

LIFE SPORTS: INDIVIDUAL, DUAL, AND TEAM

Life Sports is an elective course that gives students basic knowledge of individual, dual, and team sports. Students will progressively learn skills and game strategies for each sport, as well as historical background and terminology. These sports/activities promote good health and wellness, and encourage students to participate in physical activity for life.

Accommodations or modifications for the elective course should be determined by the IEP/504 team. The collaborative team must include the physical education elective course specialist.

Prerequisite: Beginning Kinesiology

Anchor Standard 1: Motor Skills and Movement Patterns: <i>The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.</i>		
Standard 1	Level 1 <i>Students can:</i>	Level 2 <i>Students can:</i>
LS-1.1 Physical fitness	Describe physical activities that contribute to the improvement of specific fitness components gained from participating in individual, dual, and team sports.	Demonstrate necessary components of physical fitness to achieve a desired level of individual success while participating in individual, dual, and team sports.
LS-1.2 Acquire training techniques necessary for participation in individual, dual, and team sports.	Identify skills and components needed to design an individualized health-enhancing fitness program.	Exhibit proper fitness component techniques in activities to achieve a desired level of health-enhancement.
Anchor Standard 2: Movement and Performance: <i>The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.</i>		
Standard 2	Level 1 <i>Students can:</i>	Level 2 <i>Students can:</i>
LS-2.1 Acquire an understanding of the importance and consequences of safety in individual, dual, and team sports.	Recognize unsafe situations related to participation in individual, dual, and team sports.	Demonstrate safe and appropriate use and care of equipment and facilities during individual, dual, and team sports.
LS-2.2 Acquire proper techniques of specific activities and sport.	Identify skills and components for the individual to participate successfully in individual, dual, and team sports.	Model proper skills and components for the specified individual, dual, and team sports.

Anchor Standard 3: Physical Activity and Fitness: <i>The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</i>		
Standard 3	Level 1 <i>Students can:</i>	Level 2 <i>Students can:</i>
LS-3.1 Maintain a consistent level of exertion in physical activities to attain healthy benefits.	Determine skills to increase health benefits while participating in individual, dual, and team sports.	Apply skills learned to execute a higher level of physical fitness while participating in individual, dual, and team sports.
LS-3.2 Develop the intellect to plan activities and sport.	Explain skills required for playing individual, dual, and team sports activities.	Participate in challenging activities requiring the utilization of newly acquired skills.
Anchor Standard 4: Personal and Social Behavior: <i>The physically literate individual exhibits responsible personal and social behavior that respects self and others.</i>		
Standard 4	Level 1 <i>Students can:</i>	Level 2 <i>Students can:</i>
LS-4.1 Acquire knowledge of rules as they pertain to individual, dual, and team sports.	Research and interpret the rules of individual, dual, and team sports.	Adhere to rules pertaining to individual, dual, and team sports, showing sportsmanship and personal responsibility.
LS-4.2 Display positive leadership skills while participating in individual, dual, and team sports.	Describe how personal actions impact self, teammates, peers, and opponents.	Identify and describe examples of positive and negative behaviors in individual, dual, and team sports.
Anchor Standard 5: Values Physical Activity: <i>The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.</i>		
Standard 5	Level 1 <i>Students can:</i>	Level 2 <i>Students can:</i>
LS-5.1 Identify and evaluate personal, psychological responses to participation in individual, dual, and team sports.	Discuss how participation in individual, dual, and team sports assist in developing positive self-image and awareness.	Evaluate a physical activity that shows how it can be beneficial to an individual's health and enjoyment for individual, dual, and team sports.
LS-5.2 Analyze the role that physical activities play in social interaction and cooperative opportunities within the school, family, community and workplace.	Discuss and evaluate the benefits of socialization and self-expression in individual, dual, and team sports.	Develop two types of individual, dual, and/or team sports designed to enhance your current health and wellness to support a healthier family, classroom, and community.

VARSITY ATHLETICS

Varsity Athletics is a restricted elective course only for high school athletes who have fulfilled the Beginning Kinesiology requirement. This course offers development of skills and personal potential for student athletes interested in improving their performance or preparing for further competition at the collegiate or professional level. The standards address more than the sport itself. Coaches will use the standards below to assist athletes with learning and achieving higher levels of performance and physical literacy.

Prerequisite: Beginning Kinesiology

Registration for this class can be completed only by the individual coach responsible for the athletes participating.

Anchor Standard 1: Motor Skills and Movement Patterns: <i>The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.</i>		
Standard 1	Level 1 <i>Students can:</i>	Level 2 <i>Students can:</i>
VA-1.1 Physical fitness	Describe physical activities that contribute to the improvement of specific physical fitness components gained from participating in varsity athletics.	Demonstrate necessary components of physical fitness to achieve a desired level of individual success while participating in varsity athletics.
VA-1.2 Acquire training techniques necessary for participation in the selected sport.	Identify skills and components needed to design an individualized health-enhancing fitness program for varsity athletics.	Exhibit proper fitness component techniques in varsity athletics to achieve a desired level of health enhancement.
Anchor Standard 2: Movement and Performance: <i>The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.</i>		
Standard 2	Level 1	Level 2
VA-2.1 Acquire an understanding of the importance and consequences of safety in varsity athletics.	Recognize unsafe situations related to participation in varsity athletics.	Demonstrate safe and appropriate use and care of equipment and facilities in varsity sports.
VA-2.2 Acquire proper techniques of specific activities in varsity athletics.	Identify skills and components for the individual to participate successfully in varsity athletics.	Model proper skills and components for the specific varsity program.

Anchor Standard 3: Physical Activity and Fitness: <i>The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</i>		
Standard 3	Level 1 <i>Students can:</i>	Level 2 <i>Students can:</i>
VA-3.1 Maintain a consistent level of exertion in varsity athletics to obtain health benefits.	Determine skills to increase health benefits while participating in varsity athletics.	Apply skills learned to attain a higher level of physical fitness while participating in varsity athletics.
VA-3.2 Develop the intellect to plan a program for varsity athletics.	Explain skills required for planning individual activities in varsity athletics.	Participate in challenging activities requiring the utilization of newly acquired skills.
Anchor Standard 4: Personal and Social Behavior: <i>The physically literate individual exhibits responsible personal and social behavior that respects self and others.</i>		
Standard 4	Level 1 <i>Students can:</i>	Level 2 <i>Students can:</i>
VA-4.1 Acquire knowledge of local, state, and federal laws as they pertain to varsity athletics.	Research laws pertaining to participating in varsity athletics. Examples: medical requirements, academic grade requirement, summer practice regulations	Adhere to laws pertaining to personal responsibility while participating in varsity athletics.
VA.4.2 Display positive leadership skills while participating in varsity athletics.	Explain how your personal actions impact you, teammates, peers, and opponents.	Identify and describe examples of positive and negative behaviors in varsity athletics.
Anchor Standard 5: Values Physical Activity: <i>The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.</i>		
Standard 5	Level 1 <i>Students can:</i>	Level 2 <i>Students can:</i>
VA-5.1 Identify and evaluate personal, psychological responses to participation in varsity athletics.	Discuss how participation in varsity athletics assists in developing positive self-image and awareness.	Assess a physical activity to show how it can be beneficial to an individual's health and enjoyment of varsity sports.
VA-5.2 Analyze the role that varsity athletics play in social interaction and cooperative opportunities within the school, family, community, and workplace.	Discuss and evaluate the individual benefits of participation in varsity athletics, and the social benefits for the individual, family, school, and community.	Make a video of one element of a training protocol designed to enhance your current health and wellness to support a healthier family, classroom, and community.