

# Blackhawk School District

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## CURRICULUM

<b>Course Title:</b>	<b>Team Sports (Boys &amp; Girls)</b>
<b>Course Number:</b>	
<b>Grade Level(s):</b>	<b>Grades 11 &amp; 12</b>
<b>Periods per week:</b>	<b>Every Other day</b>
<b>Length of Period:</b>	<b>42 minutes</b>
<b>Length of Course:</b>	<b>Semester</b>
<b>Credits:</b>	<b>.25 credits</b>
<b>Faculty Author(s):</b>	<b>Bryan Vitali &amp; Jamie Planitzer</b>
<b>Date:</b>	<b>Spring 2014</b>

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### COURSE DESCRIPTION:

The student will be able to further develop into a physically educated individual by increasing their knowledge, skills, and confidence in a multitude of activities in order to enjoy a lifetime of healthful physical activity.

This class involves instruction and participation in various team sport activities and team fitness games including but not limited to football, soccer, speedball, floor hockey, basketball, tennis, softball, volleyball, handball, lacrosse, capture the flag, pirate ball, castle ball, and various others. Students will be instructed about various tournament structures involving team sports and competitions including round robin format, ladder format, single elimination format, double elimination format, and various others. Students will be responsible for creating, organizing, and running specific tournament strategies within the various units covered in this class.

Students will also be working to improve and/or maintain their health within five fitness components including cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition. Throughout the various activities within the class, these aforementioned components will be developed, maintained, and/or enhanced through moderate to vigorous exercise & physical activity on a class basis.

The following outline provides a general overview of the course content, not a chronological timetable. The weeks denoted for each area provide an idea for the overall time spent working with a given topic throughout the school year.

COURSE OUTLINE	PROPOSED TIME	OBJECTIVES (PA standard)	RESOURCES
<b>FALL SEMESTER</b>	<b>18 WEEKS</b>		
<b>Fitnessgram</b> <ul style="list-style-type: none"> <li>• <b>Mile Run</b></li> <li>• <b>Push-ups</b></li> <li>• <b>Curl-ups</b></li> <li>• <b>Shoulder Stretch</b> <ul style="list-style-type: none"> <li>▪ Cardio Exercise</li> <li>▪ Strength &amp; Endurance Exercise</li> <li>▪ Flexibility Exercise</li> </ul> </li> </ul>	2 classes	<b>10.3.12 Safety and Injury Prevention</b> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <b>10.4.12 Physical Activity</b> <p>A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> <li>• social</li> <li>• physiological</li> <li>• psychological</li> </ul> <p>C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> <li>• injury</li> </ul> <p>D. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> <li>• personal challenge</li> <li>• physical benefits</li> <li>• motivation</li> <li>• access to activity</li> <li>• self-improvement</li> </ul>	CD Mats Stopwatch
<b>Football</b> <ul style="list-style-type: none"> <li>• <b>Ultimate Football</b> <ul style="list-style-type: none"> <li>○ Rule/Safety Explanations &amp; Expectations</li> <li>○ Team Breakdown</li> <li>○ <u>Round Robin Tournament Structure Explanation</u></li> <li>○ Assign Tournament Group Record Keepers</li> <li>○ Fitness Principle Integration</li> </ul> </li> </ul>	2 weeks (5 classes)  3 classes	<b>10.3.12 Safety and Injury Prevention</b> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <b>10.4.12 Physical Activity</b> <p>F. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> <li>• social</li> <li>• physiological</li> <li>• psychological</li> </ul> <p>G. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> <li>• injury</li> </ul>	Football  Pinnies  Heart Rate Monitors  Field Space/Gym  Cones  Boundary Lines

<ul style="list-style-type: none"> <li>▪ Benefits</li> <li>▪ Target Heart Rate</li> <li>○ Warm-Ups (Daily) <ul style="list-style-type: none"> <li>▪ Cardio Exercise</li> <li>▪ Strength &amp; Endurance Exercise</li> <li>▪ Flexibility Exercise</li> </ul> </li> <li>○ Skill Practice (Optional)</li> <li>○ <u>Round Robin Tournament Play</u></li> <li>• <b>Flag Football</b> <ul style="list-style-type: none"> <li>○ Rule/Safety Explanations &amp; Expectations</li> <li>○ <u>Round Robin Tournament Play</u></li> </ul> </li> </ul>	<p>2 classes</p>	<p>H. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> <li>• personal challenge</li> <li>• physical benefits</li> <li>• motivation</li> <li>• access to activity</li> <li>• self-improvement</li> </ul> <p>I. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>J. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> <li>• shared responsibility</li> <li>• open communication</li> <li>• goal setting</li> </ul> <p><b>10.5.12 Concepts, Principles and Strategies of Movement</b></p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <ul style="list-style-type: none"> <li>• open and closed skills</li> <li>• short-term and long-term memory</li> <li>• aspects of good performance</li> </ul> <p>C. Evaluate the impact of practice strategies on skill development and improvement.</p> <p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	
<p><b>Soccer</b></p> <ul style="list-style-type: none"> <li>• <b>Small Sided Game Play</b> <ul style="list-style-type: none"> <li>○ Rule/Safety Explanations &amp; Expectations</li> <li>○ Team Breakdown</li> <li>○ <u>Round Robin Tournament with Single Elimination Playoff Tournament Structure Explanation</u></li> </ul> </li> </ul>	<p>2 weeks (5 classes)</p> <p>3 classes</p>	<p><b>10.3.12 Safety and Injury Prevention</b></p> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p><b>10.4.12 Physical Activity</b></p> <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> <li>• social</li> <li>• physiological</li> <li>• psychological</li> </ul> <p>C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> <li>• injury</li> </ul>	<p>Soccer Balls</p> <p>Pinnies</p> <p>Heart Rate Monitors</p> <p>Field Space/Gym</p> <p>Cones</p> <p>Boundary Lines</p> <p>Soccer Goals</p>



