

**ACALANES UNION HIGH SCHOOL DISTRICT
COURSE OF STUDY: CURRICULAR AREA – PHYSICAL EDUCATION**

<u>COURSE TITLE:</u>	PE Net Sports
<u>GRADE LEVEL:</u>	10-12
<u>COURSE LENGTH:</u>	Semester
<u>PREFERRED PREVIOUS OF STUDY:</u>	None
<u>CREDIT:</u>	5 units
<u>UC/CSU CREDIT:</u>	No
<u>GRADUATION REQUIREMENT:</u>	Fulfills 5 credits of Physical Education required for graduation
<u>STANDARDS AND BENCHMARKS:</u>	Physical Education Model Content Standards for California Public Schools
<u>ADOPTED:</u>	May 17, 2017
<u>INSTRUCTIONAL MATERIALS:</u>	NA

COURSE DESCRIPTION:

Net sports may refer to any of several sports where a net is a standard part of the game. The term usually applies to sports where the net separates the opponents. The focus of this class is to develop and enhance skills and knowledge necessary to play and enjoy a variety of these lifelong sports. They may include, but not be limited to; Badminton, Table Tennis, Volleyball, Tennis and Pickleball.

COURSE OBJECTIVES:

Apply skill related fitness principles to enhance hand eye coordination and contribute to lifelong fitness goals.

Create positive social interaction integrating agility, coordination, skill development, competition and sportsmanship.

Combine knowledge of basic skills and strategies to participate successfully in the following categories; movement activities, team sports, and individual/dual sports.

Students will be able to explain the rules, guidelines and cognitive skills necessary for active participation.

ASSESSMENT:

Assessments will be used to determine student progress.

Examples may include, but are not limited to:

- Skill & Performance Assessments
- Peer Evaluation
- Self-assessment / Self-reflection
- Teacher observation
- Participation Rubrics

INSTRUCTIONAL THEMES:

Students will be able to develop levels of physical fitness and adjust physical activity to accommodate changes in age, growth, and development.

Evaluate the relationships of extrinsic and intrinsic factors affecting individual and team performance.

Demonstrate the skill-related components of balance, reaction time, agility, coordination, explosive power, and speed that enhance performance levels in activities and apply those components in performance.

Participate in challenging physical fitness activities using the principles of exercise to meet individual needs and interests.

Demonstrate the knowledge of rules and proper scoring during game play.

Apply offensive, defensive, and cooperative strategies during activities, games or sports.

Apply safe practices, rules, and procedures in all physical activity settings.

COURSE CONTENT:

Possible Units may include:

- Badminton
- Volleyball
- Table Tennis
- Pickle ball
- Tennis

Goals: Develop basic skills and knowledge for a variety of Net Sports

Activities:

- Development of individual skills required for each sport.
- Understanding of offensive and defensive skills and strategies for each sport.
- Developing skills for team play through small group competitive drills.
- Understanding how to officiate and enforce rules of competition.
- Team creation and round-robin team play.