

**FREEHOLD REGIONAL HIGH SCHOOL DISTRICT**  
**OFFICE OF CURRICULUM AND INSTRUCTION**  
**LAW ENFORCEMENT AND PUBLIC SAFETY ACADEMY**

**PHYSICAL EDUCATION I**

**COURSE PHILOSOPHY**

The goal of this curriculum is to prepare students for the physical rigors necessary to effectively function in the law enforcement and public service sector. Instructors will use innovative instructional methods reflecting best practices to assist students in developing lifelong skills that will help create active citizens in a democratic society.

**COURSE DESCRIPTION**

Grade Level: 9

Department: LEPS Academy

Course Title: Physical Education I

Credits: 3.75

Course Code: 112510

**BOARD OF EDUCATION INITIAL ADOPTION DATE: AUGUST 30, 2010**

# **FREEHOLD REGIONAL HIGH SCHOOL DISTRICT**

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## **Course Philosophy**

The mission of the Freehold Regional High School District is to develop global lifelong learners through a comprehensive educational program of diverse and enriching opportunities within a supportive environment. The district's educational community fosters the development of character, initiative, creativity and excellence while maximizing the unique potential of each individual.

The Law Enforcement and Public Safety Academy epitomizes the district's mission by providing accepted students with opportunities to study four major areas; law enforcement, fire science, emergency management services and homeland security. The goal is to equip students with the knowledge, skills, values, and attitudes needed to succeed in the public safety arena.

The goal of this curriculum is to prepare students for the physical rigors necessary to effectively function in the law enforcement and public service sector. Instructors will use innovative instructional methods reflecting best practice and assist students in developing lifelong skills that will help create active citizens in a democratic society. This course will provide each student with the tools to develop an individual optimum level of physical fitness, acquire knowledge of physical fitness concepts and understand the significance of lifestyle on one's health and fitness.

## **Course Description**

LEPS Physical Education I, the first of four physical education courses, is designed to engage students in preparing for the physical and mental requirements of law enforcement agencies and fire fighting and other public service programs such as Homeland Security. Students completing this course will undergo physical training exercises for three marking periods. Meetings, tutorials and guest speaker presentations will be as needed throughout the year. Drill and ceremony exercises will be once a week for the whole year. Each learning experience will require students to be active participants, critical thinkers, effective communicators and disciplined listeners.

**Freehold Regional High School District  
Curriculum Map**

**LEPS Physical Education I**

Relevant Standards <sup>1</sup>	Enduring Understandings	Essential Questions	Assessments		
			Diagnostic (before)	Formative (during)	Summative (after)
2.2.12 C 1-3	<p>Character is developed and supported through individual and group activities, the influence of positive role models and involvement in community service.</p> <p>Character is who you are when no one is looking.</p> <p>Effective leadership impacts the immediate community and society as a whole.</p>	<p>How can I become more mentally prepared for competition and sports performance?</p> <p>How can I become more mentally prepared for daily activities that may raise my stress level?</p> <p>How are character and health related?</p> <p>What aspects of our character can be changed?</p> <p>To what extent do outside influences shape values?</p> <p>How can you inspire others to address health issues?</p> <p>How can leadership abilities build self-confidence?</p> <p>Why is teamwork important?</p>	<p>Pre-test skills</p> <p>Observation</p>	<p>Monitor skills</p> <p>Observation</p> <p>Journaling</p> <p>Presentations</p> <p>Problem Solving Activities</p> <p>Word Frames</p>	<p>Post-test skills</p> <p>Observation</p> <p>Essay</p> <p>Final Practical Exam</p>
2.6.12 A 1-4	<p>Understanding fitness concepts and integrating them into your everyday routine supports wellness.</p> <p>Physical fitness is the ability of your body to work efficiently to do the most with the least amount of effort.</p> <p>Developing and implementing a program that utilizes appropriate training principles is necessary for lifetime fitness.</p> <p>Achieving and maintaining fitness requires age-appropriate intensity, duration, and frequency of exercise.</p>	<p>What is the minimum amount of exercise I can do to stay physically fit?</p> <p>What effects does exercise have on the body both physically and mentally?</p> <p>How do I develop an appropriate personal fitness program and find the motivation to commit to it?</p> <p>Why is it important to stretch muscles before and after exercising?</p> <p>How do you realize age-appropriate fitness?</p>	<p>Pre-test current fitness levels</p> <p>Test fitness skills</p> <p>Observation</p>	<p>Increase skill levels and intensity to be more competitive</p> <p>Test fitness skills</p> <p>Observation</p> <p>Modeling</p>	<p>Post-test current fitness levels</p> <p>Improvement on fitness skills</p> <p>Observation</p> <p>Quizzes</p> <p>Tests</p> <p>Final written exam</p>