<ul style="list-style-type: none"> <li>○ Game Play</li> </ul>			
<p><b>Tennis</b></p> <ul style="list-style-type: none"> <li>• <b>King of the Court &amp; Leisure Play</b> <ul style="list-style-type: none"> <li>○ Rule/Safety Explanations &amp; Expectations</li> <li>○ Partner Breakdown</li> <li>○ “Racket Familiarity”</li> </ul> </li> <li>• <b>Doubles Tennis</b> <ul style="list-style-type: none"> <li>○ Rule/Safety Explanations &amp; Expectations</li> <li>○ Partner Breakdown</li> <li>○ <u>Ladders Tournament Explanation</u></li> <li>○ Assign Tournament Group Record Keepers</li> <li>○ Fitness Principle Integration <ul style="list-style-type: none"> <li>▪ Benefits</li> <li>▪ Target Heart Rate</li> </ul> </li> <li>○ Warm-Ups (Daily) <ul style="list-style-type: none"> <li>▪ Cardio Exercise</li> <li>▪ Strength &amp; Endurance Exercise</li> <li>▪ Flexibility Exercise</li> </ul> </li> <li>○ Skill Practice (Optional)</li> <li>○ <u>Ladders Tournaments</u> <ul style="list-style-type: none"> <li>▪ <u>A Ladder</u></li> </ul> </li> </ul> </li> </ul>	<p><i>2 weeks (5 classes)</i></p> <p><i>1 class</i></p> <p><i>4 classes</i></p>	<p><b>10.3.12 Safety and Injury Prevention</b></p> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p><b>10.4.12 Physical Activity</b></p> <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> <li>• social</li> <li>• physiological</li> <li>• psychological</li> </ul> <p>C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> <li>• injury</li> </ul> <p>D. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> <li>• personal challenge</li> <li>• physical benefits</li> <li>• motivation</li> <li>• access to activity</li> <li>• self-improvement</li> </ul> <p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>F. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> <li>• shared responsibility</li> <li>• open communication</li> <li>• goal setting</li> </ul> <p><b>10.5.12 Concepts, Principles and Strategies of Movement</b></p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <ul style="list-style-type: none"> <li>• open and closed skills</li> <li>• short-term and long-term memory</li> <li>• aspects of good performance</li> </ul> <p>C. Evaluate the impact of practice strategies on skill development and improvement.</p>	<p>Tennis Rackets</p> <p>Tennis Balls</p> <p>Tennis Courts</p> <p>Heart Rate Monitors</p>

<ul style="list-style-type: none"> <li>▪ <u>B Ladder</u></li> </ul>		<p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	
<p><b>Handball</b></p> <ul style="list-style-type: none"> <li>• <b>Team Handball</b> <ul style="list-style-type: none"> <li>○ Rule/Safety Explanations &amp; Expectations</li> <li>○ Team Breakdown</li> <li>○ <u>Round Robin Tournament with Double Elimination Tournament Structure Explanation</u></li> <li>○ Assign Tournament Group Record Keepers</li> <li>○ Fitness Principle Integration <ul style="list-style-type: none"> <li>▪ Benefits</li> <li>▪ Target Heart Rate</li> </ul> </li> <li>○ Warm-Ups (Daily) <ul style="list-style-type: none"> <li>▪ Cardio Exercise</li> <li>▪ Strength &amp; Endurance Exercise</li> <li>▪ Flexibility Exercise</li> </ul> </li> <li>○ Skill Practice (Optional)</li> <li>○ <u>Round Robin Tournament Play</u></li> <li>○ <u>Double Elimination Play</u></li> </ul> </li> <li>• <b>ShootOut Competition &amp; Best Trick Shot (optional)</b> <ul style="list-style-type: none"> <li>○ Competition Explanations</li> </ul> </li> </ul>	<p><i>2 weeks (5 classes)</i></p> <p><i>4 or 5 classes</i></p> <p><i>0 or 1 class</i></p>	<p><b>10.3.12 Safety and Injury Prevention</b></p> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p><b>10.4.12 Physical Activity</b></p> <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> <li>• social</li> <li>• physiological</li> <li>• psychological</li> </ul> <p>C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> <li>• injury</li> </ul> <p>D. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> <li>• personal challenge</li> <li>• physical benefits</li> <li>• motivation</li> <li>• access to activity</li> <li>• self-improvement</li> </ul> <p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>F. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> <li>• shared responsibility</li> <li>• open communication</li> <li>• goal setting</li> </ul> <p><b>10.5.12 Concepts, Principles and Strategies of Movement</b></p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <ul style="list-style-type: none"> <li>• open and closed skills</li> <li>• short-term and long-term memory</li> <li>• aspects of good performance</li> </ul> <p>C. Evaluate the impact of practice strategies on skill development and improvement.</p>	<p>Pinnies</p> <p>Heart Rate Monitors</p> <p>Field Space/Gym</p> <p>Cones</p> <p>Boundary Lines</p> <p>Goals</p> <p>Balls</p>

