

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

<u>COURSE TITLE:</u>	PE Team 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:

In this course students will be given the opportunity to learn the skills and techniques of a variety of team sports through participation. Sports may include flag football, indoor/outdoor soccer, basketball, volleyball, softball, hockey, rug ball, team handball and ultimate frisbee. Emphasis will be placed on sportsmanship and offensive and defensive strategies

COURSE OBJECTIVES:

Demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities. Achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies. Demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity. Promote the understanding that physical activity provides opportunities for life-long enjoyment, challenge and self-expression.

ASSESSMENT:

Assessment will be based on daily participation in development of skills, knowledge of rules, team play and demonstration of sportsmanship.

Students may be assessed through a variety of indicators including:

- Performance assessments
- Peer evaluation
- Self –reflection and self- assessment
- Collaborative discussions
- Participation Rubrics
- Teacher observations
- Student projects and presentations
- Tests and Quizzes

INSTRUCTIONAL THEMES:

Provide students with the opportunity to explore a variety of physical activities through participation in team sports. Students demonstrate knowledge of motor skills, movement patterns, offensive, defensive and transitional strategies. Leadership skills related to team sports, including being an active group member, facilitating group interactions, teaching peers, encouraging group members and sharing leadership responsibilities with others will be developed.

COURSE CONTENT:

Units may include:

- Basketball
- Softball
- Rugby
- Soccer
- Volleyball
- Team Handball
- Ultimate Frisbee
- Water Polo
- Street Hockey
- Flag Football
- other

Goals: Develop basic skills and knowledge for team competition.

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 team competition.
- Team creation and round-robin team play.