

**Girard High School  
Physical Education Department  
Curriculum Alignment, Mapping & Time Line**

**\*The State of Kansas requires that a student must receive 1 full credit of Physical Education to be eligible to graduate with a Kansas diploma. Freshman Physical Education class meets the Kansas Curriculum Standards for Physical Education and Health.**

**\*Freshman Physical Education is a pre-requisite to all other physical education offerings at Girard High School.**

**\*Strength & Conditioning, Sports Fitness, and Lifetime Sports classes are electives and are open to sophomores through seniors who have already met their basic Physical Education requirement.**

**PHYSICAL EDUCATION (9<sup>th</sup> grade girls and boys)  
Semester 1**

**Basic Movement Skills**

**Fitness Testing (District Fitness Testing/Tracking)**

--Muscular Endurance Test

--Muscular Strength Test

--Agility Test

--Muscle Flexibility Test

**Strength & Conditioning / Sports Fitness Activities**

--Wt. training

--Speed / Strength/Agility Work-outs

--Circuit Training

**Team Sports (May include history of the sport, rules, strategies, basic skills, team play, written tests, skills test and identifying lifetime fitness benefits)**

--Volleyball

--Football / Flag Football

--Soccer

--Basketball

**Aerobics / Rhythm & Dance**

--Dance & Exercise Routines / Tae Bo

**Games & Activities**

--Energizers

--Modified Games

**Healthy Living**

--Current Health Issues

--Drug & Alcohol Education

## **PHYSICAL EDUCATION**

### **Semester 2**

#### **Strength & Conditioning / Sports Fitness Activities (continued)**

##### **Stunts & Tumbling**

- Basic tumbling skills**
- Individual and partner stunts**

##### **Cardio-Vascular Fitness Unit**

- Target heart rate**
- Cardio-Fitness Work-outs**
- Heart Rate Monitors**

##### **CPR Instruction**

- CPR / Rescue Breathing**
- Heimlich Maneuver**
- Adult/child/infant**

##### **Individual & Dual Sports (May include history of sport, rules, strategies, basic skills, play, tests and identifying lifetime fitness benefits)**

- Badminton**
- Pickle Ball**
- Tennis**

##### **Yoga**

##### **Games & Activities**

##### **Self-Defense**

##### **Nutrition & Wellness**

##### **Hunter Safety Instruction & Certification**

##### **Healthy Living**

- Current Health Issues**
- Nutrition & Wellness (National Health & Fitness Test... self-evaluation)**
- Human Sexuality**
- Bullying /Sexual Harassment**

**LIFETIME SPORTS** (Elective, 10<sup>th</sup>-12<sup>th</sup> grade, co-ed)

**Semester 1**

**Lifetime Fitness Concepts**

**Team Sports**

- Volleyball
- Flag Football
- Soccer
- Ultimate Frisbee
- Speedball
- Basketball
- Ultimate Games

**Outdoor Activities**

- Archery, Hiking, GPS, Camping/Survival Skills

**Games & Activities**

**Semester 2**

**Individual/Dual Sports**

- Fencing
- Badminton
- Pickle Ball

**Adaptive / Modified Games**

**Floor Hockey**

**Pilo/Polo**

**Indoor Soccer**

**Scooter Games**

**Cage Ball Games**

**Boundary Games**

**Outdoor Activities**

- Softball / Wiffleball /Kickball Activities
- Tennis
- Bicycle/Skateboarding Safety
- Ropes Course, Canoeing, Fishing, Swimming, & Horseback riding

**Career Opportunities in Recreation, Sports, Health, Fitness, and Wellness**

**STRENGTH & CONDITIONING** (elective – 10<sup>th</sup>-12<sup>th</sup> gr. females)

**SPORTS FITNESS** (elective – 10<sup>th</sup>-12<sup>th</sup> gr. males)

**Semester1 & 2**

**Muscle Physiology  
Strength Training Concepts  
Fitness / Speed / Strength / Flexibility Testing  
Lifting Cycles with Periodic Testing  
Proper lifting techniques  
Core Lifts  
Auxillary/Assistance Lifts  
Repetition Max  
Understanding Volume /Intensity/Sets/Reps  
Stretching / Flexibility Activities  
Back & Ab Work-outs  
Agility Drills  
Cardio-Training  
Plyometrics  
Jump Training  
Sport Specific Activities  
Total Body Benefits  
Medicine Ball Work-outs  
Circuit Training  
Nutrition & Wellness Topics  
Fads/Supplements/Injury Prevention/ Safety  
Active Rest Activities**

**Opportunities to perform..**

- Daily effort.**
- Competition / participation through Trojan sports**
- Trojan Lift-A-Thon**
- Speed-Strength-Agility-Power Meet**

**++++  
District Fitness Testing / Tracking**

- \*Muscular Endurance Test- 12 minute walk/jog for distance**
- \*Muscular Strength Test- Abdominal Crunches/Push-ups (rhythm count to failure)**
- \*Agility Test- Pro-Agility shuttle (15yds-30yds-15yds)**
- \*Muscle Flexibility Test**

## **Community Resources and Educational Activities & Opportunities**

**\*Hunter/Safety Education: Instruction and Certification through Kansas Area Wildlife Agency. Available to all freshman Physical Education students.**

**Contact Person: Jim Bussone**

**\*Breast Health Awareness Presentation: Early Detection Works... focus on Teen Breast Health. Sponsored in conjunction with FACS department and FCCLA. Available to all female students and staff members.**

**Contact Persons: Kelly York and Stephanie Thompson**

**\*CPR Instruction: Girard Medical Center Community Outreach and Education Staff. Available to all students in Physical Education classes.**

**Contact Person: Lisa Roberts**

**\*Skin Care Presentation: Presented by Mary Kay Consultant, Available to female Physical Education students.**

**Contact Person: Ann Geier, Girard, Ks.**

**\*Military Physical Training presentation: Army National Guard Pittsburg, Ks. Available to male Physical Education students.**

**Contact Person: Sgt. Marc McCulley**

**\*Ropes Course, Fishing, & Canoeing: Educational Service Center (Greenbush) Available to students enrolled in Lifetime Sports classes.**

**Contact Person: Nick Weber**

**\*Horseback Riding / Swimming: 5 Mile Camp (Quapaw, Ok) Available to students enrolled in Lifetime Sports classes.**

**Contact Persons: John Archer**

**\*Drugs, Alcohol & The Law Presentation: School Resource Officer Available to all students in Physical Education classes.**

**Contact Person: Officer Bryan Burks**

**\*Team Building Training: US Army Recruiting (Pittsburg, Ks) Offers a variety of activities focused on team building skills, communication, cooperation, and problem solving. Available to all freshman Physical Education students.**

**Contact Person: SSG William Haynes**