<ul style="list-style-type: none"> <li>○ Safety Expectations</li> </ul>		<p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	
<p><b>Speedball</b></p> <ul style="list-style-type: none"> <li>• <b>Team Speedball</b> <ul style="list-style-type: none"> <li>○ Rule/Safety Explanations &amp; Expectations</li> <li>○ Team Breakdown</li> <li>○ <u>Round Robin Tournament with Double Elimination Tournament Structure Explanation</u></li> <li>○ Assign Tournament Group Record Keepers</li> <li>○ Fitness Principle Integration <ul style="list-style-type: none"> <li>▪ Benefits</li> <li>▪ Target Heart Rate</li> </ul> </li> <li>○ Warm-Ups (Daily) <ul style="list-style-type: none"> <li>▪ Cardio Exercise</li> <li>▪ Strength &amp; Endurance Exercise</li> <li>▪ Flexibility Exercise</li> </ul> </li> <li>○ Skill Practice (Optional)</li> <li>○ <u>Round Robin Tournament Play</u></li> <li>○ <u>Double Elimination Play</u></li> </ul> <p><u><i>Additional sports will be integrated each class period to advance game play, advance strategies, and advance fitness</i></u></p> </li></ul>	<p>2 weeks (5 classes)</p> <p>5 classes</p>	<p><b>10.3.12 Safety and Injury Prevention</b></p> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p><b>10.4.12 Physical Activity</b></p> <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> <li>• social</li> <li>• physiological</li> <li>• psychological</li> </ul> <p>C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> <li>• injury</li> </ul> <p>D. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> <li>• personal challenge</li> <li>• physical benefits</li> <li>• motivation</li> <li>• access to activity</li> <li>• self-improvement</li> </ul> <p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>F. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> <li>• shared responsibility</li> <li>• open communication</li> <li>• goal setting</li> </ul> <p><b>10.5.12 Concepts, Principles and Strategies of Movement</b></p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <ul style="list-style-type: none"> <li>• open and closed skills</li> <li>• short-term and long-term memory</li> <li>• aspects of good performance</li> </ul> <p>C. Evaluate the impact of practice strategies on skill development and</p>	<p>Pinnies</p> <p>Heart Rate Monitors</p> <p>Field Space/Gym</p> <p>Cones</p> <p>Boundary Lines</p> <p>Balls</p> <p>Goals</p>

<p><u>levels. Speedball will start with 2 sports, then will be combined to include as many as 5 sports in one game.</u></p> <ul style="list-style-type: none"> <li>○ Football, Soccer, Basketball, Handball, Rugby, Volleyball, etc..</li> </ul>		<p>improvement.</p> <p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	
<p><b>Volleyball</b></p> <ul style="list-style-type: none"> <li>• <b>Volleyball Tournament</b> <ul style="list-style-type: none"> <li>○ Rule/Safety Explanations &amp; Expectations</li> <li>○ Team Breakdown</li> <li>○ Assign Tournament Group Record Keepers</li> <li>○ Fitness Principle Integration <ul style="list-style-type: none"> <li>▪ Benefits</li> <li>▪ Target Heart Rate</li> </ul> </li> <li>○ Warm-Ups (Daily) <ul style="list-style-type: none"> <li>▪ Cardio Exercise</li> <li>▪ Strength &amp; Endurance Exercise</li> <li>▪ Flexibility Exercise</li> </ul> </li> <li>○ Skill Practice &amp; Team Practice Day</li> <li>○ <u>Round Robin Tournament Play</u></li> <li>○ <u>Single Elimination Tournament Play</u></li> </ul> </li> </ul>	<p><i>3 ½ weeks (9 classes)</i></p> <p><i>9 classes</i></p>	<p><b>10.3.12 Safety and Injury Prevention</b></p> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p><b>10.4.12 Physical Activity</b></p> <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> <li>• social</li> <li>• physiological</li> <li>• psychological</li> </ul> <p>C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> <li>• injury</li> </ul> <p>D. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> <li>• personal challenge</li> <li>• physical benefits</li> <li>• motivation</li> <li>• access to activity</li> <li>• self-improvement</li> </ul> <p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>F. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> <li>• shared responsibility</li> <li>• open communication</li> <li>• goal setting</li> </ul> <p><b>10.5.12 Concepts, Principles and Strategies of Movement</b></p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>B. Incorporate and synthesize knowledge of motor skill development concepts to</p>	<p>Heart Rate Monitors</p> <p>Field Space/Gym</p> <p>Boundary Lines</p> <p>Nets</p> <p>Volleyballs</p>