Relevant Standards <sup>1</sup>	Enduring Understandings	Essential Questions	Assessments		
			Diagnostic (before)	Formative (during)	Summative (after)
2.5.12 A1-4; B1-3; C1-3	<p>Understanding and performing concepts of movement will improve skills, reduce injury, and provide the foundation for transfer of skills in a variety of sports and activities.</p> <p>Implementing effective offensive, defensive and cooperative strategies is necessary for all players to be successful in game situations.</p> <p>Demonstrating knowledge and commitment to sportsmanship, rules and safety guidelines will maximize participant and spectator experiences.</p>	<p>How does effective and appropriate movement affect wellness?</p> <p>Why do I have to understand concepts of movement when I can already perform the movement?</p> <p>To what extent does strategy influence performance in competitive games and activities?</p> <p>Why do I have to show good sportsmanship and follow the rules when others do not?</p>	<p>Observation</p> <p>Pre-test basic skill knowledge and rules of the game</p>	<p>Observation</p> <p>Monitor skills</p> <p>Modeling</p>	<p>Observation</p> <p>Improvement on sports knowledge and basic skills</p> <p>Quizzes</p> <p>Tests</p> <p>Final written exam</p>

**Freehold Regional High School District  
Course Proficiencies and Pacing**

**LEPS Physical Education I**

<b>Unit Title</b>	<b>Unit Understandings and Goals</b>	<b>Recommended Duration</b>
Unit #1: Beginner Standing Drill	<p>Character is developed and supported through individual and group activities, the influence of positive role models and involvement in community service. Character is who you are when no one is looking. Effective leadership impacts the immediate community and society as a whole.</p> <ol style="list-style-type: none"> <li>1. Students will develop self-confidence, character development, teamwork, discipline and uniformity by the use of beginner standing drill.</li> <li>2. Students will be exposed to basic drill formations.</li> </ol>	Once a week
Unit #2: Personal Training (PT)	<p>Understanding fitness concepts and skills and integrating them into your everyday routine supports wellness. Physical fitness is the ability of your body to work efficiently to do the most with the least amount of effort. Developing and implementing a program that utilizes appropriate training principles is necessary for lifetime fitness. Achieving and maintaining fitness requires age-appropriate intensity, duration, and frequency of exercise.</p> <ol style="list-style-type: none"> <li>1. Students will develop and strengthen the necessary physical and mental skills needed to be in one's best personal shape.</li> </ol>	Once a week- formally  Daily - informally
Unit #3: Lifelong Activities	<p>Understanding and performing concepts of movement will improve skills, reduce injury, and provide the foundation for transfer of skills in a variety of sports and activities. Implementing effective offensive, defensive and cooperative strategies is necessary for all players to be successful in game situations. Demonstrating knowledge and commitment to sportsmanship, rules and safety guidelines will maximize participant and spectator experiences.</p> <ol style="list-style-type: none"> <li>1. Students will incorporate basic physical skills into everyday games to encourage lifelong wellness.</li> </ol>	Three times a week

**Freehold Regional High School District  
LEPS Physical Education I**

**Unit #1: Beginner Standing Drill**

**Enduring Understandings:** Character is developed and supported through individual and group activities, the influence of positive role models and involvement in community service.

Character is who you are when no one is looking.

Effective leadership impacts the immediate community and society as a whole.

