

Albany High School Physical Education

AHS PE Department Goals for all Students

- Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.
- Demonstrate understanding of movement concepts, principles, strategies, tactics, and other knowledge based concepts as they apply to the learning and performance of physical activities.
- Participate regularly in physical activity.
- Become intrinsically motivated to pursue a healthy and active lifestyle in an increasingly changing society.
- Achieve and maintain a health-enhancing level of physical fitness.
- Exhibit responsible personal, social, and emotional behavior that respects self and others in physical activity settings conducive to a positive learning environment.
- Value physical activity for health, self-worth, enjoyment, challenge, self-expression and/or social interaction.

AHS PE Department Essential Standards

- Students will be self-directed in pursuing knowledge and skills associated with physical activity and physical fitness for health and performance, while demonstrating knowledge of fitness concepts, principles, and strategies. (effort, attitude, participation, motivation)
- Students demonstrate competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities.
- Students will be able to demonstrate knowledge of the sociological, psychological/emotional concepts, principles, and strategies needed as they apply to learning and performance of physical activity.
- Students will achieve an understanding of rules, terminology, history, and game strategy.

AHS PE Units

Archery

Badminton

Basketball

Cardiovascular Fitness

Dance

Football

Hockey

Kick Ball

Olympics

Soccer

Softball

Swimming

Table Tennis

Team Handball

Tennis

Track & Field

Tumbling

Ultimate

Volleyball

Water Polo

Weight Training

Wrestling

AHS PE Department Grading Scale

Participation (70%)

Active participation in the days lessons and activities, including warm-up exercises and fitness activities.

Skills (10%)

Students physically demonstrate essential skills for a given activity. Assessment occurs after instruction and opportunities for students to practice and receive feedback.

Knowledge (10%)

Awareness of rules, history, strategy for a given sport/game, typically demonstrated through written test or assignment.

Fitness (10%)

Cardiovascular capacity as measured primarily by timed mile runs.