		<p>improve the quality of motor skills.</p> <ul style="list-style-type: none"> <li>• open and closed skills</li> <li>• short-term and long-term memory</li> <li>• aspects of good performance</li> </ul> <p>C. Evaluate the impact of practice strategies on skill development and improvement.</p> <p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	
<p><b>Cooperative Team Invasion/Fitness Games</b></p> <ul style="list-style-type: none"> <li>• <b>Planet Ball</b> <ul style="list-style-type: none"> <li>○ Rules Explanation</li> <li>○ Team Breakdown</li> <li>○ General Game Play</li> </ul> </li> <li>• <b>Capture the Flag</b> <ul style="list-style-type: none"> <li>○ Rules Explanation</li> <li>○ Team Breakdown</li> <li>○ General Game Play</li> </ul> </li> <li>• <b>4 Corner Capture</b> <ul style="list-style-type: none"> <li>○ Rules Explanation</li> <li>○ Team Breakdown</li> <li>○ General Game Play</li> </ul> </li> <li>• <b>Red Rocket Ball</b> <ul style="list-style-type: none"> <li>○ Rules Explanation</li> <li>○ Team Breakdown</li> <li>○ General Game Play</li> </ul> </li> </ul> <p>Fitness Principle Integration (All activities)</p> <ul style="list-style-type: none"> <li>▪ Benefits</li> <li>▪ Target Heart Rate</li> </ul>	<p><i>2 weeks (5 classes)</i></p> <p><i>2 classes</i></p> <p><i>1 class</i></p> <p><i>1 class</i></p> <p><i>1 class</i></p>	<p><b>10.3.12 Safety and Injury Prevention</b></p> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p><b>10.4.12 Physical Activity</b></p> <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> <li>• social</li> <li>• physiological</li> <li>• psychological</li> </ul> <p>C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> <li>• injury</li> </ul> <p>D. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> <li>• personal challenge</li> <li>• physical benefits</li> <li>• motivation</li> <li>• access to activity</li> <li>• self-improvement</li> </ul> <p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>F. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> <li>• shared responsibility</li> <li>• open communication</li> <li>• goal setting</li> </ul> <p><b>10.5.12 Concepts, Principles and Strategies of Movement</b></p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p>	<p>Pinnies</p> <p>Heart Rate Monitors</p> <p>Field Space/Gym</p> <p>Cones</p> <p>Boundary Lines</p> <p>Balls</p> <p>Hula Hoops</p> <p>Pins</p>

<p>Warm-Ups (Daily) (All activities)</p> <ul style="list-style-type: none"> <li>▪ Cardio Exercise</li> <li>▪ Strength &amp; Endurance Exercise</li> <li>▪ Flexibility Exercise</li> </ul>		<p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <ul style="list-style-type: none"> <li>• open and closed skills</li> <li>• short-term and long-term memory</li> <li>• aspects of good performance</li> </ul> <p>C. Evaluate the impact of practice strategies on skill development and improvement.</p> <p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	
<p><b><u>SPRING SEMESTER</u></b></p>	<p><i><u>18 WEEKS</u></i></p>		
<p><b>Indoor Team Racket Sports - Indoor Tennis, Pickleball, Ping-Pong, Ultimate Ping-Pong</b></p> <ul style="list-style-type: none"> <li>• <b>King of the Court, 4 square &amp; Leisure Play</b> <ul style="list-style-type: none"> <li>○ Rule/Safety Explanations &amp; Expectations</li> <li>○ Partner Breakdown</li> <li>○ “Racket Familiarity”</li> </ul> </li> <li>• <b>Doubles Tennis, Pickleball, Ping-Pong, Ultimate Ping-Pong</b> <ul style="list-style-type: none"> <li>○ Partner Breakdown</li> <li>○ <u>Ladder Tournament Structure Explanation</u></li> <li>○ Assign Tournament Group Record Keepers</li> <li>○ Fitness Principle Integration <ul style="list-style-type: none"> <li>▪ Benefits</li> <li>▪ Target Heart Rate</li> </ul> </li> <li>○ Warm-Ups (Daily) <ul style="list-style-type: none"> <li>▪ Cardio Exercise</li> </ul> </li> </ul> </li> </ul>	<p><i>5 classes</i></p> <p><i>1 class</i></p> <p><i>4 classes</i></p>	<p><b>10.3.12 Safety and Injury Prevention</b></p> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p><b>10.4.12 Physical Activity</b></p> <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> <li>• social</li> <li>• physiological</li> <li>• psychological</li> </ul> <p>C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> <li>• injury</li> </ul> <p>D. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> <li>• personal challenge</li> <li>• physical benefits</li> <li>• motivation</li> <li>• access to activity</li> <li>• self-improvement</li> </ul> <p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>F. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> <li>• shared responsibility</li> <li>• open communication</li> <li>• goal setting</li> </ul> <p><b>10.5.12 Concepts, Principles and Strategies of Movement</b></p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal</p>	<p>Racquets</p> <p>Paddles</p> <p>Nets</p> <p>Tables</p> <p>Various Balls</p> <p>Heart Rate Monitors</p> <p>Field Space/Gym</p> <p>Cones</p> <p>Boundary Lines</p>

