

## **Student Leader Program Curriculum**

### **Course Description:**

#### **Student Leader Program**

Grade level: 11, 12

Credit: 2

Prerequisite: Physical Education Recommendations/Application process

Length: Full Year

#### **Course Description:**

- This course is designed to provide an opportunity for students who show initiative, assertiveness and positive behavior.
- This course is designed to develop quality leadership skills that will help them to lead a more fulfilled life.
- Student leaders will do the following: assist the physical education teacher to make the physical education classes more interesting, efficient and desirable for students, perform routine tasks with efficiency and enthusiasm; provide individual help, and set an example for students in physical education class.
- The leaders program will emphasize a variety of fitness, aquatics, individual, team sports and team building.

### **State Goals:**

1. **State Goal 19:** Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.
  - a. 19.A.4 Perform skills efficiently in a variety of leisure activities, sports, creative movement and work-related activities.
  - b. 19.B.4 Analyze various movement patterns for efficiency and effectiveness.
  - c. 19.C.4a Develop rules and safety procedures for physical activities.
  - d. 19.C.4b Select and apply offensive, defensive and cooperative strategies in selected activities, games and sports.
  - e. 19.A.5 Demonstrate knowledge and skills in a self-selected individual sport, a team sport, creative movement and work-related activities.
  - f. 19.B.5 Apply the principles of efficient movement to evaluate personal performance.
  - g. 19.C.5a Select components which promote participation in novel or original physical activities.
  - h. 19.C.5b Analyze and apply complex offensive, defensive and cooperative strategies for selected games and sports.

2. **State Goal 20:** Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment
  - a. 20.A.4a Interpret the effects of exercise/physical activity on the level of health-related fitness.
  - b. 20.A.4b Participate in various types of fitness training programs and describe the characteristics and benefits of each.
  - c. 20.B.4b Prepare an individual health-related fitness profile and evaluate fitness level on each component.
  - d. 20.C.4a Set realistic, short-term, health-related fitness goals based on individual profiles.
  - e. 20.C.4c Design and implement a personal fitness program.
  - f. 20.A.5 Implement an individualized health-related fitness plan which includes the principles of training.
  - g. 20.C.5c Use profile data to monitor an individual wellness/fitness plan
  
3. **State Goal 21:** Develop team-building skills by working with other through physical activity.
  - a. 21.A.4a. Demonstrate decision-making skills both independently and with others during physical activities.
  - b. 21.A.4b. Apply identified procedures and safe practices to all group physical activity settings.
  - c. 21.A.4c. Complete a given task on time.
  - d. 21.A.5. Demonstrate individual responsibility through use of various team-building strategies in physical activity settings.
  - e. 21.B.5. Demonstrate when to lead and when to be supportive to accomplish group goals.

### **Behavioral Objectives:**

The student will be able to:

1. Explain and demonstrate exercises that warm-up and prepare the body for a particular sport or activity.
2. Explain and demonstrate a drill for a particular sport or activity.
3. Assist in the administration for fitness test and the recording of the results on paper/computer.
4. Demonstrate his/her knowledge of the rules for a particular sport through written rules testing.
5. Identify how to set-up, take-down, and put away all equipment.
6. Recognize good leadership qualities.
7. Perform a variety a variety of skill related activities in individual and team sports.
8. Keep a written log of all rules and regulations for all activities and sports covered in the leadership training class.
9. Demonstrate knowledge of rules for a particular sport or activity through proper officiating.
10. Recognize gross errors for a particular activity or sport skill and assist an individual with constructive performance hints.
11. Demonstrate a skill to a class, in a teaching station.

## **Content:**

### **Semester 1 & Semester 2**

Exercise & Warm-up Activities  
Team Building  
Flag Football  
Tennis  
Speedball  
Handball  
Volleyball  
Basketball

Track & Field  
Softball  
Recreational Games  
Swimming  
Lacrosse  
Badminton  
Hockey  
Strength & Conditioning (Fitness Activities)