



RADNOR TOWNSHIP SCHOOL DISTRICT
Course Overview



Course Name: Team Sports
Course # 0631

General Information

Credits: **0.5**
Weighted: **Unweighted**
Prerequisite: None

Length: Full Year
Format: **Meets on cycle days**
Grade: 11&12

Course Description

This option will focus on the techniques, tactics, and dynamics of a variety of team sports. Cardiovascular fitness and positive group interactions will be developed through team activity. Students choosing this option should expect to participate in a safe and competitive environment to challenge them individually while working collectively with teammates towards a unified goal. Activities may include floor hockey, basketball, soccer, handball, speedball, rugby, flag football, flag games, softball, volleyball, ultimate Frisbee, and others...

Enduring Understandings/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

		4	3	2	1	0
P	Preparation	Fully Dressed On Time (Gym uniform and sneakers)	Fully Dressed Late	Athletic Clothing On Time	Street Clothes and Sneakers	No Sneakers No Uniform
E	Effort	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
A	Attitude	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.
K	Knowledge	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
S	Skills	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:

Students will be exposed to many physical activities that foster positive communication, team-building, physical fitness, self-challenge and positive social interactions. Personal fitness assessments will give each student the chance to understand and improve upon current fitness levels. Many activities are used to meet course goals, and objectives. The following activities may be used in the curriculum.

Physical Education Team Part 1 & Part 2 Activities

- Field hockey
- Football
- Cooperative games
- Fitness assessments
- Cardiovascular fitness
- Volleyball
- Floor hockey
- Soccer
- Survivor Ball
- Speedball
- Cricket
- Ultimate Frisbee
- Softball
- Basketball
- Handball
- Floor hockey
- Tchoukball

Common Core Standards/PDE HSPE Standards/NASPE National Standards

10.3.12.D-Safety and Injury Prevention ~ Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.

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

10.4.12.F-Physical Activity ~ Assess and use strategies for enhancing adult group interaction in physical activities.

10.5.12.A-Concepts, Principles and Strategies of Movement ~ 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.E-Concepts, Principles and Strategies of Movement ~ Evaluate movement forms for appropriate application of scientific and biomechanical principles.

10.5.12.F-Concepts, Principles and Strategies of Movement ~ Analyze the application of game strategies for different categories of physical activities.

16.2.12.C Use **communication skills** to effectively interact with others.

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.

Student Objectives:

KNOWLEDGE

Students will know...

- Team Work
- Sportsmanship
- Basic Soccer foot work skills
- Basic Basketball defense strategies and ball handling strategies
- Game Rules, regulations and basic game concepts.
- Basic foot work Fundamentals (Dribbling, trapping, passing, shooting)
- Basic game strategies (Off ball movement, Passing options,)
- Safe behaviors and body control, self responsibility
- Basic Concepts of ball movement, passing, shooting and defensive strategies
- Various passing principles (Overhead Passing, Forearm Passing, Bump passing
- Various types of serving strategies (Underhand serve, Overhand serve)

- Basic game rules and concepts (scoring, player rotation)
- Racket etiquette (Safety)
- Serving Technique Overhand, Underhand, Modified toss
- Passing technique Team Work
- Sportsmanship
- Basic Ball Handling Fundamentals (dribbling,)
- Basic Passing Fundamentals (Bounce Pass, Chest Pass, Overhead Pass)
- Basic Shooting Techniques (Lay-up, Jump shot, Set Shot, Foul shot)
- Basic Defensive strategies (Man to Man defense, Zone Defense)
- Game Rules & regulations (Traveling, Double Dribble, Fouls, Up Down violation, back court violation) Safe Equipment Use (stick safety, eye safety)
- Safe Behavior &, self responsibility
- Basic ball movement (dribbling, passing)
- Basic Shooting Techniques (Slap, flick,)
- Passing techniques (Flat passing, thru passing, back diagonal pass, give n go, passing lead pass)
- Basic Game Strategies, Rules & Regulation Basic Fundamental Passing (Forearm, Underhand, Flick, Hammer)
- Basic Fundamental Catch (Trap, Snatch)
- Game Rules & Regulations (Scoring, Frisbee movement, Defensive Strategies)
- Fundamentals of Catching, Throwing, Hitting Using Correct Bio mechanics
- Basic Team Positioning (In-fielding, Out-fielding)
- Basic Game Strategies, scoring, Rules & Regulations

SKILLS

Students will be able to...

- Soccer Passing
- Basketball Passing (Overhead, chest pass only)
- Self passing
- shooting using feet or arms
- Fundamental Basketball Dribbling & Passing
- Fundamental Ball Catching
- Man to Man Defense
- Various Types Of Creative Shooting (underhand, overhand, behind the back, between legs, off back board, header shot)
- Fundamental Foot Work (Dribbling, Shooting Dodging, Passing, Ball Trapping)
- Defense Strategies (man to man & zone)
- Under Pressure Decision Making Strategies
- Passing (Forearm, overhead, bump passing)
- Serving (underhand Overhand)
- Court Rotation Racket Control
- Serving Techniques (overhand underhand)
- Eye Hand Coordination
- Court Rotation Ball Dribbling
- Chest, Bounce, Overhead Passing
- Jump, Lay-up, Set, Foul Shooting
- Defense- Man to Man & Zone Defense Stick Control
- Passing & Receiving
- Slap, flick shooting
- Defense positioning - Stick to Stick Forearm Passing, Underhand Passing Flick & Hammer

passing

- Catching -One hand /two hand catch
- Basketball Defense (non - contact) Overhand Throwing'
- Catching
- Underhand Pitching
- Batting
- Fielding



