

Team Sports and Individual Fitness

Essential Understanding



“Intelligence and skill can only function at the peak of their capacity when the body is healthy and strong.” John F. Kennedy

Overview

A healthy mind requires a healthy body, and it is my hope to encourage students to develop an enthusiasm for sports and fitness that will benefit them all their lives. Physical education provides an opportunity to demonstrate self-discipline, self-motivation, good sportsmanship, and an opportunity to contribute to the development of social skills. It strives to promote a positive correlation between learning and physical well-being.

guiding question 1: (Soccer Unit) Why is it important to demonstrate proficiency in the execution of skills (i.e. dribbling, passing, & shooting) during a game situation?

Lessons

Soccer Unit

___1. Why are you here? Why did you choose “ Team Sports and Individual Fitness as your first choice elective class?

___2. Warm-up & Cool down

___3. Soccer skills; dribbling, passing, & shooting

___4. The Mile: Cardiovascular training (Weekly)

___5. What are Fitness Assessments?

group work

- ___1. Due Daily --- Warm-up & Cool-downs (students will be leading a warm-up & cool down drill/exercise)
- ___2. Due Daily --- Fitness training
- ___3. Due Daily--- Feedback for peers
- ___4. Due Daily--- Soccer game

Individual work

- ___ 1. Read and mark up Overview.
- ___2. Due Daily ---Student will verbalize correct scoring during game play.
- ___3. Due 09/28 ---Soccer Packet-Student will identify general rules both verbally and written.
- ___4. Due Daily---Student will demonstrate the following skills: dribbling, passing, & shooting.

Assessment

- I. ___9/24 Final Soccer test

- 2. ___09/10 Quizzes
 - ___A. Field
 - ___B. Rules

- 3. 9/17 Skills test-serve for accuracy
 - ___A. shooting
 - ___B. passing
 - ___C. dribbling
- 4. ___Due 09/24 ---Fitness Assessments

extensions

See Ms. Almanza

