

Teacher(s):Cook  
Time:

# The Course Organizer

Student:  
Course Dates:

## ○ This Course:

Physical Education is about learning to live a healthy lifestyle.  
is about

## Course Standards

Participation – 60%  
Fitness Testing– 20%  
Skills – 10%  
Health – 10%

## ○ Course Questions:

1. Why is it important to participate in moderate to vigorous health related physical activities on a regular basis?
2. What is the importance of goal setting in improving skill?
3. Why do students need to develop social skills to effectively participate in physical education and sports?
4. How does safety impact physical education and sports?
5. Why is it important to understand the effects of eating and exercise patterns on weight control, self-control and physical performance?
6. Why is important to use equipment safely and properly?
7. Why is it important to learn the rules of a sport?
8. How do negative lifestyle choices affect overall health?
9. Why is it important to wear the proper shoes and clothes to participate and prevent injury?
10. Why is it important to warm-up and cool-down regularly during exercise?

# Course Map

This Course: 7<sup>th</sup>/8<sup>th</sup> Physical Education

Student:

