



High School Team Sports

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

Semester Class:

Unit 1: Fitness-Gram Pretest

- Students will be able to complete each of the four fitnessgram physical fitness tests.
- Students will be able to explain what the healthy fitness zone is.
- Students will be able to explain which aspects of a person's physical health each fitness test focuses on.
- Students will be able to explain what exercises they could do to improve their scores in each of the fitness tests.

Unit 2: Base Games

- 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 3: 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 4: 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 5: Ultimate Frisbee

- 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 6: 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 7: 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 8: Net Games

- Students will be able to serve with the correct technique
- Students will be able to pass, set, and serve with the correct technique
- Students will be able to understand the basic rules of volleyball, table tennis, badminton, ruffleball, and spikeball
- Students will be able to understand offensive and defensive strategies of volleyball, table tennis, badminton, ruffleball, and spikeball
- Students will be able to perform the forehand and backhand shots with the correct technique

Unit 9: Fitness-Gram Post-Test

- Students will be able to complete each of the four fitnessgram physical fitness tests.
- Students will be able to explain what the healthy fitness zone is.
- Students will be able to explain which aspects of a person's physical health each fitness test focuses on.
- Students will be able to explain what exercises they did to improve their scores in each of the fitness tests.