



Course Outcome Summary

Course Information:

Individual Sports

Description:

Students will focus on fitness, goal setting and units focusing on individual physical activities. Students will also gain an understanding of fitness principles, nutrition and wellness concepts in order to prepare them for a healthy lifetime and participation in physical activity.

Instruction Level:

10-12

Total Credits:

1 Semester

Prerequisites:

NA

Textbooks:

None

Course Standards:

- **Standard 1** - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- **Standard 2** - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- **Standard 3** - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- **Standard 4** - The physically literate individual exhibits responsible personal and social behavior that respects self and others.
- **Standard 5** - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Unit

1. **Badminton**
2. **Golf**
3. **Weight Lifting**
4. **Biking**
5. **Bowling**
6. **Inline Skating**
7. **Archery**
8. **Yoga**
9. **Fitness (semester long)**

Unit Outlines

1. Badminton

Standards: 1, 2, 4

Unit Objective: The student will use the fundamental skills of badminton while incorporating strategies of the various shots in game play while using positive communication and participating safely.

Essential Questions:

- How do the offensive and defensive tactics result in successful in individual or doubles game play?
- How does proper shot selection and court coverage benefit you during game play?
- How does sportsmanship (positive or negative) affect the outcome of the game?

Essential Knowledge:

- The students will learn, practice and apply various offensive and defensive tactics during either individual or doubles game play
- The students will assess important components of sportsmanship, shot selection, court coverage

2. Golf

Standards: 2, 4, 5

Unit Objective: The student will perform the 3 basic golf strokes using correct golf clubs and using proper golf etiquette and respectful behavior at the local golf course and finding enjoyment and opportunity for social interaction in golf as a lifelong activity.

Essential Questions:

- When would you use each of the 3 different strokes (drive, chip, and putt) of golf?
- Why is proper etiquette and responsible behavior important?
- Why do you value and appreciate golf as a lifetime physical activity?

Essential Knowledge:

- The students will learn and practice 3 strokes and know when to apply them
- The students will learn and apply proper golf etiquette and responsible behavior in the gym and at the golf course
- The students assess their personal value and appreciation of golf as a lifelong physical activity

3. Weight Lifting

Standards: 3, 4, 5

Unit Objective: The student will demonstrate appropriate lifting technique while exhibiting proper weight room/lifting etiquette, participate safely and analyze the health benefits of weight training.

Essential Questions:

- Why is proper technique important when weight training?
- What are the health benefits of weight training?
- How does weight training promote lifetime wellness?

Essential Knowledge:

- The students will learn and apply proper lifting techniques of various exercises while weight training.
- The students will understand and apply the terms of sets, reps, spotting and etiquette.
- The students will recognize and assess the fitness benefits of weight training.

4. Biking

Standards: 3, 4, 5

Unit Objective: The student will recognize the health benefits of biking while following the rules of the road, safety, etiquette and respect while riding in the community and the overall challenge and enjoyment of biking as a lifelong activity.

Essential Questions:

- Why are following the rules of the road essential in safe biking practices?
- What are the health benefits of biking?
- Why is biking considered a lifelong activity?

Essential Knowledge:

- The students will learn and apply the rules of the road, safety and etiquette while riding throughout the community
- The students will evaluate challenge and enjoyment associated with biking
- The students will assess biking as a lifetime wellness activity

5. Bowling

Standards: 1, 2, 4, 5

Unit Objective: The student will perform proper bowling technique, learn and apply bowling scoring technique while participating at a community bowling alley using safety, etiquette and responsible behaviors and will be able to recognize the opportunity for social interaction and enjoyment of bowling as a lifelong activity.

Essential Questions:

- Why technique an important aspect of successful bowling?
- Why are activities within the community important?
- Why is social interaction essential when participating in activities?

Essential Knowledge:

- The students will learn and apply proper bowling technique and game scoring while participating at the bowling alley
- The students will assess social interaction and enjoyment associated with bowling

6. Inline Skating**Standards:** 3, 4, 5

Unit Objective: The student will recognize the health benefits of inline skating while participating safely and respecting classmate's abilities and finding enjoyment and opportunity for social interaction in inline skating as a lifelong activity.

Essential Questions:

- Why is inline skating considered a lifelong wellness activity?
- Why is it important to respect other's abilities and learning development?
- How can you utilize inline skating to promote social interaction?

Essential Knowledge:

- The students will assess inline skating as a tool for lifelong wellness and social interaction
- The students will recognize the health benefits of inline skating
- The students will understand varying abilities of their peers

7. Archery**Standards:** 1, 4, 5

Unit Objective: The student will perform proper bow and arrow shooting technique and follow proper safety and etiquette protocols finding enjoyment and challenge in archery as a lifelong activity.

Essential Questions:

- Why is proper bow handling and shooting technique important?
- What consequences may result with failure to follow safety protocols?
- Why do you value and appreciate archery as a lifetime activity?

Essential Knowledge:

- The students will learn and apply proper bow and arrow shooting technique
- The students will follow safety and shooting protocols (ex: whistle commands)
- The students assess their personal value and appreciation of archery as lifetime activity

8. Yoga

Standards: 3, 4, 5

Unit Objective: The student will recall the health benefits of the various types of yoga and find the challenge of them as a physical activity.

Essential Questions:

- How do the health benefits of yoga positively impact your physical, mental and emotional health?
- How does proper yoga etiquette allow for personal and social growth?
- How can yoga contribute to your overall well-being?

Essential Knowledge:

- The students will learn, assess and appreciate the health benefits associated with yoga
- The students will learn and follow yoga etiquette and mindfulness
- The students will grow to understand and value the unique intricacies of yoga as a lifetime physical activity

9. Fitness (mile run, sit-ups, push-ups, flexibility)

*Spans across entire semester

Standards: 3

Unit Objective: By the end of the semester, students will have performed 3 fitness tests (baseline, mid and final) and set SMART fitness goals.

Essential Questions:

- What role does goal setting play in accomplishing your desired outcomes?
- What are the lifetime benefits of improving your fitness levels?

Essential Knowledge:

- The students will learn how to set realistic goals pertaining to mile run, sit ups, push-ups and flexibility
- The students will learn to re-evaluate and re-set personal fitness goals within an established timeline.
- The students will learn the health benefits of being physically active