



Target Sports Curriculum

Last Updated February 2021 by Adam Berrigan

Course Description: The target sport elective course allows students to explore a variety of lifelong target sport based activities to enhance their wellness.

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<i>Unit #</i>	<i>Title</i>	<i># of Weeks</i>	<i>Month(s)</i>
<u>1</u>	<i>Archery</i>	<i>1-2 Weeks</i>	<i>Aug./Sept.</i>
<u>2</u>	<i>Lawn Sports</i>	<i>1-2 Weeks</i>	<i>Sept./Oct.</i>
<u>3</u>	<i>Disc Sports</i>	<i>2 Weeks</i>	<i>Nov.</i>
<u>4</u>	<i>Court Games</i>	<i>3 Weeks</i>	<i>Nov./Dec.</i>
<u>5</u>	<i>Racquet & Paddle Sports</i>	<i>5 Weeks</i>	<i>Jan./Feb.</i>
<u>6</u>	<i>Net Games</i>	<i>3 Weeks</i>	<i>March</i>
<u>7</u>	<i>Field Games</i>	<i>2 Weeks</i>	<i>April</i>

Unit #/Title	1/Archery	Time Frame	6 Class Periods
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Stage 1 - Identify Desired Results

Standards

Pennsylvania State Standards:

10.3.12.D Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.

10.4.12.D Evaluate factors that affect physical activity and exercise preferences of adults.

- personal challenge
- physical benefits
- finances
- motivation
- access to activity
- self-improvement

10.4.12.E Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

10.4.12.F Assess and use strategies for enhancing adult group interaction in physical activities.

- shared responsibility
- open communication
- goal setting

10.5.12.B Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.

- open and closed skills
- short-term and long-term memory
- aspects of good performance

10.5.12.C Evaluate the impact of practice strategies on skill development and improvement.

10.5.12.E Evaluate movement forms for appropriate application of scientific and biomechanical principles.

- efficiency of movement
- mechanical advantage
- kinetic energy
- potential energy
- inertia
- safety

Big Ideas

- Individuals who learn to move safely, effectively and efficiently and feel comfortable and confident in the performance of motor skills are more likely to participate in health-enhancing forms of physical activity throughout life.
- Physical activity has personal health enhancing benefits that include personal enjoyment, challenge, self-expression, and/or social interaction.

Essential Questions

- How can participation in archery and execution of sport specific movements in a technically correct manner increase the likelihood of participation in lifelong physical activity and reduce the chance of injury?
- How can movement concepts, principles, strategies, and tactics be applied to archery unit activities to impact personal development and improve individual fitness levels?
- How can one exhibit proper sportsmanship and etiquette, and while engaged in unit activities?

Content	Skills
<ul style="list-style-type: none"> ● 11 Steps of Archery Success: <ul style="list-style-type: none"> ○ Stance ○ Nock ○ Set draw hand ○ Set bow hand ○ Pre-draw ○ Draw ○ Anchor ○ Aim ○ Shot set-up ○ Release ○ Follow-through and reflect ● Safety principles and precautions issues <ul style="list-style-type: none"> ○ Dry firing ○ Safe handling of equipment ○ Range safety ● Essential game rules, skills, vocabulary, and strategy for each activity presented. ● Muscles used and developed during archery 	<ul style="list-style-type: none"> ● Demonstrate each of the 11-steps for archery success while shooting a bow and arrow ● Demonstrate effective communication strategies for individual/team success ● Analyze body mechanics involved in the execution of an archery shot ● Apply rules, skills, and strategies for each activity presented ● Demonstrate safety, responsibility, sportsmanship, and fair play ● Maintain safety while engaged in activity

Unit #/Title	2/Lawn Sports	Time Frame	6 Class Periods
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Stage 1 - Identify Desired Results

Standards

Pennsylvania State Standards:

10.3.12.D Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.

10.4.12.D Evaluate factors that affect physical activity and exercise preferences of adults.

- personal challenge
- physical benefits
- finances
- motivation
- access to activity
- self-improvement

10.4.12.E Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

10.4.12.F Assess and use strategies for enhancing adult group interaction in physical activities.

- shared responsibility
- open communication
- goal setting

10.5.12.B Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.

- open and closed skills
- short-term and long-term memory
- aspects of good performance

10.5.12.C Evaluate the impact of practice strategies on skill development and improvement.

