

Conneaut School District -- Grade/Dept

Adopted April 2019

Major Topic	Concepts	Approx . # Classes	Skills	Assessment	Standard(s)
Introduction and Organization	Rules Routines Procedures Sportsmanship Grading	2	Knowledge of expectations and classroom procedures Understand of how a grade is earned	Teacher Assessment	10.3.6 A,B,C,D 10.4.6 A,B,C,D,E,F 10.5.6 A,B,C,D,E,F
Aerobic and Strength Training	Proper lifting form Maximizing cardio	Every class	Demonstrate proper lift form Ability to develop and circuit workout in weight room and cardio room Ability to correct inefficiency in running form Increase number of jumps when jump roping	Teacher observation and assessment	10.3.6 A,B,C,D 10.4.6 A,B,C,D,E,F 10.5.6 A,B,C,D,E,F

	<p>machines for individual benefits</p> <p>Efficient running form</p> <p>Proper jump roping form</p> <p>Muscular endurance, strength, conditioning</p> <p>Flexibility</p> <p>Cardio endurance</p>				
<p>Net Sports</p>	<p>Volleyball</p> <p>Badminton</p> <p>Nitro ball</p>	<p>6 or as needed</p>	<p>Volleyball Set, pass, spike, over hand serve Understand scoring, boundaries, positions, rotation, rules</p> <p>Badminton Serve, volley Understand scoring, boundaries, rules</p> <p>Nitro Ball Set, pass, spike, serve Understand scoring, boundaries, positions, rotation, rules</p>	<p>Teacher observation and skill assessment</p>	<p>10.4.9 F 10.5.9 A,C,F</p>

<p style="text-align: center;">Team Sports</p>	<p>Football Basketball Ultimate Frisbee Soccer Lacrosse Hockey</p>	<p>20 to 24</p>	<p>Football Throw, catch, pass patterns, handoffs, blocking, punt, kickoff, field goals, covering on defense Understand rules, boundaries, field layout, strategies of the game</p> <p>Basketball Passing, shooting, catching, dribbling, playing defense Understand rules, boundaries, court layout, strategies of the game</p> <p>Ult Frisbee Throw, catch, movement patterns Understand rules, boundaries, strategies of the game</p> <p>Soccer Dribbling, passing, receiving a pass, shooting, throw ins, headers Understand rules, boundaries, field layout, strategies of the game</p> <p>Lacrosse Throwing, catching, shooting, scooping, cradling Understand rules, boundaries, strategies of the game</p> <p>Hockey Passing, receiving a pass, shooting, defending, face off Understand rules, boundaries, strategies of the game</p>	<p>Teacher observation and skill assessment</p>	<p>10.4.1 E 10.4.6 A,B,C,D,E,F 10.4.9 D,E,F 10.5.9 A,C,F</p>
<p style="text-align: center;">Lifetime Fitness Activities</p>	<p>Archery Frisbee Golf Picnic games</p>	<p>3 to 4</p>	<p>Archery Stance, eye dominance, knocking, draw, release Understand safety, aiming</p> <p>Frisbee Golf Throwing Understand course layout, score keeping, golf etiquette and rules</p> <p>Picnic Games Corn hole, horseshoes, ladder ball, Kan Jam Understand rules, lay out and scoring</p>	<p>Teacher observation and skill assessment</p>	

<p>Team Building Games</p>	<p>Capture the Flag Kick ball Dodge ball</p>	<p>6</p>		<p>Teacher observation and skill assessment</p>	
<p>Fitness Assessment</p>	<p>Presidential Physical Fitness PACER</p>	<p>Multiple classes as needed</p>	<p>PPF Pull ups, sit ups, sit and reach, shuttle run (40 yard dash and vertical jump) PACER</p>	<p>Teacher guided assesment</p>	