

High School Course Description: Physical Education

In middle school, GISB students build on acquired skills in different sports that they were introduced to during elementary school. In middle school, they learn more in-depth technical and strategic elements of these sports. The high school physical education (PE) curriculum continues to build on the theoretical understanding and practical application of various sports, and further in-depth technical and tactical skills are introduced, applied, and tested.

GISB's rigorous four-year high school PE curriculum addresses the topics listed below in depth. A definite emphasis is placed on practical understandings as well as on being able to prepare and present a given sports topic.

For a detailed list of what is covered each year in our PE curriculum, please see below.

Grade 9

- Fitness
 - Diet and energy
 - Anaerobic vs. aerobic exercises
 - Static vs. dynamic stretches
 - Cardiovascular system
 - Muscular endurance and strength
- Team Ball Games
 - Methodological ways to acquire sport-specific skills
 - Technical aspects
 - Strategic aspects
 - In-depth hand-eye coordination
 - Agility
- Swimming
 - Four events: freestyle, breaststroke, backstroke
 - Sprint: 25 meters

- Endurance: 100 meters and 400 meters
 - Distance diving
- Badminton
 - Technique
 - Games
- Track and Field
 - Long jump
 - Shot put
 - 100-meter sprints
 - 800-meter run

Grade 10

- Fitness
 - CrossFit
- Volleyball
 - Technique
 - Games
- Swimming
 - Four events: freestyle, breaststroke, backstroke
 - Sprint: 25 meters
 - Endurance: 100 meters and 400 meters
 - Distance diving
- Track and Field
 - Long jump
 - Shot put
 - 100-meter sprints
 - 800-meter run
- Flag Football
 - Strategies
 - Games

Grades 11 and 12

- Team sports: volleyball, flag football, handball, soccer, lacrosse, rugby, and basketball
 - Strategies
 - Game situations
 - Movement analysis
- Individual planning and leading of one lesson
 - Motivating a group
 - Set up a lesson with transitions into different activities
- Track and Field
 - Discus
 - Javelin
 - Cooper test (12-minute run)
- Swimming
 - Swim sustainably for at least 30 minutes
 - Dive 15 meters
 - Swim 200 meters on your chest and on your back
 - Swim 50 meters safely in freestyle swimming
 - Rescue yourself and others
 - Explain the technical characteristics of swimming types (e.g. pushing and pulling movements, breathing rhythm)
 - Name and describe techniques for self-rescue and rescue of others (e.g. behavior in emergency situations, CPR, etc)
 - Timed swimming (50 meters, 100 meters, 400 meters)
 - Alternative endurance performance: 600-meter swimming test

Types of Large Assessments in this Course:

- Unit practical tests