

Course Title:	Team Sports
Grade(s):	10-12

Course Description
The Team Sports program is open to students in grades 10-12 who have successfully completed Physical Education 9. Course content targets the principles, knowledge, skills, strategies, tactics, and concepts of competitive team sports. All aspects of team sport will be addressed including leadership, decision-making, problem solving, character, officiating, and coaching. This course is designed to offer all students at Suffield High School the opportunity to participate in team sports in a competitive setting. Team Sports also provides students the opportunity to experience participation in an intramural or club sports style program similar to those offered at colleges and universities. Activities include, but are not limited to: tennis, softball, flag football, ultimate frisbee, floor-ball, speed-ball, basketball, badminton, and volleyball.
Approved Curricular Materials/Textbook(s)

Unit Title	Unit Description (Include Unit Objectives)	Unit Pacing
Unit 1: Softball	This softball unit focuses on developing fundamental skills, understanding game rules, and promoting teamwork and sportsmanship. Students will master techniques for throwing, catching, fielding, and batting through drills, modified games, and competitive play. The unit covers fielding positions, rules, and strategies, with an emphasis on safety and lifelong fitness. • Skill Development: Techniques for gripping, throwing, fielding ground/fly balls, batting stance, bunting, base running, and sliding. • Rules and Strategy: Understanding positions, field boundaries, scoring, and officiating basics. • Game Play: Transitioning from skills drills to modified games (e.g., slow pitch, 4-vs-4) to full-regulation games. • Goal: To prepare students to confidently participate in recreational softball	2-3 weeks (September)

	outside of school.	
Unit 2: Tennis	The tennis unit focuses on developing foundational skills, rules knowledge, and strategic gameplay for recreational, lifelong participation. Students will demonstrate competency in forehand, backhand, volley, overhead, and serve techniques, while analyzing court positioning in singles and doubles matches. ● Skills Development: Students will execute forehand/backhand ground strokes (flat, topspin, slice), volleys, and serve with proper technique, aiming for consistency in rallies and gameplay. ● Rules and Strategy: Students will understand tennis rules, scoring (love, 15, 30, 40, deuce, advantage), scoring procedures for sets, and strategies for singles vs. doubles court coverage. ● Social and Personal Responsibility: Students will demonstrate proper sportsmanship, respect for equipment, and safety awareness (e.g., controlling racquet swings, maintaining safe distances). ● Fitness: Focus on enhancing agility, hand-eye coordination, and cardiovascular endurance through drills and exercise.	2 weeks (September/October)
Unit 3: Flag Football	The flag football unit focuses on refining fundamental skills—passing, catching, and route running—while developing advanced offensive and defensive strategies in a non-contact, competitive setting. Students will master concepts like zone/man defense, play-action, and quarterback options through small-sided games and tournament play. ● Skills Development: Students will demonstrate proficiency in passing, catching, and flag pulling during competitive 5v5 or 7v7 scrimmages. ● Rules and Strategy: Students will recognize defensive strategies and communicate offensive routes, including understanding rules such as flag guarding, turnovers, field dimensions downs, and penalty assessments. ● Offensive Tactics: Route combinations, quarterback passing progression, and hand-offs. ● Defensive Tactics: Flag pulling techniques, defending passing lanes, and pass rush techniques (sacks).	2 weeks (October)

