

**FREEHOLD REGIONAL HIGH SCHOOL DISTRICT  
OFFICE OF CURRICULUM AND INSTRUCTION**

**LAW ENFORCEMENT AND PUBLIC SAFETY ACADEMY  
PHYSICAL EDUCATION IV**

**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 and assist students in developing lifelong skills that will help create active citizens in a democratic society.

**COURSE DESCRIPTION**

Grade Level: 12

Department: Law Enforcement and  
Public Safety Academy

Course Title: Physical Education IV

Credits: 3.75

Course Code: 112540

**BOARD OF EDUCATION ADOPTION DATE: AUGUST 31, 2009**

# **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 Career 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 Law Enforcement and Public Safety Career Academy employs an interdisciplinary approach which includes English, social studies, Spanish, mathematics, science, physical education and fine arts. These courses will build upon each other in order to assist students in understanding the various skills for dealing with our society's diverse needs and population.

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 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 IV is the final physical education courses 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 two times a month 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**

**Law Enforcement and Public Safety-Physical Education IV**

Relevant Standards 1	Enduring Understandings	Essential Questions	Assessments		
			Diagnostic (before)	Formative (during)	Summative (after)
2.2.12 D 1-3 2.2.12 E 1-4 2.5.12 E 1	<p>Psychology techniques prepare students to compete at the optimum level.</p> <p>Character can be 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>Leadership and advocacy to promote personal and community wellness can impact 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>Post-test skills</p> <p>Observation</p> <p>Final Practical Exam</p>
2.6.12 A 1-4 2.6.12 B 1-2 2.6.12 C 1-2	<p>Understanding fitness concepts and skills 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>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 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>Post-test current fitness levels</p> <p>Improvement on fitness skills</p> <p>Observation</p> <p>Quizzes</p> <p>Tests</p>

Relevant Standards 1	Enduring Understandings	Essential Questions	Assessments		
			Diagnostic (before)	Formative (during)	Summative (after)
	Achieving and maintaining fitness requires age-appropriate intensity, duration, and frequency of exercise.				Final written exam
2.5.12 A 1-5 2.5.12 B 1-4 2.5.12 C 1 2.5.12 D 1-2	<p>Performing movement skills in a technically correct manner improves overall performance and increases the likelihood of participation in lifelong physical activity.</p> <p>Knowing and understanding concepts of movement will improve performance in a specific skill 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>In order for all participants and spectators to experience the maximum benefit from games and sports, everyone must demonstrate knowledge and commitment to sportsmanship, rules and safety guidelines.</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>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**

**Law Enforcement and Public Safety-Physical Education IV**

<b>Unit Title</b>	<b>Unit Understandings and Goals</b>	<b>Recommended Duration</b>
Unit #1: More Advanced Drill	<p>Psychology techniques prepare students to compete at the optimum level.            Character can be 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.            Leadership and advocacy to promote personal and community wellness can impact the immediate community and society as a whole.</p> <p>1. To develop and increase self-confidence, character development, teamwork, discipline and uniformity by the use of more advanced drill.</p>	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> <p>1. To develop and strengthen the necessary skills needed to be in one's best personal shape.</p>	Once a week
Unit #3: Lifelong Activities	<p>Performing movement skills in a technically correct manner improves overall performance and increases the likelihood of participation in lifelong physical activity.            Knowing and understanding concepts of movement will improve performance in a specific skill 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.            In order for all participants and spectators to experience the maximum benefit from games and sports, everyone must demonstrate knowledge and commitment to sportsmanship, rules and safety guidelines.</p> <p>1. To incorporate basic physical skills into everyday games to encourage lifelong wellness.</p>	Three times a week

**Freehold Regional High School District  
Law Enforcement and Public Safety-Physical Education IV**

**Unit #1: More Advanced Drill**

**Enduring Understandings:** Psychology techniques prepare students to compete at the optimum level.

Character can be 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.

Leadership and advocacy to promote personal and community wellness can impact 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 Goal:** To develop and increase self-confidence, character development, teamwork, discipline and uniformity by the use of advanced drill.

**Duration of Unit:** Once a week

**NJCCCS:** 2.5.12 E 1-3, 2.2.12 D 1-4, 2.2.12 E 1

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>Review drill basics from previous LEPS PE curriculums.</p> <p><u>New drill commands</u>                      Right flank                      Left flank                      Column right                      Column left                      To the rear</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:</p> <ul style="list-style-type: none"> <li>- Drill instructors</li> <li>- Local honor guard</li> <li>- Military personnel</li> </ul>	<p>Drill practice</p> <ul style="list-style-type: none"> <li>- Individual</li> <li>- Small groups</li> <li>- Large groups</li> </ul> <p>Write an essay stating how drill has helped you become a better person and why. How has it built self-confidence and made you more disciplined?</p> <p>Have each senior take on a role of being the squad leader to learn responsibility and to work on their leadership abilities.</p>	<p>Check for drill basics prior to progressing.</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  
Law Enforcement and Public Safety-Physical Education IV**

**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:** To develop and strengthen the necessary skills needed to be in one's best personal shape.

**Duration of Unit:** Once a week

**NJCCCS:** 2.6.12 A 1-4, 2.6.12 B 1-2, 2.6.12 C 1-2

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

**Unit #3: Lifelong Activities**

**Enduring Understandings:** Performing movement skills in a technically correct manner improves overall performance and increases the likelihood of participation in lifelong physical activity.  
 Knowing and understanding concepts of movement will improve performance in a specific skill 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.  
 In order for all participants and spectators to experience the maximum benefit from games and sports, everyone must demonstrate knowledge and commitment to sportsmanship, rules and safety guidelines.

**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:** To incorporate basic physical skills into everyday games to encourage lifelong wellness.

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

**NJCCCS:** 2.5.12 A 1-5, 2.5.12 B 1-4, 2.5.12 C 1, 2.5.12 D 1-2

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

**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.