

Departamento de Educación
Estado Libre Asociado de Puerto Rico
Escuela Especializada Educación Bilingüe (LMI)

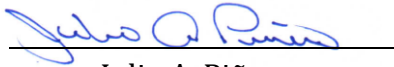
Summary

- **Course:** Physical Education; Secondary
- **Highly qualified teacher:** B.A. Physical Education Elementary and Secondary
- **Office hours:** Monday to Friday 8:00 – 9:00
- **Course Description:**
 - Expose students to various scenarios in the field of physical education (physical condition) in order to observe, analyze, reflect, practice, and apply different skills. The physical education course presents an overview of the aspects that contribute to the physical, social and emotional development of the student. In the Physical Education program, the student will be actively incorporated into the motor learning skills; considering not only the body but, also intellect and emotions.
- **Objectives:**
 1. Contribute to the development of their personality.
 2. Stimulate thinking, virtues and human values.
 3. Acquire fundamental and basic theoretical knowledge about the different components of physical condition studied in class.
 4. Develop motor and physical skills.
 5. Know the different basic aspects for the development of the physical condition.
 6. Know relevant facts about the human body, health and nutrition.
 7. Identify some problems caused by harmful smoking habits, alcohol and drugs.
 8. Choose appropriate physical activities to improve health and avoid sedentary lifestyle.
 9. Know the history, rules and basic skills of different sports.
 10. Integrate technology to practice physical activity at home.
- **Topics:**
 - A. Physical fitness
 1. Pre - test
 2. Body Mass Index (BMI)
 3. Benefits
 4. Components
 5. Post - test
 - B. Sports
 1. History
 2. Rules
 3. Basic Skills
 - C. Simple Games
 - D. Active Healthy Living
 - E. Safe Physical Activities
 - F. Motor Skills
 - G. Body Movement
 - H. Physical Activity to Prevent Stress

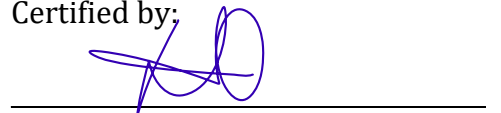
Evaluation plan:

Performance Tasks	Total	
20 practical test value 20 pts	400	
Assessment and Test		
2 partial test value 100	200	
1 special project value 100	100	
Daily participation	200	
Homework	100	Total score 1,00 pts

Submitted by:


Julio A. Piñero
Physical Education Teacher

Certified by:


Debra-Angie Hernández Zumaeta
School Director

- This summary is subject to change

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