

**Sample Course Outline**

**I. School Identification**

School Name San Marinos Academy  
Course Title Physical Education I (High School)  
Length of Course 1 Year  
Teacher's Name, Degree Sonny Munsaya, MA  
Class periods/ per week 4 Minutes/ per class 50

**II. Description of the class and for whom it is intended**

The class is for 1<sup>st</sup> year high school PE students. It is designed to teach physical fitness, group games, traditional Filipino games, gymnastics and basic skill in team sports.

**III. Textbook**

Lopez, Lorna Fe P. and others, *Physical Education, Health and Music*. Rex Printing Company, Inc. 1992. 200 pages

**IV. Class Requirements**

Special Assignments, projects, term papers, field trips:  
Each student will write an exercise program for his personal health

**V. Goals and Objectives**

Goals to:

1. Learn the concept and components of physical fitness
2. Improve flexibility, strength, endurance, coordination, balance, speed, and agility through exercises
3. Learn the value of participating in group games, and sports games
4. Appreciate some native games.
5. Etc.

Objectives (behavioral and measurable):

The student will be able to.....

1. Develop speed, agility and coordination to play group games.
2. Make an exercise program for physical fitness
2. Know the rules for several group games
3. Etc.

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**PHYSICAL EDUCATION**

**VI. Goals for integration of Faith and Learning**

- \*\*1. Commitment to Christian value that the body should be presented as a “living sacrifice, holy, acceptable to God” (Rom. 12:1)
- 2. Develop appreciation for God as our Creator. “I am fearfully and wonderfully made” (Psalm 139:14)
- 3. A balance in living. “We are to educate the youth to exercise equally the mental and the physical powers. (FE 538)

**VII. Class Schedule**

The class schedule lists the textbook pages, topics, and integration for each school day of the term. This the most important planning tool the teacher has for organizing her class and show how she will integrate Adventist values and beliefs. A sample is provided to help the teacher see how it looks. Appendix B has a blank class schedule form for the teacher to duplicate and use.

**VIII. Evaluation and Grading System**

Basic skills in sports	40%
Physical Fitness Test	35%
Project	25%

