



RADNOR TOWNSHIP SCHOOL DISTRICT  
Course Overview



Course Name Individual Dual Sports  
Course # 632

**General Information**

Credits: N/A

Weighted: N/A

Prerequisite: 9<sup>th</sup> & 10<sup>th</sup> grade phys-ed

Length: Full Year

Format: Meets on Cycle days

Grade: 11<sup>th</sup> & 12<sup>th</sup>

**Course Description**

This option will focus on the techniques, tactics and dynamics of a variety of individual, dual and fitness activities. Cardiovascular fitness and positive group interactions will be developed through individual or partner activities. Students choosing this option should expect to focus on self challenge in a safe and encouraging environment. Activities may include tennis, badminton, golf, archery, bowling, self defense, dance, rollerblading, cross-country skiing, biking, fitness/circuit training, weight training, power walking, Tai Chi, and yoga.

**Enduring Understandings and Essential Questions**

**Enduring Understandings**

Rules are designed to keep us safe.

All decisions have consequences.

There are many ways to get the help that you or others need.

- Fit people engage in physical activity on a regular basis.
- Fitness is a process not a product.
- Behaving well is as important as playing well.

**Essential Questions**

- What can I do to be physically active and why is it important?
- How can I move effectively and efficiently?
- Why is it important to be physically fit and how can I stay fit?
- How do I interact with others during physical activity?
- How will physical activity help me now and in the future?

**Common Assessments:****PEAKS****Physical Education Rubric**

|          |                    | <b>4</b>  | <b>3</b>  | <b>2</b>  | <b>1</b>   | <b>0</b>  |
|----------|--------------------|---|---|---|--|---|
| <b>P</b> | <b>Preparation</b> | Fully Dressed On Time (Gym uniform and sneakers)                          | Fully Dressed Late  | Athletic Clothing On Time   | Street Clothes and Sneakers  | No Sneakers<br>No Uniform                                       |
| <b>E</b> | <b>Effort</b>      | Exemplary Consistently challenges self in an appropriate and safe manner. | Strong Frequently seeks to challenge self in an appropriate and safe manner.. | Inconsistent Sometimes seeks to challenge self in an appropriate and safe manner. | Weak Lacks Motivation Does little or nothing                       | Unacceptable Does not participate                               |
| <b>A</b> | <b>Attitude</b>    | Always respectful of the rights, property, and opinions of others         | Usually respectful of the rights, property, and opinions of others.           | Sometimes respectful of the rights, property, and opinions of others.             | Seldom respectful of the rights, property, and opinions of others. | Shows disrespect for the rights, property or opinion of others. |
| <b>K</b> | <b>Knowledge</b>   | Always demonstrates appropriate application of skills                     | Consistently demonstrates appropriate application of skills                   | Sometimes demonstrates appropriate application of skills                          | Seldom demonstrates appropriate application of skills              | Rarely demonstrate appropriate application of skills            |
| <b>S</b> | <b>Skills</b>      | Always demonstrates correct mechanics of skills                           | Consistently demonstrates correct mechanics of skills                         | Sometimes demonstrates correct mechanics of skills                                | Seldom demonstrates correct mechanics of skills                    | Does not demonstrate correct mechanics of skills                |

**Major Units of Study:**

Tennis  
 Pickle Ball  
 Golf  
 Archery  
 Bowling  
 Self Defense  
 Video Aerobics (Pilates, Yoga, Thai Chi, Step)  
 Dance  
 Rollerblading  
 Mountain Biking  
 Fitness  
 Weight Training  
 Walking  
 Orienteering

*Materials & Texts*

**ASSORTED SPORTING EQUIPMENT**

*Summer Assignment*