10.5.12.E Evaluate movement forms for appropriate application of scientific and biomechanical principles.

- efficiency of movement
- mechanical advantage
- kinetic energy
- potential energy
- inertia
- safety

Big Ideas

- Individuals who learn to move safely, effectively and efficiently and feel comfortable and confident in the performance of motor skills are more likely to participate in health-enhancing forms of physical activity throughout life.

Essential Questions

- How can performance of movement skills in a technically correct manner improve and increase the likelihood of participation in lifelong physical activity?
- How can an individual avoid injury while engaging in the lawn sports?
- How can movement concepts, principles, strategies, and tactics be applied to lawn sports to impact personal development and improve individual fitness levels?
- How can one exhibit proper sportsmanship and etiquette and while engaged in unit activities?

Content	Skills
<ul style="list-style-type: none"> ● Essential game rules, skills, vocabulary, and strategy for unit activities. ● Throwing activities of the unit include: <ul style="list-style-type: none"> ○ Cornhole/Baggo ○ Bocce/Boccia/Petanque ○ Horse shoes ○ Ladder Golf ○ Quoits ● Swinging activities of the unit include: <ul style="list-style-type: none"> ○ Golf <ul style="list-style-type: none"> ▪ Grip, aim, posture ▪ Backswing ▪ Power phase ▪ Delivery ▪ Impact/contact ▪ Follow-through/finish ○ Smashball ○ Cricket ○ Croquet 	<ul style="list-style-type: none"> ● Demonstrate correct throwing mechanics necessary for successful participation unit activities. ● Demonstrate correct swing mechanics necessary for successful participation unit activities. ● Demonstrate effective communication strategies for individual/team success. ● Demonstrate proper application of force necessary for successful execution of accuracy. ● Analyze body mechanics (release point, trajectory, etc.) involved in the execution of arm swing activities. ● Apply rules, skills, and strategies for each activity presented. ● Demonstrate the ability to perform a variety of skills at developmentally appropriate levels. ● Demonstrate safety, responsibility, sportsmanship, and fair play. ● Maintain safety while engaged in activity ● Compare/contrast the similarities and differences among the similar throwing activities and common strategies for these target sports. ● Compare/contrast the differences between each type of golf club (driver vs. wedges)

Unit #/Title	3/Disc Sports	Time Frame	10 Class Periods
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Stage 1 - Identify Desired Results

Standards

Pennsylvania State Standards:

10.3.12.D Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.

10.4.12.D Evaluate factors that affect physical activity and exercise preferences of adults.

- personal challenge
- physical benefits
- finances
- motivation
- access to activity
- self-improvement

10.4.12.E Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

10.4.12.F Assess and use strategies for enhancing adult group interaction in physical activities.

- shared responsibility
- open communication
- goal setting

10.5.12.B Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.

- open and closed skills
- short-term and long-term memory
- aspects of good performance

10.5.12.C Evaluate the impact of practice strategies on skill development and improvement.

10.5.12.E Evaluate movement forms for appropriate application of scientific and biomechanical principles.

- efficiency of movement
- mechanical advantage
- kinetic energy
- potential energy
- inertia
- safety

Big Ideas

- Individuals who learn to move safely, effectively and efficiently and feel comfortable and confident in the performance of motor skills are more likely to participate in health-enhancing forms of physical activity throughout life.

Essential Questions

- How can performance of movement skills in a technically correct manner improve and increase the likelihood of participation in lifelong physical activity?
- How can an individual avoid injury while engaging in the disc sports presented?
- How can movement concepts, principles, strategies, and tactics be applied to target sports/games to impact personal development and improve individual fitness levels?
- How does combining knowledge and skills of target sports contribute to a physically active lifestyle?

Content	Skills
<ul style="list-style-type: none"> ● Proper body mechanics necessary to execute successful/correct disc throws ● Different techniques to throw a disc <ul style="list-style-type: none"> ○ Backhand ○ Sidearm/Flick ○ Overhand/Hammer ○ Hyzer- right to left ○ Anhyzer- left to right ● Offensive and defensive strategies for participation in disc sports ● Rules, terminology, etiquette and safety considerations while engaged in disc sports 	<ul style="list-style-type: none"> ● Demonstrate proper body mechanics necessary to execute successful/correct disc throws. ● Analyze force requirements, release points, and trajectory in relation to accuracy for successful participation in target sports. ● Apply the concepts of force and power to shot set-up and shot selection to disc golf and ultimate frisbee. ● Demonstrate different techniques presented in the unit to throw a disc. ● Demonstrate offensive and defensive strategies for participation in disc sports. ● Demonstrate effective communication strategies for individual/team success. ● Demonstrate the ability to perform a variety of skills at developmentally appropriate levels. ● Apply rules, skills, and strategies for each activity presented. ● Demonstrate safety, responsibility, sportsmanship, and fair play. ● Maintain safety while engaged in activity.

