



Interactive PE I / II (iPE1, iPE2)

Course Descriptions

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Overview: Interactive PE (iPE) is a full set of teaching tools for high school physical education. Lessons, assignments, evaluations, resources, quizzes, and exams enable **blended learning** so teachers can maximize physical activity during traditional in-school class time.



The iPE approach allows teachers to measure content mastery – a key component in educator evaluations. Interactive PE encourages the student to explore expressions of physical activity that best suit his/her individual fitness personality and interests. A “fitness for life” approach offers a unique combination of rigor, relevancy, and enjoyment.

Quick Facts:

- Comprehensive high school curriculum (2 semesters)
- Meets all state and national standards.
- Maximizes time for physical activity during class.
- High levels of student adoption and parent support.
- Individualized learning, adapted for ENL/IEP.
- Analytics for teacher evaluation artifacts.
- No investment in technology, training, or support.
- Over a million iPE lessons have been delivered.

“Exercise and recreation are as necessary as reading. I will say more necessary, because health is worth more than learning.” ~ Thomas Jefferson

Developing Physically Literate Individuals. The goal of physical education is to develop physically literate individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity.

Blended learning is a formal education program in which a student learns in part through digital delivery of content and instruction with some element of control over individual learning style. Students complete lessons and assignments on their own time allowing more time for physical activity during class.

How it works. Students complete each lesson in sequential order culminating with the “big idea” that answers the lesson title. Formative questions in each lesson allow the student to self-access their understanding.

iPE1 Course Outline

00 PRE-COURSE EVALUATION (Pre-test)

01 YOUR STARTING LINE

- Welcome to Interactive PE
- What is required for this course?
- How does Interactive PE work?
- What is the Interactive PE honor code?

02 LET'S GET MOVING

- What is the best activity for overall fitness?
- How often should I be active?
- What is your fitness personality?
- Discover your fitness personality



03 EVALUATING FITNESS

- What fitness app should I use?
- Why do I journal my fitness activity?
- What is a fitness evaluation?
- Evaluate your fitness

04 WHY PE MATTERS

- What is physical fitness?
- Why physical education?
- Does exercise make me smarter?
- Can music enhance my work out?

05 YOUR FITNESS FUNDAMENTALS

- What does it mean to be physically healthy?
- How do I start a fitness program?
- What is the hard-easy principle of training?
- Why warm up and cool down?
- Why is heart rate training so important?

06 THE HEART OF YOUR FITNESS

- Why is heart rate training so important?
- How do I measure my heart rate?
- What is my resting heart rate?
- What is my maximum heart rate?

07 YOUR HEART TRAINING

- What are my heart training zones?
- How else can I measure intensity?
- What is my recovery heart rate?
- How do I strengthen my heart?
- The heart of fitness

08 YOUR CARDIO

- Why do I need cardio?
- How do I choose my cardio?
- What is the difference between aerobic and anaerobic exercise?
- What happens in the first ten minutes of exercise?

09 YOUR ENDURANCE

- Is lactic acid good for you?
- What is a second wind?
- What causes muscle soreness?
- Is walking as good as running?

10 YOUR ENERGY

- How many calories do I burn in a day?
- How many calories do I burn when I exercise?
- What is the real scoop on calories?
- Making the calories in / calories out connection
- Your burn rate

11 YOUR NUTRITION

- How do I read the nutrition label?
- Should I eat before or after I exercise?
- What is the best food plan?
- Your calorie connection

12 YOUR BODY

- Is body fat bad?
- Am I overweight?
- What is Body Mass Index (BMI)?
- How can I lose or gain weight?
- Your body and BMI

13 YOUR FLEXIBILITY

- What is flexibility training?
- What makes me flexible?
- Are there different types of stretching?
- What is yoga all about?

14 YOUR STRENGTH

- Should I lift weights?
- What is the best weight training?
- What are sets and repetitions?
- What are myths and misconceptions about strength training?
- Machine weights or free weights?

15 YOUR FINISH LINE

- What is the secret to fitness?
- What is your fitness goal?
- What is your fitness plan?
- Course evaluation
- What is your next fitness goal?
- Evaluate your fitness

16 YOUR FINAL

- General examination
- Adapted examination (option)

“In order for man to succeed in life, God provided him with two means, education and physical activity. Not separately, one for the soul and the other for the body, but for the two together. With these means, man can attain perfection.” — Plato

iPE2 Course Outline

00 PRE-COURSE EVALUATION (Pre-test)

01 YOUR STARTING LINE

- Welcome to Interactive PE
- What is required for this course?
- How does Interactive PE work?
- What is the Interactive PE honor code?

02 YOUR FITNESS GOAL

- What is the secret to fitness?
- What is your fitness goal?
- What's the difference between short term and long term goals?
- What is your fitness plan?
- Your fitness goal

03 TRACKING YOUR FITNESS

- What is the best activity overall fitness?
- How often should I be active?
- Why do I journal my fitness activity?
- What fitness app should I use?

04 YOUR FITNESS BRAIN

- How does daily exercise improve my school day?
- How does exercise improve my G.P.A.?
- Who is in charge of my fitness?
- Why are active people better at time management?

05 YOUR FITNESS MOTIVATION

- Is physical activity a priority?
- Should I have an exercise partner?
- What are the reasons to exercise with music?
- How do I reward myself?
- How do I cultivate motivation?

06 YOUR FITNESS FUNDAMENTALS

- Do I need to be concerned with the skills-related components of fitness?
- Can my heart rate tell me how fit I am?
- What does it mean to have a solid core?
- How do I improve coordination?

07 YOUR FITNESS INTENSITY

- Is vigorous exercise necessary?
- What does it mean to go anaerobic?

- What is high intensity interval training?
- Which is better - interval training or endurance training?

08 YOUR FITNESS POTENTIAL

- What are fitness principles?
- What does it mean to train to peak?
- How does progressive overload work?
- What are the best habits of highly fit people?

09 YOUR FITNESS FUEL

- How many calories am I really eating?
- Can I "out-exercise" poor eating?
- What's the real scoop on bread, carbs, and grains?
- What's the skinny on fats?

10 YOUR FITNESS BODY

- Is fitness more important than body weight?
- Why do so many people get diabetes?
- How does protein help build muscles?
- What are the important muscle groups I should know?

11 YOUR REST AND RELAXATION

- Does exercise help relieve stress?
- How do I learn to relax?
- How does sleep affect my health?
- How fast do I lose fitness when I stop exercising?

12 YOUR FITNESS SAFETY

- What if it hurts to exercise?
- What's the difference between a strain and a sprain?
- What causes heat exhaustion and a heat stroke?
- How much sunshine do I need?

13 YOUR SPORTSMANSHIP

- What is sportsmanship?
- What are the rules of positive play?
- Why is it good to be a team player?
- What are the unwritten rules of the game?

14 YOUR FINISH LINE

- Finish line or starting line?
- What are the best fitness tips?
- Evaluate your fitness
- How did I do with my fitness goal?

15 YOUR FINAL EXAM