

Contents

EXPECTATIONS	1
CLASS EXPECTATIONS.....	1
THEMES & CONTENTS	2
BASKETBALL.....	2
SOCCER.....	2
VOLLEYBALL.....	2
AMERICAN FOOTBALL	2
LACROSSE	2
TOUCH RUGBY.....	2
HOCKEY	2
ULTIMATE FRISBEE	2
KICKBALL.....	3
SOFTBALL.....	3
TENNIS.....	3
BADMINTON.....	3
PERSONAL FITNESS.....	3
PERSONAL BEHAVIOR WHILE IN TASK.....	3
PERFORMANCE INDICATORS.....	3
MOVEMENT FORMS & SKILLS DEVELOPMENT	3
PERSONAL FITNESS.....	3
SOCIAL & PERSONAL DEVELOPMENT WITH PHYSICAL ACTIVITY	4

EXPECTATIONS

CLASS EXPECTATIONS

The student is expected to:

- Engage in activities at a level three stage that develop and maintain cardiovascular endurance.
- Engage in activities at a level three stage that develop and maintain muscular strength.
- Engage in activities at a level three stage that develop and maintain flexibility.
- Exhibit Fair play, and act responsibly in physical activity settings.

- Understand the concept of “sportsmanship” and the importance of responsible behavior while participating in physical activities.

THEMES & CONTENTS

The Performance Indicators (shown at the end of this Framework) are developed through the practice and performance of the Themes and Content below.

BASKETBALL

- Score a Lay-up, in the dominant side, with proper steps and using dribble in a drill situation
- In a 4x4 game situation, be able to identify and use a defensive concept of “my player/ball/hoop” – Man Defense
- Identify and use “Pass & Cut”, as an offensive skill in a 4x4 game situation

SOCCER

- Passing & Reception with dominant and non-dominant foot, using 3 touches max, in a dynamic drill situation
- Able to identify and use offensive skill of “fix defender” to create superior number in a 4x3 dynamic drill situation
- Identify and use basic rules in a 7x7 game situation

VOLLEYBALL

- Able to serve under-hand
- Identify and use basic rules of rotation in a 4x4 game situation

AMERICAN FOOTBALL

- Able to use the proper grip on the football when throwing & catching in a dynamic drill situation with defense
- Able to move away from defender to receive the ball in a 2x2 drill situation
- Identify and use basic rule of 3 catches/4downs (or 10yards/4downs) in a 6x6 flag football game situation

LACROSSE

- Cradle in a dynamic drill situation
- Shoot the ball in a dynamic drill situation

TOUCH RUGBY

- Able to use the pass back rule in a game situation
- Able to identify and use the basic rules in a 7x7 game situation

HOCKEY

- Identify and use Snapshot technique to pass or shoot in a dynamic drill situation

ULTIMATE FRISBEE

- Able to identify and use basic rules in a 7x7 game situation

KICKBALL

Need to know when running bases:

- Where to kick to be more successful in the run

Need to know when Fielding:

- Tag runner if not forced to run and still do it

SOFTBALL

- Apply kickball rules learnt in softball game situation, using 3 outs/inning
- Use of the helmet when batting

TENNIS

- Move to play the ball in a controlled way

BADMINTON

- 1x1 game situation, with a net, in a competitive situation

PERSONAL FITNESS

- Jog for at least twelve minutes without stopping/walking
- Perform 20 proper push ups, 40 proper sit ups and 40 proper back work
- Able to lead and perform a set of 15 stretching drills

PERSONAL BEHAVIOR WHILE IN TASK

- Exhibit Fair play, and act responsibly in a physical activity setting

PERFORMANCE INDICATORS

MOVEMENT FORMS & SKILLS DEVELOPMENT

The student will use skill combinations competently in specialized versions of individual, dual and team activities. DOK1

The student will adapt skill movements by modifying use of body, space, effort, and relationships to meet complex skill demand. DOK1

The student will understand the use of basic offensive and defensive tactics and strategies while playing specialized games/sports. DOK2

PERSONAL FITNESS

The student will apply safe practices for improving physical fitness. DOK1

The student understands long-term psychological benefits of regular participation in physical activity (e.g., healthy self-image, stress reduction, strong mental and emotional health). DOK2

The student engages in activities at a level three that develop and maintain cardiovascular endurance (8' jogging/running). DOK1 E

The student engages in activities at a level three that develop and maintain muscular strength (30" holding push-up position/15 push-up's). DOK1 E

The student engages in activities at a level three that develop and maintain flexibility (15" maintaining class warm-up stretching positions). DOK1 E

SOCIAL & PERSONAL DEVELOPMENT WITH PHYSICAL ACTIVITY

The student will exhibit fair play, and act responsibly in physical activity settings. DOK1 E

The student understands the concept of “sportsmanship” and the importance of responsible behaviour while participating in physical activities. DOK2

The student will analyse and evaluate personal behaviors that support or do not support a healthy lifestyle. DOK2