	● Personal and Social Responsibility: Students will demonstrate sportsmanship, cooperation, and team management during tournament scenarios.	
Unit 4: Outdoor Games	The outdoor games unit introduces students to popular, accessible lawn games (cornhole, bocce, spikeball, bucket golf, Kan Jam) to promote lifelong physical activity, social interaction, and motor skill development. Students refine underhand/overhand throwing, spatial awareness, and strategic thinking in competitive, fast-paced tournament formats. ● Demonstrate Accuracy: Refine manipulative skills (underhand toss, overhand throw, striking) with proper weight transfer and eye on target. ● Strategy & Tactics: Develop offensive and defensive strategies, such as placing bocce balls to block opponents or choosing the right Kan Jam throw, to maximize scoring. ● Social Responsibility & Sportsmanship: Demonstrate respectful behavior, cooperation with partners, and knowledge of rules in self-officiated games. ● Lifelong Fitness: Identify outdoor games as a valid source of cardio and recreational enjoyment for a healthy lifestyle.	1 week (October/November)
Unit 5: Badminton	The badminton unit introduces students to fundamental skills, rules, and strategies, focusing on developing proficiency in forehand/backhand strokes, serving, and footwork. Students will learn proper mechanics through drills, rally with partners, and apply tactics in singles and doubles, culminating in competitive or recreational tournament play. ● Skills Development: Dedicated, daily practice of grips, clears, drop shots, and smashes. ● Drills & Lead-up Games: Use of drills to practice specific techniques before full gameplay. ● Tournament Play: Concluding the unit with a tournament where students apply learned skills in competitive, supervised matches. ● Key Skills: Forehand and backhand grips, high/low serves, clear shots,	3 weeks (November)

	drop shots, smashes, and proper movement patterns. • Rules & Strategy: Serving rules, scoring (singles/doubles), positioning, court coverage, and identifying opponent weaknesses. • Personal and Social Responsibility: Understand and apply safety procedures and etiquette in a sports setting.	
Unit 6: Floorball/Floor Hockey	The floorball/floor hockey unit introduces students to a fast-paced, safe, and inclusive indoor team sport that combines elements of hockey, soccer, and handball. Students will learn fundamental skills—stick handling, passing, shooting, and positional play—while emphasizing teamwork, sportsmanship, and safety, resulting in a fun, high-energy cardiovascular workout. • Fundamental Skills: Grip & Stance, ball control/stick handling, passing/pass catching, and shooting (executing wrist shots, slap shots, and sweep shots on goal). • Tactical Understanding: Positions: Understanding positions (Center, Defense, Forward, Goalie); offense/defense: basic offensive tactics (moving to open space); and defensive strategies (stick-checking, positioning). • Rules & Fair Play: Understanding infractions (e.g., high stick, body contact), offside, and hand play. • Personal and Social Responsibility: Implementing respectful, fast-paced play.	2-3 weeks (November/ December)
Unit 7: Volleyball	The volleyball unit introduces essential skills—passing, setting, serving, and attacking—to develop proficiency, foster teamwork, and improve game-like decision-making. Students learn rules, rotations, and offensive/defensive strategies, culminating in competitive tournaments emphasizing sportsmanship and lifetime physical activity. • Fundamental Skills: Forearm passing (bump), overhead passing (set), underhand/overhand serving, attacking/spiking, digging, and blocking. • Strategy and Tactical Understanding: Court positioning, communication, offensive strategy (passing-setting-hitting), defensive coverage, volleyball	2 weeks (December)

	rules, scoring, and rotation patterns. ● Personal and Social Responsibility: Demonstrate teamwork, communication (calling for the ball), and positive sportsmanship.	
Unit 8: Speedball	The speedball unit combines a fast-paced hybrid team sport combining skills from soccer, basketball, and football. Students will learn to transition between ground-based soccer techniques and aerial handball skills, promoting cardiovascular fitness, strategic thinking, and cooperative play. ● Fundamental Skills: Converting ground balls (soccer) to aerial balls (handball/basketball) using "kick-up" techniques. It focuses on dribbling, passing, catching, and shooting. ● Rules, Strategy, and Scoring: Students learn multiple ways to score—kicking a soccer goal, throwing for a basketball hoop/basketball-style goal, or passing into a "touchdown" zone, along with advanced offensive/defensive strategies. ● Personal and Social Responsibility: Implementing respectful, fast-pace play while demonstrating teamwork, communication (calling for the ball), and positive sportsmanship.	2 weeks (January)