

Orange Unified School District
PEP SQUAD/P.E.
Semester Course

GRADE LEVEL: 9-12

PREREQUISITE: Movement knowledge and skills demonstrated through qualifying tryouts for Pep Squad and selection for Pep Squad

INTRODUCTION TO THE SUBJECT:

This course provides an opportunity for students to participate in pep squad activities. Movement knowledge and dance fundamentals, coupled with physical education curriculum concepts, fulfill the content of the course. These skills are applied in various performances such as football games, parades, field tournaments, and pep assemblies. The pep squad leader and Physical Education Department will cooperate on those aspects of the curriculum directly related to Physical Education.

COURSE OBJECTIVES:

BY THE END OF THE COURSE THE STUDENT WILL BE ABLE TO:

Demonstrate dance fundamentals such as 8-step rhythm movements, step intervals, body carriage, facing movements, stunting technique and many others.

Show evidence of developed psychomotor skills with music and timing.

Exhibit the discipline associated with pep squad teams as well as the promotion of school spirit, 100% leadership, poise, grace and self-confidence via the execution of dance movement and stunts during performances.

Demonstrate lengthy performances which will exhibit a high endurance level.

Complete, satisfactorily, the California Fitness Test as evidenced by cardiovascular, endurance, strength, flexibility and neuro-muscular coordination activities.

Complete a water aerobics program which demands resistance exercises and cardiovascular endurance.

Demonstrate an understanding of the theory of techniques of self-defense, when tested on the techniques of danger elimination; methods of recognizing and avoiding dangers; and skills and strategies for employing physical defense when required.

Participate in gymnastic and tumbling skills and incorporate them within their routines.

Participate in a pep squad team, as evidenced by such participation during the year, in order to foster self-confidence, self-control, cooperation, and courtesy necessary to function as a team.

COURSE OVERVIEW AND APPROXIMATE UNIT TIME ALLOTMENTS:

SEMESTER I	<u>WEEKS</u>
I. Movement Fundamentals I (Beginning)	6
A. Eye, hand, foot coordination	
B. Psychomotor development	
C. Breathing, posture, body projection	
D. Discipline — execution of routines	
E. Mechanics of body movements	
II. Dance Fundamentals I (Beginning)	6
A. Fundamentals of rhythmic movements	
B. Utilizing psychomotor skills in dance movement	
C. Development of listening, memorization and counting skills	
D. Performance techniques — artistic expression, teamwork, self-confidence	
III. Physical Fitness Test Preparation	Beginning of every class period
A. Cardiovascular development — running	
B. Endurance — pushups, running	
C. Strength — pushups, running, long jump, trunk lift	
D. Flexibility — stretching, sitting, and reaching	
E. Neuro-muscular coordination — crunches, pushups	
F. Body fat percentage measure/education	
1. Nutrition	
2. Strategies	
IV. Water Aerobics (instructor must have water safety certification)	2
A. Demonstration of floating ability	
B. Resistance exercise routines	
V. Self-Defense	1
A. Techniques for eliminating dangers from daily living	
B. Methods for recognizing and avoiding danger	
C. Skills and strategies for employing physical defense when necessary	

	<u>WEEKS</u>
VI. Gymnastics I (Beginning)	1
A. Rhythm and movement	
B. Aerobic movement	
C. Teamwork	
D. Leadership skills	
E. Self-esteem and presentation	
VII. Team Sports	1
A. Team competition	
1. Sportsmanship	
2. Leadership	
3. Communication	
B. Skills involved	
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SEMESTER II

I. Movement Fundamentals II (Advanced)	6
A. Eye, hand, foot coordination	
B. Psychomotor development	
C. Breathing, posture, body projection	
D. Discipline — execution of routines	
E. Mechanics of body movements	
II. Dance Fundamentals II (Advanced)	6
A. Fundamentals of rhythmic movements	
B. Utilizing psychomotor skills in dance movement	
C. Development of listening, memorization, and counting skills	
D. Performance techniques — artistic expression, teamwork, self-confidence	
III. Physical Fitness Test Preparation	Beginning
A. Cardiovascular development — running	of every
B. Endurance — pushups, running	class
C. Strength — pushups, running, long jump, trunk lift	period
D. Flexibility — stretching, sit and reach	
E. Neuro-muscular coordination — crunches, pushups	
F. Body fat percentage measured/education	
1. Nutrition	
2. Strategies	

	WEEKS
IV. Physical Fitness Test	2
V. Water Aerobics (instructor must have water safety certification)	2
A. Demonstration of floating ability	
B. Resistance exercise routines	
VI. Self-Defense	1
A. Techniques for eliminating dangers from daily living	
B. Methods for recognizing and avoiding danger	
C. Skills and strategies for employing physical defense when necessary	
VII. Gymnastics II (Advanced)	1
A. Rhythm and movement	
B. Aerobic movement	
C. Teamwork	
D. Leadership skills	
E. Self-esteem and presentation	
VIII. Team Sports	1
A. Team Competition	
1. Sportsmanship	
2. Leadership	
3. Communication	
B. Skill Involved	

NOTE: Pep Squad/P.E. may be used to satisfy the two year physical education high school graduation requirement.

Semester or year course - additional years may be taken for elective credit.

DATE OF CONTENT REVISION: NEW - April 1997

DATE OF BOARD APPROVAL: June 10, 1997