



The following learning targets represent the major concepts studied and assessed in this course.

Semester Class:

This class will be an extension of Team Sports (You need Team Sports before this class)

Course Objectives:

- Participates several times a week in a self-selected lifetime activity, dance or fitness activity outside of the school day. (S3.H6.L1)
- Apply appropriate tactics and strategies in various activities (S2.H5) ● Uses communication skills and strategies that promote team/ group dynamics. (S4.H3.L1)
- Assumes a leadership role (e.g., task or group leader, referee, coach) in a physical activity setting. (S4.H3.L2)
- Examines moral and ethical conduct in specific competitive situations (e.g., intentional fouls, performance-enhancing substances, gambling, current events in sport).49 (S4.H2.L2)
- Applies best practices for participating safely in physical activity, exercise and dance (e.g., injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protection). (S4.H5.L1)
- Appreciates the value that challenge provides for personal development (S5.H2)

Unit 1: Base Games (softball, kickball)

- Students will be able to throw a ball with the correct technique
- Students will be able to catch a ball with the correct technique
- Students will be able to understand the basic rules of kickball, long base, and wiffle

ball.

- Students will be able to understand offensive and defensive strategies

Unit 2: Soccer

- Students will be able to dribble a soccer ball with the correct technique
- Students will be able to pass a soccer ball to a teammate with the correct technique
- Students will be able to understand the basic rules of soccer
- Students will be able to understand offensive and defensive strategies

Unit 3: Flag Football

- Students will be able to throw a football with the correct technique
- Students will be able to catch a football with the correct technique
- Students will be able to understand the basic rules of football
- Students will be able to understand offensive and defensive strategies

Unit 4: Ultimate Games

- Students will be able to throw with the correct technique
- Students will be able to pass with the correct technique
- Students will be able to understand the basic rules of Ultimate Frisbee.
- Students will be able to understand offensive and defensive strategies of ultimate frisbee.

Unit 5: Basketball

- Students will be able to shoot a basketball with the correct technique
- Students will be able to dribble a basketball with the correct technique
- Students will be able to understand the basic rules of basketball
- Students will be able to understand offensive and defensive strategies

Unit 6: Floor Hockey

- Students will be able to pass/strike the puck/ball with the correct technique
- Students will be able to dribble (puck handling) with the correct technique
- Students will be able to understand the basic rules of floor hockey
- Students will be able to understand the offensive and defensive strategies of floor hockey

Unit 7: Volleyball

- Students will be able to pass, set, and hit the ball
- Students will be able to serve the ball over the net using overhand or underhand technique
- Students will be able to identify and understand the 6 person rotation

- Students will be able to understand how to utilize all three hits given to each team from a strategic standpoint.

Unit 8: Tchoukball

- Students will be able to use skills and techniques from previous sports played ●
- Students will be able to incorporate concepts and strategies from multiple sports ●
- Students will be able to hit a stationary target.

Unit 9: Team Handball

- Students will be able to throw with the correct technique
- Students will be able to pass with the correct technique
- Students will be able to understand the basic rules of Team Handball. ● Students will be able to understand offensive and defensive strategies of Team Handball.

Unit 10: Rugby

- Students will be able to learn basic rules and etiquette of Rugby
- Students will be able to apply movement concepts within the structure of rugby ●
- Students will be able to use correct technique when throwing or catching the rugby ball