<ul style="list-style-type: none"> <li>▪ Strength &amp; Endurance Exercise</li> <li>▪ Flexibility Exercise</li> <li>○ Skill Practice (Optional)</li> <li>○ <u>Ladder Tournaments</u></li> </ul>		<p>lifelong participation.</p> <p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <ul style="list-style-type: none"> <li>• open and closed skills</li> <li>• short-term and long-term memory</li> <li>• aspects of good performance</li> </ul> <p>C. Evaluate the impact of practice strategies on skill development and improvement.</p> <p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	
<p><b>Team Foot-Eye Coordination Games</b></p> <ul style="list-style-type: none"> <li>• <b>Wall Soccer</b> <ul style="list-style-type: none"> <li>○ Rule/Safety Explanations &amp; Expectations</li> <li>○ Team Breakdown</li> <li>○ <u>Round Robin Tournament Structure Explanation</u></li> <li>○ Assign Tournament Group Record Keepers</li> <li>○ Fitness Principle Integration <ul style="list-style-type: none"> <li>▪ Benefits</li> <li>▪ Target Heart Rate</li> </ul> </li> <li>○ Warm-Ups (Daily) <ul style="list-style-type: none"> <li>▪ Cardio Exercise</li> <li>▪ Strength &amp; Endurance Exercise</li> <li>▪ Flexibility Exercise</li> </ul> </li> <li>○ <u>Round Robin Tournament Play</u></li> </ul> </li> <li>• <b>Matball</b> <ul style="list-style-type: none"> <li>○ Rule/Safety Explanations</li> </ul> </li> </ul>	<p><i>5 classes</i></p> <p><i>2 or 3 classes</i></p> <p><i>2 or 3 classes</i></p>	<p><b>10.3.12 Safety and Injury Prevention</b></p> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p><b>10.4.12 Physical Activity</b></p> <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> <li>• social</li> <li>• physiological</li> <li>• psychological</li> </ul> <p>C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> <li>• injury</li> </ul> <p>D. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> <li>• personal challenge</li> <li>• physical benefits</li> <li>• motivation</li> <li>• access to activity</li> <li>• self-improvement</li> </ul> <p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>F. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> <li>• shared responsibility</li> <li>• open communication</li> <li>• goal setting</li> </ul> <p><b>10.5.12 Concepts, Principles and Strategies of Movement</b></p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement</p>	<p>Pinnies</p> <p>Heart Rate Monitors</p> <p>Field Space/Gym</p> <p>Cones</p> <p>Boundary Lines</p> <p>Goals</p> <p>Various Balls</p> <p>Mats</p> <p>Bases</p>

<ul style="list-style-type: none"> <li>&amp; Expectations</li> <li>○ Team Breakdown</li> <li>○ <u>Round Robin Tournament Play</u></li> <li>● <b>Crazy Kickball</b> <ul style="list-style-type: none"> <li>○ Rule/Safety Explanations &amp; Expectations</li> </ul> </li> <li>○ Team Breakdown</li> <li>○ <u>Round Robin Tournament Play</u></li> </ul>	<p style="text-align: center;"><i>1 or 2 classes</i></p>	<p>concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <ul style="list-style-type: none"> <li>• open and closed skills</li> <li>• short-term and long-term memory</li> <li>• aspects of good performance</li> </ul> <p>C. Evaluate the impact of practice strategies on skill development and improvement.</p> <p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	
<p><b>Basketball</b></p> <ul style="list-style-type: none"> <li>● <b>Basketball Tournament</b> <ul style="list-style-type: none"> <li>○ Rule/Safety Explanations &amp; Expectations</li> <li>○ <u>Round Robin Tournament with Single Elimination Playoff Tournament Structure Explanation</u></li> <li>○ Team Breakdown</li> <li>○ Assign Tournament Group Record Keepers</li> <li>○ Fitness Principle Integration <ul style="list-style-type: none"> <li>▪ Benefits</li> <li>▪ Target Heart Rate</li> </ul> </li> <li>○ Warm-Ups (Daily) <ul style="list-style-type: none"> <li>▪ Cardio Exercise</li> <li>▪ Strength &amp; Endurance Exercise</li> <li>▪ Flexibility Exercise</li> </ul> </li> </ul> </li> </ul>	<p style="text-align: center;"><i>2 weeks (5 classes)</i></p> <p style="text-align: center;"><i>5 classes</i></p>	<p><b>10.3.12 Safety and Injury Prevention</b></p> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p><b>10.4.12 Physical Activity</b></p> <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> <li>• social</li> <li>• physiological</li> <li>• psychological</li> </ul> <p>C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> <li>• injury</li> </ul> <p>D. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> <li>• personal challenge</li> <li>• physical benefits</li> <li>• motivation</li> <li>• access to activity</li> <li>• self-improvement</li> </ul> <p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>F. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> <li>• shared responsibility</li> <li>• open communication</li> <li>• goal setting</li> </ul>	<p>Pinnies</p> <p>Heart Rate Monitors</p> <p>Field Space/Gym</p> <p>Cones</p> <p>Boundary Lines</p> <p>Balls</p>

