Jefferson City Public Schools–High School Curriculum

SUBJECT: Grade 10

COURSE: PE Wellness

STRAND:

<table>
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<th>Objectives</th>
<th>Assessment/Evaluation</th>
<th>Instructional Activities</th>
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| (A) Develop skills related to self-discipline, respect for rules and authority, respect for others and respect for self | • Written test  
• Daily activities – assessed using a teacher-created scoring guide | • Handouts  
• Guest speakers  
• Field trips  
• Class discussion |

Performance: 1.10, 2.6, 3.2-3.4, 4.2-4.4, 4.7  
Knowledge: (H/PE) 2 (SS) 6  
PEGLE: PALW.1.A,B; PALW.2.B  
HEGLE: FIS.2.A,B; HME.4.D  
NETS: N/A  
DOK: 2