

### General Course Information

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| <b>Course Name: Team Sports/Fitness</b>   |                       |
| Department: Physical Education  | Grade Level(s): 10-12 |
| Duration/Credits: 1 sem/.5 credit   | Prerequisites: None   |
| BOE Approval Date:  | Course Code H8023     |
| <b>Course Description:</b>  |                       |
| Students in Team Sports develop game skills and physical fitness through game play. They work and communicate collaboratively in both competitive and non-competitive situations. The goal of Team Sports is to develop fitness in a fun, engaging, athletic environment.   |                       |
| <b>Course Rationale:</b>  |                       |
| Team Sports teaches students to work collaboratively, communicate effectively, and develop personal fitness which translate to a healthy adult life.  |                       |
| <b>Course Objectives:</b>   |                       |
| <p>The student will demonstrate social and safety skills and habits with respect to self and others.</p> <p>The student will discuss and demonstrate the basic skills necessary to participate in team sports. (A+ Speaking and Listening)</p> <p>The student will read and demonstrate a general knowledge of rules and strategies of a team sport. (A+ Reading)</p> <p>The student will participate in fitness testing and graph or chart increases in cardiovascular fitness. (A+ Writing)</p> <p>The student will research team sports and gain the knowledge and skill set to officiate game play. (A+ Research)</p> |                       |
| <b>Standards Alignment:</b>   |                       |
| List standard set(s) to which course has been aligned   |                       |