<ul style="list-style-type: none"> <li>○ Skill Practice (Optional)</li> <li>○ <u>Round Robin Tournament Play</u></li> <li>○ <u>Single Elimination Tournament Play</u></li> </ul>		<p><b>10.5.12 Concepts, Principles and Strategies of Movement</b></p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <ul style="list-style-type: none"> <li>• open and closed skills</li> <li>• short-term and long-term memory</li> <li>• aspects of good performance</li> </ul> <p>C. Evaluate the impact of practice strategies on skill development and improvement.</p> <p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	
<p><b>Hockey</b></p> <ul style="list-style-type: none"> <li>• <b>Hockey Tournament</b> <ul style="list-style-type: none"> <li>○ Rule/Safety Explanations &amp; Expectations</li> <li>○ Team Breakdown</li> <li>○ <u>Round Robin Tournament with Double Elimination Tournament Structure Explanation</u></li> <li>○ Assign Tournament Group Record Keepers</li> <li>○ Fitness Principle Integration <ul style="list-style-type: none"> <li>▪ Benefits</li> <li>▪ Target Heart Rate</li> </ul> </li> <li>○ Warm-Ups (Daily) <ul style="list-style-type: none"> <li>▪ Cardio Exercise</li> <li>▪ Strength &amp; Endurance Exercise</li> <li>▪ Flexibility Exercise</li> </ul> </li> </ul> </li> </ul>	<p><i>5 classes</i></p> <p><i>4 or 5 classes</i></p>	<p><b>10.3.12 Safety and Injury Prevention</b></p> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p><b>10.4.12 Physical Activity</b></p> <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> <li>• social</li> <li>• physiological</li> <li>• psychological</li> </ul> <p>C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> <li>• injury</li> </ul> <p>D. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> <li>• personal challenge</li> <li>• physical benefits</li> <li>• motivation</li> <li>• access to activity</li> <li>• self-improvement</li> </ul> <p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>F. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> <li>• shared responsibility</li> <li>• open communication</li> </ul>	<p>Pinnies</p> <p>Heart Rate Monitors</p> <p>Field Space/Gym</p> <p>Cones</p> <p>Boundary Lines</p> <p>Pads</p> <p>Hockey Sticks</p> <p>Hockey Balls</p> <p>Goalie Equipment</p>

<ul style="list-style-type: none"> <li>○ Skill Practice (Optional)</li> <li>○ <u>Round Robin Tournament Play</u></li> <li>○ <u>Double Elimination Play</u></li> <li>● <b>Skills Competition (optional)</b> <ul style="list-style-type: none"> <li>○ Hardest Shot</li> <li>○ Shootout</li> <li>○ Shot Accuracy</li> </ul> </li> </ul>	<p><i>0 or 1 class</i></p>	<ul style="list-style-type: none"> <li>• goal setting</li> </ul> <p><b>10.5.12 Concepts, Principles and Strategies of Movement</b></p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <ul style="list-style-type: none"> <li>• open and closed skills</li> <li>• short-term and long-term memory</li> <li>• aspects of good performance</li> </ul> <p>C. Evaluate the impact of practice strategies on skill development and improvement.</p> <p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	
<p><b>Create-A-Team Game</b></p> <ul style="list-style-type: none"> <li>● <b>Game Creation Day</b> <ul style="list-style-type: none"> <li>○ Create a Game Explanation</li> <li>○ Group Breakdowns (4)</li> <li>○ Group Work to Create Game</li> </ul> </li> <li>● <b>Create-A-Game Demonstrations</b> <ul style="list-style-type: none"> <li>○ Rule/Safety Explanations &amp; Expectations of Created Games</li> <li>○ Team Breakdowns</li> <li>○ Fitness Principle Integration <ul style="list-style-type: none"> <li>▪ Benefits</li> <li>▪ Target Heart Rate</li> </ul> </li> <li>○ Warm-Ups (Daily) <ul style="list-style-type: none"> <li>▪ Cardio Exercise</li> <li>▪ Strength &amp; Endurance</li> </ul> </li> </ul> </li> </ul>	<p><i>5 classes</i></p> <p><i>1 classes</i></p> <p><i>4 classes</i></p>	<p><b>10.3.12 Safety and Injury Prevention</b></p> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p><b>10.4.12 Physical Activity</b></p> <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> <li>• social</li> <li>• physiological</li> <li>• psychological</li> </ul> <p>C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> <li>• injury</li> </ul> <p>D. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> <li>• personal challenge</li> <li>• physical benefits</li> <li>• motivation</li> <li>• access to activity</li> <li>• self-improvement</li> </ul> <p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>F. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> <li>• shared responsibility</li> </ul>	<p>Pinnies</p> <p>Heart Rate Monitors</p> <p>Field Space/Gym</p> <p>Cones</p> <p>Boundary Lines</p> <p>Hula Hoops</p> <p>Pins</p> <p>Balls</p>