Unit #/Title	4/Court Games	Time Frame	15 Class Periods
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Stage 1 - Identify Desired Results

Standards

Pennsylvania State Standards:

10.3.12.D Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.

10.4.12.D Evaluate factors that affect physical activity and exercise preferences of adults.

- personal challenge
- physical benefits
- finances
- motivation
- access to activity
- self-improvement

10.4.12.E Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

10.4.12.F Assess and use strategies for enhancing adult group interaction in physical activities.

- shared responsibility
- open communication
- goal setting

10.5.12.B Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.

- open and closed skills
- short-term and long-term memory
- aspects of good performance

10.5.12.C Evaluate the impact of practice strategies on skill development and improvement.

10.5.12.E Evaluate movement forms for appropriate application of scientific and biomechanical principles.

- efficiency of movement
- mechanical advantage
- kinetic energy
- potential energy
- inertia
- safety

Big Ideas

- Individuals who learn to move safely, effectively and efficiently and feel comfortable and confident in the performance of motor skills are more likely to participate in health-enhancing forms of physical activity throughout life.

Essential Questions

- How can participation in the court games unit activities and execution of sport specific movement in a technically correct manner improve and increase the likelihood of participation in lifelong physical activity?
- How can an individual avoid injury while engaging in the court games unit activities presented?
- How can movement concepts, principles, strategies, and tactics be applied to target sports/games to impact personal development and improve individual fitness levels?
- How can one exhibit proper sportsmanship and etiquette, and while engaged in unit activities?

Content	Skills
<ul style="list-style-type: none"> • Appropriate dress for physical activity/exercise. • Essential game rules, skills, vocabulary, and strategy for: <ul style="list-style-type: none"> ○ Tchouckball ○ Zoneball ○ Angleball ○ Basketball • Similarities and difference amongst the offense and defense strategies for unit activities • Safety issues that could arise as a result of participation in unit activities. • Good sportsmanship during play and behavior that is consistent with "safe" guidelines 	<ul style="list-style-type: none"> • Demonstrate effective communication strategies for individual/team success. • Demonstrate the ability to perform a variety of skills at developmentally appropriate levels. • Demonstrate the following essential movement skills in the context of a Tchouckball/Zoneball/Angleball game: <ul style="list-style-type: none"> ○ Throwing/passing/receiving ○ Attacking and defending roles and court positioning • Demonstrate the following basketball skills in the context of a game of basketball: <ul style="list-style-type: none"> ○ Dribbling ○ Passing (bounce & chest) ○ Shooting ○ Rebounding

Unit #/Title	5/Racquet & Paddle Sports	Time Frame	25 Class Periods
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Stage 1 - Identify Desired Results

Standards

Pennsylvania State Standards:

10.3.12.D Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.

10.4.12.D Evaluate factors that affect physical activity and exercise preferences of adults.

- personal challenge
- physical benefits
- finances
- motivation
- access to activity
- self-improvement

10.4.12.E Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

10.4.12.F Assess and use strategies for enhancing adult group interaction in physical activities.

- shared responsibility
- open communication
- goal setting

10.5.12.B Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.

- open and closed skills
- short-term and long-term memory
- aspects of good performance

10.5.12.C Evaluate the impact of practice strategies on skill development and improvement.

10.5.12.E Evaluate movement forms for appropriate application of scientific and biomechanical principles.

- efficiency of movement
- mechanical advantage
- kinetic energy
- potential energy
- inertia
- safety

Big Ideas	Essential Questions
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- Individuals who learn to move safely, effectively and efficiently and feel comfortable and confident in the performance of motor skills are more likely to participate in health-enhancing forms of physical activity throughout life.