- Essential Questions:**
- How can I become more mentally prepared for competition and sports performance?
  - How can I become more mentally prepared for daily activities that may raise my stress level?
  - How are character and health related?
  - What aspects of our character can be changed?
  - To what extent do outside influences shape values?
  - How can you inspire others to address health issues?
  - How can leadership abilities build self-confidence?
  - Why is teamwork important?

**Unit Goals:** Students will develop self-confidence, character development, teamwork, discipline and uniformity by the use of beginner standing drill.

Students will be exposed to basic drill formations.

**Duration of Unit:** Once a week

**NJCCCS:** 2.2.12 C 1-3

Guiding / Topical Questions	Content, Themes, Concepts, and Skills	Instructional Resources and Materials	Teaching Strategies	Assessment Strategies
<p>How can one gain discipline through drill?</p> <p>How can drill help to mentally prepare students for real-life situations?</p> <p>How can drill help to make a person mentally stronger?</p> <p>What happens if individuals work together as a whole versus working alone?</p> <p>How can drill increase the self-confidence of the students?</p> <p>How does drill aid in character development?</p>	<p><u>Commands</u> - Preparatory Command - Command of Execution</p> <p><u>Standing in Formation</u> Fall In Position of Attention Dress right dress (Close Interval/Normal Interval) Parade Rest At Ease Present Arms (Salute)/Order Arms Right/Left Face About Face Open Ranks/Close Ranks Dismissed or Fall Out</p>	<p>Drill instructors from the Monmouth County Police Academy</p> <p>Drill instructors from the Manalapan Police Department Honor Guard</p> <p>Guest speakers: Drill instructors</p> <p>Local honor guard</p> <p>Military personnel</p>	<p>Drill practice Individual Small groups Large groups</p> <p>Write an essay about the important characteristics that must be developed in order to be successful as an individual and in a group and why. For example, good listening skills, character development, discipline and self-confidence</p>	<p>Monitor and assess - ongoing – make corrections as necessary.</p> <p>Final practical exam to check for understanding and correct movements.</p>

**Suggestions on how to differentiate in this unit:**

- All students must learn to work together as a whole. There is no room for error or differentiation in this unit. If one individual falls out of line, it could cause a colleague or victim to get seriously injured in the real world.

**Freehold Regional High School District  
LEPS Physical Education I**

**Unit #2: Personal Training (PT)**

**Enduring Understandings:** Understanding fitness concepts and skills and integrating them into your everyday routine supports wellness.  
Physical fitness is the ability of your body to work efficiently to do the most with the least amount of effort.  
Developing and implementing a program that utilizes appropriate training principles is necessary for lifetime fitness.  
Achieving and maintaining fitness requires age-appropriate intensity, duration, and frequency of exercise.

**Essential Questions:** What is the minimum amount of exercise I can do to stay physically fit?  
What effects does exercise have on the body both physically and mentally?  
How do I develop an appropriate personal fitness program and find the motivation to commit to it?  
Why is it important to stretch muscles before exercising?  
How do you realize age-appropriate fitness?

**Unit Goal:** Students will develop and strengthen the necessary physical and mental skills needed to be in one's best personal shape.