<ul style="list-style-type: none"> <li>Exercise</li> <li>▪ Flexibility</li> <li>Exercise</li> </ul>		<ul style="list-style-type: none"> <li>• open communication</li> <li>• goal setting</li> </ul> <p><b>10.5.12 Concepts, Principles and Strategies of Movement</b></p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <ul style="list-style-type: none"> <li>• open and closed skills</li> <li>• short-term and long-term memory</li> <li>• aspects of good performance</li> </ul> <p>C. Evaluate the impact of practice strategies on skill development and improvement.</p> <p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	
<p><b>Frisbee</b></p> <ul style="list-style-type: none"> <li>• <b>Frisbee Skills Practice</b> <ul style="list-style-type: none"> <li>○ Backhand Throw</li> <li>○ Forehand Throw</li> <li>○ Sandwich Catch</li> <li>○ C Catch</li> </ul> </li> <li>• <b>Ultimate Frisbee</b> <ul style="list-style-type: none"> <li>○ Rule/Safety Explanations &amp; Expectations</li> <li>○ Team Breakdown</li> <li>○ Assign Tournament Group Record Keepers</li> <li>○ Fitness Principle Integration <ul style="list-style-type: none"> <li>▪ Benefits</li> <li>▪ Target Heart Rate</li> </ul> </li> </ul> </li> </ul>	<p><i>5 classes</i></p> <p><i>1 class</i></p> <p><i>4 classes</i></p>	<p><b>10.3.12 Safety and Injury Prevention</b></p> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p><b>10.4.12 Physical Activity</b></p> <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> <li>• social</li> <li>• physiological</li> <li>• psychological</li> </ul> <p>C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> <li>• injury</li> </ul> <p>D. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> <li>• personal challenge</li> <li>• physical benefits</li> <li>• motivation</li> <li>• access to activity</li> <li>• self-improvement</li> </ul> <p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>F. Assess and use strategies for enhancing adult group interaction in physical activities.</p>	<p>Pinnies</p> <p>Heart Rate Monitors</p> <p>Field Space/Gym</p> <p>Cones</p> <p>Boundary Lines</p> <p>Frisbees</p>

<ul style="list-style-type: none"> <li>○ Warm-Ups (Daily) <ul style="list-style-type: none"> <li>▪ Cardio Exercise</li> <li>▪ Strength &amp; Endurance Exercise</li> <li>▪ Flexibility Exercise</li> </ul> </li> <li>○ <u>Round Robin Tournament Play</u></li> <li>○ <u>Single Elimination Tournament Play</u></li> </ul>		<ul style="list-style-type: none"> <li>• shared responsibility</li> <li>• open communication</li> <li>• goal setting</li> </ul> <p><b>10.5.12 Concepts, Principles and Strategies of Movement</b></p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills. <ul style="list-style-type: none"> <li>• open and closed skills</li> <li>• short-term and long-term memory</li> <li>• aspects of good performance</li> </ul> </p> <p>C. Evaluate the impact of practice strategies on skill development and improvement.</p> <p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	
<p><b>Lacrosse</b></p> <ul style="list-style-type: none"> <li>• <b>Lacrosse Skills Practice</b> <ul style="list-style-type: none"> <li>○ Underhand Throw</li> <li>○ Overhand Throw</li> <li>○ Catching</li> <li>○ Scooping</li> <li>○ Cradling</li> </ul> </li> <li>• <b>Ultimate Frisbee</b> <ul style="list-style-type: none"> <li>○ Rule/Safety Explanations &amp; Expectations</li> <li>○ <u>Pyramid Tournament Structure Explanation (small teams)</u></li> <li>○ Team Breakdown</li> <li>○ Assign Tournament</li> </ul> </li> </ul>	<p><i>5 classes</i></p> <p><i>1 class</i></p> <p><i>4 classes</i></p>	<p><b>10.3.12 Safety and Injury Prevention</b></p> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p><b>10.4.12 Physical Activity</b></p> <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. <ul style="list-style-type: none"> <li>• social</li> <li>• physiological</li> <li>• psychological</li> </ul> </p> <p>C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity. <ul style="list-style-type: none"> <li>• injury</li> </ul> </p> <p>D. Evaluate factors that affect physical activity and exercise preferences of adults. <ul style="list-style-type: none"> <li>• personal challenge</li> <li>• physical benefits</li> <li>• motivation</li> <li>• access to activity</li> <li>• self-improvement</li> </ul> </p> <p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>F. Assess and use strategies for enhancing adult group interaction in physical</p>	<p>Pinnies</p> <p>Heart Rate Monitors</p> <p>Field Space/Gym</p> <p>Cones</p> <p>Boundary Lines</p> <p>Lacrosse Sticks</p> <p>Lacrosse Balls</p> <p>Lacrosse Nets</p> <p>Goalie Pads</p>



