

Course Title: Fitness and Team Sports

Board Approval Date: 11/18/13

Credit / Hours: .25 credit

Course Description:

This course focuses on mastery of the PA Academic Standards for Health, Safety and Physical Education. Students participate in activities that are designed to help them understand and develop the components of health-related fitness, value physical activity and understand its contributions to a healthy lifestyle. The program includes a wide variety of group activities with systematic and effective instruction and practice time provided to ensure student achievement. Emphasis is also placed upon strategy/tactics, group initiatives, patterns of play, skill development, and teamwork through team sports and non-traditional group activities.

Learning Activities / Modes of Assessment:

Large group instruction
Group Activities/Tasks
Small group work
Write-ups

Tests and Quizzes
Checklists / Teacher Observation
Projects with Rubrics

Instructional Resources:

Discovery Ed Streaming
Various Videos

Course Pacing Guide

Course: **Fitness and Team Sports**

Course Unit (Topic)

Length of Instruction (Days/Periods)

1. Net Games

22 days

2. Aerobic Team Activities

22 days

DAYS TOTAL

44 Days

Topic: 1: Net Games

Days: 22

Subject(s): Physical Education

Grade(s): 10th, 11th, 12th

Know:

Understand:

Do:

10.3.12.D – Important

Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.

10.4.12.F – Important

Assess and use strategies for enhancing adult group interaction in physical activities.

- shared responsibility
- open communication
- goal setting

10.4.12.E – Essential

Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

10.5.12.C – Important

Evaluate the impact of practice strategies on skill development and improvement.

10.5.12.F – Important

Analyze the application of game strategies for different categories of physical activities.

- individual
- team
- lifetime
- outdoor

The use of proper techniques, team work, and game strategies lead to success in net games

10.3.12.D – Important

Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.

10.4.12.F – Important

Assess and use strategies for enhancing adult group interaction in physical activities.

- shared responsibility
- open communication
- goal setting

10.4.12.E – Essential

Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

10.5.12.C – Important

Evaluate the impact of practice strategies on skill development and improvement.

10.5.12.F – Important

Analyze the application of game strategies for different categories of physical activities.

- individual
- team
- lifetime
- outdoor

10.5.12.B – Important

Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.

- open and closed skills
- short-term and long-term memory
- aspects of good performance

Topic: 1: Net Games

Days: 22

Subject(s): Physical Education

Grade(s): 10th, 11th, 12th

Know:

Understand:

Do:

10.4.12.B – Important
Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.

- social
- physiological
- psychological

Topic: 2: Aerobic Team Activities

Days: 22

Subject(s): Physical Education

Grade(s): 10th, 11th, 12th

Know:

Understand:

Do:

10.3.12.D – Essential

Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.

10.4.12.B – Important

Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.

- social
- physiological
- psychological

10.4.12.C – Important

Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.

- aging
- injury
- disease

10.4.12.D – Important

Evaluate factors that affect physical activity and exercise preferences of adults.

- personal challenge
- physical benefits
- finances
- motivation
- access to activity
- self-improvement

Acquiring and improving the skills of various aerobic team activities can impact an individual's fitness level.

10.3.12.D – Essential

Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.

10.4.12.A – Essential

Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.

10.4.12.C – Important

Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.

- aging
- injury
- disease

10.4.12.D – Important

Evaluate factors that affect physical activity and exercise preferences of adults.

- personal challenge
- physical benefits
- finances
- motivation
- access to activity
- self-improvement

10.4.12.E – Essential

Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

10.4.12.F – Important

Assess and use strategies for enhancing adult group interaction in physical activities.

- shared responsibility
- open communication
- goal setting

Topic: 2: Aerobic Team Activities

Days: 22

Subject(s): Physical Education

Grade(s): 10th, 11th, 12th

Know:

Understand:

Do:

10.4.12.E – Essential

Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

10.4.12.F – Important

Assess and use strategies for enhancing adult group interaction in physical activities.

- shared responsibility
- open communication
- goal setting

10.5.12.C – Important

Evaluate the impact of practice strategies on skill development and improvement.

10.5.12.F – Important

Analyze the application of game strategies for different categories of physical activities.

- individual
- team
- lifetime
- outdoor

10.5.12.A – Essential

Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.

10.5.12.C – Important

Evaluate the impact of practice strategies on skill development and improvement.

10.5.12.F – Important

Analyze the application of game strategies for different categories of physical activities.

- individual
- team
- lifetime
- outdoor

10.5.12.E – Important

Evaluate movement forms for appropriate application of scientific and biomechanical principles.

- efficiency of movement
- mechanical advantage
- kinetic energy
- potential energy
- inertia
- safety

10.5.12.D – Essential

Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.

Topic: 2: Aerobic Team Activities

Days: 22

Subject(s): Physical Education

Grade(s): 10th, 11th, 12th

Know:

Understand:

Do:

10.5.12.E – Important

Evaluate movement forms for appropriate application of scientific and biomechanical principles.

- efficiency of movement
- mechanical advantage
- kinetic energy
- potential energy
- inertia
- safety

10.5.12.D – Essential

Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.