**Duration of Unit:** Once a week – formally, Daily – informally

**NJCCCS:** 2.6.12 A 1-4

Guiding / Topical Questions	Content, Themes, Concepts, and Skills	Instructional Resources and Materials	Teaching Strategies	Assessment Strategies
How will the student's current fitness level measure up after four years in the LEPS program?	LEPS Physical Field Test Pre-Assessment	LEPS Physical Field Test Pre-Assessment	LEPS Physical Field Test Pre-Assessment	P Pre-Assessment scores from Fall of their freshman year will be re-evaluated in Spring of their senior year with the Post-Assessment re-Test fitness levels
What is the student's current fitness level? Where does the student need to improve? What adjustments can be made to improve the students' current fitness level? What are the different ways of designing an individual exercise program? How can an individual design a personal fitness program that will lead to or maintain an optimum level of flexibility, cardiovascular endurance, muscular strength and muscular endurance? How can an individual design a personal fitness program that will lead to or maintain ideal body weight? How can one identify motivational strategies to keep programs going?	<u>Basic Skills</u> Sit-n-Reach (flexibility) Curl Ups (muscular endurance) Push Ups (muscular strength) 1.5 Mile Run/Walk (cardiovascular endurance) <u>Advanced Skills</u> (basic skills plus) Pull Ups Agility Run Balance Standing Long Jump 50 yd. Dash Shoulder Flexion	Personal Fitness Textbook NJROTC field manual Local police officers Monmouth County Police Academy (MCPA) manual Presidential Fitness Challenge (PFC) Guest Speakers: Police Officers (physical training) Personal Trainer Someone who has maintained an exercise program for a long time	Write an essay that contains your strengths, weaknesses and what you hope to improve or change over the year Make a timeline to show short-term and long-term goals and keep track Develop a set of warm-up and cool-down stretches to be done before different physical activities Determine body fat percentage and ways to improve upon it Create an obstacle course Peer teaching Peer evaluation Modeling	Pre-Test basic skills and advanced skills using MCPA, PFC, and NJROTC standards Formative – every 2 months to check progress on skills and fitness levels Individual conferences Post-Test basic skills and advanced skills using MCPA, PFC, and NJROTC standards Post-Test fitness levels
<b>Suggestions on how to differentiate in this unit:</b>				
<ul style="list-style-type: none"> <li>Each student is at different fitness levels and has a different body composition. Each student is to achieve their best personal fitness level and to strive to achieve more.</li> </ul>				



**Freehold Regional High School District  
LEPS Physical Education I**

**Unit #3: Lifelong Activities**

**Enduring Understandings:** Understanding and performing concepts of movement will improve skills, reduce injury, and provide the foundation for transfer of skills in a variety of sports and activities.

Implementing effective offensive, defensive and cooperative strategies is necessary for all players to be successful in game situations. Demonstrating knowledge and commitment to sportsmanship, rules and safety guidelines will maximize participant and spectator experiences.

**Essential Questions:** How does effective and appropriate movement affect wellness?

Why do I have to understand concepts of movement when I can already perform the movement?

To what extent does strategy influence performance in competitive games and activities?

Why do I have to show good sportsmanship and follow the rules when others do not?

**Unit Goal:** Students will incorporate basic physical skills into everyday games to encourage lifelong wellness.

**Duration of Unit:** Three times a week

**NJCCCS:** 2.5.12 A 1-4, 2.5.12 B 1-3, 2.5.12 C 1-3

<b>Guiding / Topical Questions</b>	<b>Content, Themes, Concepts, and Skills</b>	<b>Instructional Resources and Materials</b>	<b>Teaching Strategies</b>	<b>Assessment Strategies</b>
How can a person develop lifelong wellness?	Basketball	Physical education books	Have students play games that are for individuals, partners or groups	Pre-test knowledge and basic skills of the current sports activity
What are some activities that encourage lifelong wellness?	Flag football	New games books	Have students create a new game that the students can play which includes the rules and strategies	Monitor progress
What are the benefits to lifelong fitness?	Badminton	Sports equipment such as balls, racquets, weights, bats, etc.	Have students watch a video that covers the correct form for weight training	Post-test knowledge and basic skills of the activities
Why is it important to have good sportsmanship?	Frisbee		Set up a low ropes course to teach adventure education	Essay
Why is it important to know and follow the rules of physical activity and to follow them?	Soccer		Analyze daily activity schedule	Posters
	Hockey		Journal	Photo Collages
	Weight Training			
	Adventure Education			
	Volleyball			
	Softball			
	Self-Defense			
	Etc...Lifelong wellness			

**Suggestions on how to differentiate in this unit:**

- Students can get into different groups and play different games. This way all students find activities that they really enjoy and want to continue participating in for a lifetime.

**\*REFER TO DISTRICT CURRICULUM FOR PARTICULAR SKILLS LEARNED IN EACH INDIVIDUAL ACTIVITY. \***