<p>Group Record Keepers</p> <ul style="list-style-type: none"> <li>○ Fitness Principle Integration <ul style="list-style-type: none"> <li>▪ Benefits</li> <li>▪ Target Heart Rate</li> </ul> </li> <li>○ Warm-Ups (Daily) <ul style="list-style-type: none"> <li>▪ Cardio Exercise</li> <li>▪ Strength &amp; Endurance Exercise</li> <li>▪ Flexibility Exercise</li> </ul> </li> <li>○ <u>Pyramid Tournament Explanation Play</u></li> </ul>		<p>activities.</p> <ul style="list-style-type: none"> <li>• shared responsibility</li> <li>• open communication</li> <li>• goal setting</li> </ul> <p><b>10.5.12 Concepts, Principles and Strategies of Movement</b></p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills. <ul style="list-style-type: none"> <li>• open and closed skills</li> <li>• short-term and long-term memory</li> <li>• aspects of good performance</li> </ul> </p> <p>C. Evaluate the impact of practice strategies on skill development and improvement.</p> <p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	
<p><b>Sand Volleyball</b></p> <ul style="list-style-type: none"> <li>• <b>Volleyball Tournament</b> <ul style="list-style-type: none"> <li>○ Rule/Safety Explanations &amp; Expectations</li> <li>○ Team Breakdown</li> <li>○ Assign Tournament Group Record Keepers</li> <li>○ Fitness Principle Integration <ul style="list-style-type: none"> <li>▪ Benefits</li> <li>▪ Target Heart Rate</li> </ul> </li> <li>○ Warm-Ups (Daily) <ul style="list-style-type: none"> <li>▪ Cardio Exercise</li> <li>▪ Strength &amp; Endurance Exercise</li> <li>▪ Flexibility Exercise</li> </ul> </li> </ul> </li> </ul>	<p><i>5 classes</i></p>	<p><b>10.3.12 Safety and Injury Prevention</b></p> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p><b>10.4.12 Physical Activity</b></p> <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. <ul style="list-style-type: none"> <li>• social</li> <li>• physiological</li> <li>• psychological</li> </ul> </p> <p>C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity. <ul style="list-style-type: none"> <li>• injury</li> </ul> </p> <p>D. Evaluate factors that affect physical activity and exercise preferences of adults. <ul style="list-style-type: none"> <li>• personal challenge</li> <li>• physical benefits</li> <li>• motivation</li> <li>• access to activity</li> <li>• self-improvement</li> </ul> </p> <p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p>	<p>Heart Rate Monitors</p> <p>Sand Volleyball Courts</p> <p>Boundary Lines</p> <p>Volleyballs</p>

<ul style="list-style-type: none"> <li>○ Skill Practice &amp; Team Practice Day</li> <li>○ <u>Round Robin Tournament Play</u></li> <li>○ <u>Single Elimination Tournament Play</u></li> </ul>		<p>F. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> <li>• shared responsibility</li> <li>• open communication</li> <li>• goal setting</li> </ul> <p><b>10.5.12 Concepts, Principles and Strategies of Movement</b></p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <ul style="list-style-type: none"> <li>• open and closed skills</li> <li>• short-term and long-term memory</li> <li>• aspects of good performance</li> </ul> <p>C. Evaluate the impact of practice strategies on skill development and improvement.</p> <p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	
<p><b>Softball &amp; Team Obstacle Course (if time allows)</b></p> <ul style="list-style-type: none"> <li>• <b>Softball Leisure Game Play</b></li> <li>• <b>Outside Obstacle Course Completion</b></li> </ul>	<p><i>2 classes</i></p> <p><i>1 class</i></p> <p><i>1 class</i></p>	<p><b>10.3.12 Safety and Injury Prevention</b></p> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p><b>10.4.12 Physical Activity</b></p> <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> <li>• social</li> <li>• physiological</li> <li>• psychological</li> </ul> <p>C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> <li>• injury</li> </ul> <p>D. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> <li>• personal challenge</li> <li>• physical benefits</li> <li>• motivation</li> <li>• access to activity</li> <li>• self-improvement</li> </ul> <p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p>	<p>Heart Rate Monitors</p> <p>Field Space/Gym</p> <p>Cones</p> <p>Softballs</p> <p>Softball Gloves</p> <p>Softball Bats</p> <p>Boundary Lines</p> <p>Mats</p> <p>Hula Hoops</p> <p>Jump Ropes</p>

		<p>F. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> <li>• shared responsibility</li> <li>• open communication</li> <li>• goal setting</li> </ul> <p><b>10.5.12 Concepts, Principles and Strategies of Movement</b></p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <ul style="list-style-type: none"> <li>• open and closed skills</li> <li>• short-term and long-term memory</li> <li>• aspects of good performance</li> </ul> <p>C. Evaluate the impact of practice strategies on skill development and improvement.</p> <p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	
<p><b>Fitnessgram</b></p> <ul style="list-style-type: none"> <li>• Mile Run</li> <li>• Push-ups</li> <li>• Curl-ups</li> <li>• Shoulder Stretch <ul style="list-style-type: none"> <li>▪ Cardio Exercise</li> <li>▪ Strength &amp; Endurance Exercise</li> <li>▪ Flexibility Exercise</li> </ul> </li> </ul>	<p><i>2 classes</i></p>	<p><b>10.3.12 Safety and Injury Prevention</b></p> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p><b>10.4.12 Physical Activity</b></p> <p>B. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>C. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> <li>• social</li> <li>• physiological</li> <li>• psychological</li> </ul> <p>D. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> <li>• injury</li> </ul> <p>E. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> <li>• personal challenge</li> <li>• physical benefits</li> <li>• motivation</li> <li>• access to activity</li> <li>• self-improvement</li> </ul>	<p>CD Stopwatch Mats</p>

