

**EL DORADO UNION HIGH SCHOOL DISTRICT  
Educational Services**

**Course of Study Information Page**

Course Title: Physical Education III (Course #275)	
Rationale: To give students the opportunity to continue their physical education experience and to pursue possible career interests in this area.	
Course Description: Physical Education III prepares students for the transition from directed Physical Education to self-directed and self-designed lifelong activities.	
Length of Course:	Semester
Grade Level:	11-12
Credit: 5 units/semester <input type="checkbox"/> Meets graduation requirements <input type="checkbox"/> Request for UC "a-f" requirements <input type="checkbox"/> College Prep <input checked="" type="checkbox"/> Elective <input type="checkbox"/> Vocational	
Prerequisites:	P.E. I and II
Department(s):	Health/Physical Education
District Sites:	All school sites
Board of Trustees Adoption Date:	2-8-00
Textbook(s)/Instructional Materials:	None
Date Adopted by the Board of Trustees:	5-23-00 (In lieu of funds)

**EL DORADO UNION HIGH SCHOOL DISTRICT  
Educational Services**

**PHYSICAL EDUCATION III**

**TABLE OF CONTENTS**

<u>UNIT</u>	<u>UNIT TITLE</u>	<u>PAGE</u>
UNIT 1:	Lifetime Sports and Recreational Activities . . . . .	3
UNIT 2:	Safety . . . . .	4
UNIT 3:	School-to-Career . . . . .	5
UNIT 4:	Community Resources . . . . .	6

# EL DORADO UNION HIGH SCHOOL DISTRICT

Department: Health/Physical Education  
Course Title: Physical Education III

UNIT #1: Lifetime Sports and Recreational Activities

GOAL: To prepare students to focus on the activities they plan to pursue for recreation after graduation from high school.

OBJECTIVES	SUGGESTED ACTIVITIES
The student will:	
Excel in department offered activities.	<ul style="list-style-type: none"><li>• Daily participation in activities such as (but not limited to) golf, tennis, racquetball, aerobics, swimming, softball</li></ul>
Comprehend the correct elements of various movements, strategies, safety procedures, and basic rules.	<ul style="list-style-type: none"><li>• Written test</li><li>• Student demonstration</li><li>• Skills test</li><li>• Video analysis</li><li>• Reciprocal teaching</li></ul>
Share in the responsibility of group action and problem solving as a member of a group or team.	<ul style="list-style-type: none"><li>• Present a unit to a lower level class</li><li>• Adaptation of rules of the activity</li><li>• Create a game with equipment</li></ul>
Accept the ways in which personal characteristics, performance styles, and activity preferences will change over the life cycle.	<ul style="list-style-type: none"><li>• Interviews with people of various ages and lifestyles</li><li>• Visitation to seniors' exercise class</li><li>• Visit a fitness class of a population with limitations</li></ul>

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Department: Health/Physical Education  
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UNIT #2: Safety

GOAL: Understanding the importance of basic first aid and CPR, as well as proper attire and equipment.

OBJECTIVES	SUGGESTED ACTIVITIES
The student will:	
Be certified in both first aid and CPR.	<ul style="list-style-type: none"><li>• Take first aid and CPR classes</li></ul>
Understand the importance of proper working equipment.	<ul style="list-style-type: none"><li>• Inspect equipment for any needed repair or replacement</li></ul>
Identify potential safety or health hazards.	<ul style="list-style-type: none"><li>• Inspect playing area for any potential hazards</li></ul>
Safe activity for impaired students.	<ul style="list-style-type: none"><li>• Design modified program for student with limitations</li></ul>

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UNIT #3: School-to-Career

GOAL: Introduce students to career opportunities in Physical Education and other related fields.

OBJECTIVES	SUGGESTED ACTIVITIES
The student will:	
Know about career opportunities in Physical Education and other related fields.	<ul style="list-style-type: none"><li>• Job shadowing</li><li>• Interviewing</li><li>• Volunteer work/community service</li></ul>
Bring in guest speaker working in a related field.	<ul style="list-style-type: none"><li>• Video presentation</li><li>• Guest presenter</li><li>• Demonstration</li></ul>

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UNIT #4: Community Resources

GOAL: Incorporate local business and community facilities to enhance off-campus participation in recreational activities.

OBJECTIVES	SUGGESTED ACTIVITIES
The student will:	
Participate in one community or commercial recreational activity during the semester.	<ul style="list-style-type: none"><li>• Participate in a fun run</li><li>• Enter into a tournament</li><li>• Participate in class/sports league</li><li>• Attend seminar/presentation</li></ul>
Expand their opportunities by participating in activities using community facilities off-campus.	<ul style="list-style-type: none"><li>• Racquetball</li><li>• Kayaking</li><li>• Cycling</li><li>• Sailing</li><li>• Rowing</li></ul>