



## Course Outcome Summary

### Course Information: **Team Sports**

<b>Description:</b>	Team sports will focus on team based activities. Basic skills, strategies and sportsmanship and teamwork will be emphasized.
<b>Instruction Level:</b>	10-12
<b>Total Credits:</b>	1 Semester
<b>Prerequisites:</b>	PE1 (freshman year)
<b>Textbooks:</b>	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

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1. **Basketball**
2. **Flag Football**
3. **Floor Hockey**
4. **Soccer**
5. **Softball**
6. **Ultimate Frisbee**
7. **Volleyball**
8. **Fitness (semester long)**

### Unit Outlines

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1. **Basketball**  
**Standards:** 3, 4, 5

**Unit Objective:** The student will improve cardiovascular endurance through game play while using positive communication and problem solving skills with teammates and opponents and finding enjoyment of basketball as a lifelong activity.

**Essential Questions:**

- How is basketball an activity that promotes increased fitness levels?
- Why are positive communication and problem solving skills essential in team play?
- How does basketball promote social interaction?

**Essential Knowledge:**

- The students will recognize and assess fitness benefits while playing basketball.
- The students will assess the social benefits of basketball
- The students will learn and apply positive communication and problem solving skills

**2. Flag Football**

**Standards:** 2, 4

**Unit Objective:** The student will recognize and apply offensive and defensive strategies during game play while demonstrating positive teamwork and sportsmanship.

**Essential Questions:**

- How do the offensive and defensive strategies lead to successful team play?
- How is each teammate's role essential in team successes?
- How can you apply components of successful teamwork in other areas of life?

**Essential Knowledge:**

- The students will learn and apply routes, play design and offensive and defensive strategies.
- The students will assess important components of teamwork.

**3. Floor Hockey**

**Standards:** 3, 4

**Unit Objective:** The student will improve cardiovascular endurance through game play while appropriately interacting with teammates/peers and participating safely.

**Essential Questions:**

- How is floor hockey an activity that promotes increased fitness levels?
- Why is it important to follow safety protocols?

**Essential Knowledge:**

- The students will learn the value of teamwork and sportsmanship during game play.
- The students will recognize and assess fitness benefits while playing soccer.

- Students will create and apply safety protocols

#### 4. Soccer

**Standards:** 2, 3, 4

**Unit Objective:** The student will recognize and apply offensive and defensive strategies during game play while demonstrating positive teamwork and sportsmanship and recognize the component of cardiovascular fitness.

**Essential Questions:**

- How do the offensive and defensive strategies lead to successful team play?

**Essential Knowledge:**

- The students will learn and apply the terms of: corner, goal, penalty and free kicks, throw-ins and spacing.
- The students will learn the value of teamwork and sportsmanship during game play.
- The students will recognize and assess fitness benefits while playing soccer.

#### 5. Softball

**Standards:** 2, 4, 5

**Unit Objective:** The student will perform fundamental softball skills and utilize them during game play while working together as a team using positive communication and strategies as a team while finding enjoyment in softball as a lifetime activity.

**Essential Questions:**

- Why is personal and social enjoyment important while playing softball?
- How does teamwork make softball more enjoyable for all participants?

**Essential Knowledge:**

- The students will learn and apply fundamental softball skills (fielding fly vs. ground ball, hitting – including grip of bat, underhand pitching)
- The students will learn and apply terms (cut off, force out, tag out, fielding positions) during game play
- The students will evaluate personal and social values of softball.

#### 6. Ultimate Frisbee

**Standards:** 2, 3, 4, 5

**Unit Objective:** The student will recognize and apply offensive and defensive strategies during game play while demonstrating positive teamwork and sportsmanship and recognize the component of cardiovascular fitness and find enjoyment and opportunity of social interaction.

**Essential Questions:**

- How is Ultimate Frisbee an activity to improve cardiovascular endurance?
- How are teamwork and sportsmanship applied during game play?

**Essential Knowledge:**

- The students will learn and apply the concepts of movement – changing speeds, changing direction on offense and defense
- The students will learn and apply offensive and defensive strategies during game play
- The compare and contrast positive versus negative teamwork and sportsmanship and impact it has on team success

**7. Volleyball**

**Standards:** 1, 4, 5

**Unit Objective:** The student will perform fundamental volleyball skills and utilize them during game play while working together as a team using positive communication and strategies as a team while finding enjoyment in volleyball as a lifetime activity.

**Essential Questions:**

- How do fundamental skills of volleyball aid in successful game play?
- Why is communication essential in the game of volleyball?
- Why is volleyball considered a lifetime activity?

**Essential Knowledge:**

- The students will learn and apply the fundamental skills of volleyball (forearm pass, set, hit/spike and the serve)
- The student will learn and apply terms (10 foot line, rotations, side out, rally scoring)
- The students will assess the impact of communication on game play

**8. 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