- How can participation in racquet and paddle sports unit activities and execution of sport specific movement in a technically correct manner increase the likelihood of participation in lifelong physical activity and reduce the chance of injury?
- How can movement concepts, principles, strategies, and tactics be applied to our racquet & paddle sports unit activities to impact personal development and improve individual fitness levels?
- How can one exhibit proper sportsmanship and etiquette while engaged in unit activities?

Content	Skills
<ul style="list-style-type: none"> ● Essential game rules, skills, vocabulary, and strategy for racquet and paddle sports. ● Difference between offense and defense strategies ● Safety issues that could arise as a result of participation in unit activities. ● Muscles used and developed during unit activities ● Good sportsmanship during play and safety considerations. ● Behavior that is consistent with "safe" guidelines. ● Rules and terminology for understanding and successful participation in: <ul style="list-style-type: none"> ○ Tennis ○ Pickleball ○ Badminton ○ Paddle Zlam ○ Table tennis ● Rule for: <ul style="list-style-type: none"> ○ Service ○ Returning the ball ○ Rally/volley ○ Scoring points ○ Winning the game/set/match ● Similarities and differences between singles and doubles play. ● Shot selection and execution ● Similarities and differences amongst the target sport activities presented during this unit. 	<ul style="list-style-type: none"> ● Demonstrate effective communication strategies for individual/team success. ● Demonstrate the ability to perform a variety of skills at developmentally appropriate levels. ● Demonstrate the following essential tennis and pickleball skills in the context of a game: <ul style="list-style-type: none"> ○ Striking with a short handled implement ○ Striking with a long handled implement ○ Serving & scoring ○ Vollying ○ Forehand & backhand ○ Court awareness & movement ○ Ball placement ○ Attacking & defending ● Demonstrate the following essential badminton skills in the context of a game: <ul style="list-style-type: none"> ○ Striking with a long handled implement ○ Serving & scoring ○ Vollying ○ Forehand & backhand ○ Court awareness & movement ○ Birdie/Shuttle placement ○ Attacking & defending ● Demonstrate the following short handled implement skills in the context of a table tennis game: <ul style="list-style-type: none"> ○ Serve technique ○ Volley ○ Grip ○ Backhand push ○ Forehand push ○ Backhand drive ○ Forehand drive ○ Forehand smash ○ Lob shot ○ Spin ● Demonstrate the following short handled implement skills in the context of a paddle zlam game: <ul style="list-style-type: none"> ○ Paddle grip ○ Shot selection & execution <ul style="list-style-type: none"> ■ Power, accuracy, and placement ● Application of game specific rules to the following unit activities: <ul style="list-style-type: none"> ○ Pickleball ○ Badminton ○ Paddle Zlam ○ Table tennis ○ Spikeball

Unit #/Title	6/Net Games	Time Frame	15 Class Periods
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Stage 1 - Identify Desired Results

Standards

Pennsylvania State Standards:

10.3.12.D Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.

10.4.12.D Evaluate factors that affect physical activity and exercise preferences of adults.

- personal challenge
- physical benefits
- finances
- motivation
- access to activity
- self-improvement

10.4.12.E Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

10.4.12.F Assess and use strategies for enhancing adult group interaction in physical activities.

- shared responsibility
- open communication
- goal setting

10.5.12.B Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.

- open and closed skills
- short-term and long-term memory
- aspects of good performance

10.5.12.C Evaluate the impact of practice strategies on skill development and improvement.

10.5.12.E Evaluate movement forms for appropriate application of scientific and biomechanical principles.

- efficiency of movement
- mechanical advantage
- kinetic energy
- potential energy
- inertia
- safety

Big Ideas

- Individuals who learn to move safely, effectively and efficiently and feel comfortable and confident in the performance of motor skills are more likely to participate in health-enhancing forms of physical activity throughout life.

Essential Questions

- How can participation in the net games unit activities and execution of sport specific movement in a technically correct manner increase the likelihood of participation in lifelong physical activity and reduce the chance of injury?
- How can movement concepts, principles, strategies, and tactics be applied to the net games unit activities to impact personal development and improve individual fitness levels?
- How can one exhibit proper sportsmanship and etiquette while engaged in unit activities?

