	In this lesson you will explain different gymnastic events, report on the current scoring system in gymnastics, summarize the prevalence of eating disorders in gymnastics, and design a strength and flexibility workout for a gymnast.	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<ul style="list-style-type: none"> Clock or watch 	
36. Running	In this lesson you will identify the benefits of running, identify and utilize correct running mechanics, practice safety when running, demonstrate how to train efficiently using a heart rate monitor, and explain the components of a beginning running program.	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<ul style="list-style-type: none"> Appropriate shoes for running 	<ul style="list-style-type: none"> Heart monitor (helpful, but not mandatory)