North Polk Community Schools Pacing & Course Description Guide

Grade Level: 9-12	Content: Team and Individual Sports	Year: 2022-23

Course Description/Rationale

Prerequisite: Freshman PE
This class is to give students an opportunity to play team sports, individual, sports, and dual game/sports. This course helps students develop knowledge, experience, and skills in a single sport or activity (such as but not limited to Basketball, Volleyball, Football, Lacrosse, Broomball, Tchoukball, Soccer, Kickball, and Baseball/Softball, Badminton, Eclipse Ball, Tennis, Pickleball, Disc Golf, Kan Jam, Bocce Ball, Hantis, etc). Another main focus will be on sportsmanship and cooperation in a sports setting. **Required supplies: PE clothing, gym shoes, and padlock** (1 HS credit/semester)

Name of Unit	Time Frame	Essential Learning Target	Standard(s)
Racquet Sports	Week 1(1A), 5(1B), 9(1C), 13(1D)	Employs effective self-management skills to analyze barriers and modify physical activity patterns appropriately, as needed. (S4.H1.L1) Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance. (S4.H2.L1) Uses communication skills and strategies that promote team/group dynamics. (S4.H3.L1) Solves problems and thinks critically in physical activity, both as an individual and in groups. (S4.H4.L1) Applies best practices for participating safely in physical activity, exercise and dance (e.g., injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protections). (S4.H5.L1) Level 2 - Refines activity-specific movement skills in one or more lifetime activities (outdoor pursuits, individual-performance activities, net/wall games or target games). (S1.H1.L2)	**Standard 4 Exhibits responsible personal and social behavior that respects self and others.** **Standard 1 Demonstrates competency in a variety of motor skills and movement patterns.**
Sports	Week 2(2A), 4(2B), 6(2C), 8(2D), 10(2E), 15(2F), 16(2G)	Employs effective self-management skills to analyze barriers and modify physical activity patterns appropriately, as needed. (S4.H1.L1) Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance. (S4.H2.L1) Uses communication skills and strategies that promote team/group dynamics. (S4.H3.L1) Solves problems and thinks critically in physical activity, both as an individual and in groups. (S4.H4.L1) Applies best practices for participating safely in physical activity, exercise and dance (e.g., injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protections). (S4.H5.L1)	**Standard 4 Exhibits responsible personal and social behavior that respects self and others.**
Leisure Sports	Week 3(3A), 7(3B), 11(3C)	Employs effective self-management skills to analyze barriers and modify physical activity patterns appropriately, as needed. (S4.H1.L1) Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance. (S4.H2.L1)	**Standard 4 Exhibits responsible personal and**

		Uses communication skills and strategies that promote team/group dynamics. (S4.H3.L1) Solves problems and thinks critically in physical activity, both as an individual and in groups. (S4.H4.L1) Applies best practices for participating safely in physical activity, exercise and dance (e.g., injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protections). (S4.H5.L1) Level 1 - Apples the terminlogy associated with exercise and participation in selected individual-performance activities, dance, net/wall games, target games, and/or outdoor pursuits appropriately. (S2.H1.L1)	**social behavior that respects self and others.** **Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.**
Invasion Sports	Week 10(4A), 12(4B), 17(4C), 18(4D)	Employs effective self-management skills to analyze barriers and modify physical activity patterns appropriately, as needed. (S4.H1.L1) Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance. (S4.H2.L1) Uses communication skills and strategies that promote team/group dynamics. (S4.H3.L1) Solves problems and thinks critically in physical activity, both as an individual and in groups. (S4.H4.L1) Applies best practices for participating safely in physical activity, exercise and dance (e.g., injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protections). (S4.H5.L1)	**Standard 4** **Exhibits responsible personal and social behavior that respects self and others.**