Content	Skills
<ul style="list-style-type: none"> ● Appropriate dress for physical activity/exercise. ● Essential game rules, skills, vocabulary, and strategy for unit activities. ● Difference between offense and defense strategies ● Understanding of safety issues that could arise as a result of participation in unit activities. ● Good sportsmanship during play and behavior that is consistent with "safe" guidelines. ● Similarities and differences amongst the target sport activities presented during this unit. ● Rules and Terminology for understanding and successful participation in: <ul style="list-style-type: none"> ○ Volleyball ○ Nitroball ○ Speedball ○ Handball ○ Spikeball 	<ul style="list-style-type: none"> ● Demonstrate effective communication strategies for individual/team success. ● Demonstrate the ability to perform a variety of skills at developmentally appropriate levels. ● Demonstrate the following essential skills in the context of game play during unit activities: <ul style="list-style-type: none"> ○ Serving <ul style="list-style-type: none"> ▪ Overhand vs underhand ▪ Power & control ○ Volleying & passing ○ Court awareness & movement <ul style="list-style-type: none"> ▪ Positional play ○ Shooting <ul style="list-style-type: none"> ▪ Shot selection (bump/set/hit/spike/block) ▪ Close range vs long range (lay-up vs 3-point) ○ Offensive & defensive principles ○ Swing mechanics

Unit #/Title	7/ Field Games	Time Frame	10 Class Periods
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Stage 1 - Identify Desired Results

Standards

Pennsylvania State Standards:

10.3.12.D Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.

10.4.12.D Evaluate factors that affect physical activity and exercise preferences of adults.

- personal challenge
- physical benefits
- finances
- motivation
- access to activity
- self-improvement

10.4.12.E Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

10.4.12.F Assess and use strategies for enhancing adult group interaction in physical activities.

- shared responsibility
- open communication
- goal setting

10.5.12.B Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.

- open and closed skills
- short-term and long-term memory
- aspects of good performance

10.5.12.C Evaluate the impact of practice strategies on skill development and improvement.

10.5.12.E Evaluate movement forms for appropriate application of scientific and biomechanical principles.

- efficiency of movement
- mechanical advantage
- kinetic energy
- potential energy
- inertia
- safety

Big Ideas

- Individuals who learn to move safely, effectively and efficiently and feel comfortable and confident in the performance of motor skills are more likely to participate in health-enhancing forms of physical activity throughout life.

Essential Questions

- How can participation in the field games unit activities and execution of sport specific movements in a technically correct manner increase the likelihood of participation in lifelong physical activity and reduce the chance of injury?
- How can movement concepts, principles, strategies, and tactics be applied to the field games unit activities to impact personal development and improve individual fitness levels?
- How can one exhibit proper sportsmanship and etiquette while engaged in unit activities?

Content	Skills
<ul style="list-style-type: none"> ● Appropriate dress for physical activity/exercise. ● Essential game rules, skills, vocabulary, and strategy for flag football ● Difference between offense and defense strategies ● Safety issues that could arise as a result of participation in field game activities ● Muscles used and developed during field games. ● Good sportsmanship during play. ● Similarities and differences amongst the target sport activities presented during this unit. ● Behavior that is consistent with "safe" guidelines for the following activities: <ul style="list-style-type: none"> ○ Lacrosse ○ Football ○ Soccer ○ Softball ○ Wiffle Ball & Smashball 	<ul style="list-style-type: none"> ● Demonstrate effective communication strategies for individual/team success. ● Demonstrate the ability to perform a variety of skills at developmentally appropriate levels. ● Demonstrate the following essential field game skills in the context of unit activities: <ul style="list-style-type: none"> ● Football: <ul style="list-style-type: none"> ○ Throw/passing ○ Kick-off ○ Catch/receiving ○ Running/rushing ○ Defending ○ Punting ○ Blocking ○ Snap/hike ● Lacrosse: <ul style="list-style-type: none"> ○ Throwing ○ Catching ○ Scooping ○ Cradling ○ Restarts ○ Defending & attacking ● Soccer: <ul style="list-style-type: none"> ○ Dribbling ○ Passing & receiving ○ Shooting ○ Restarts ○ Defending & attacking ● Softball: <ul style="list-style-type: none"> ○ Throwing ○ Catching ○ Pitching ○ Batting ○ Fielding ○ Defensive positions ○ Base running ● Wiffle ball & Smashball <ul style="list-style-type: none"> ○ Throwing ○ Catching ○ Pitching ○ Batting ○ Fielding ○ Defensive positions ○ Base running