



RECREATIONAL SPORTS 9TH-12TH

Approved by KSD Board of Education: 2-3-2025

Course Description:

The Recreational Sports class is a sports-based course that emphasizes all areas of participation in a variety of sports and sports activities. Students will learn the necessary skills, terminology, and rules of each sport, and will interact in situations that are relative to the origin of the sport. Students will participate in Recreational Sports such as badminton, pickleball, volleyball, softball, frisbee sports, and other fitness-based activities. The order of the units is subject to change between fall and spring semester due to weather.

Grade Level: 9th-12th Grade (Semester)

Unit Scope and Sequence

Unit 1: Disc Sports

Unit 2: Racket Sports

Unit 3: Court and Field Games

Course Enduring Understandings:

- Recreational sports offer opportunities for lifelong physical activity, social engagement, and stress relief.
- Respect for rules, opponents, and teammates fosters a positive sporting experience and builds character.
- Regular participation in recreational sports supports the development of healthy habits and enhances learning.
- Exposure to a variety of sports allows students to discover personal interests and develop diverse skill sets.

Course Essential Questions:

- How can participating in recreational sports benefit both our physical and mental health?
- How do rules create a fair and enjoyable experience for everyone?
- How can recreational sports contribute to lifelong health and fitness?
- What skills can I gain through participation in recreational sports?

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Unit 1: Disc Sports

Students will explore both individual and team-based disc sports and games, emphasizing physical fitness, sportsmanship, strategic thinking, and the development of lifelong skills. Students will learn the basic techniques of throwing and catching a disc, the rules of different games, and how to apply these skills in both recreational and competitive settings.

Unit Essential Learning Targets	
<i>Enduring Understandings</i>	<i>Essential Questions</i>
- Understanding the rules and strategies of sports increases our appreciation of them. - Disc sports promote physical fitness, teamwork, and problem-solving. - Effective communication and strategy are key components of successful gameplay. - Recreational sports like disc games provide opportunities for lifelong physical activity.	- What concepts, principles, strategies, and tactics are related to movement and performance? - How does the way I move and where I move affect my involvement in the sport, game, or activity? - How does teamwork influence success in disc sports? - What skills and strategies are necessary to excel in disc sports? - How can disc sports contribute to lifelong fitness?
<i>Students must know:</i>	<i>Students must be able to:</i>
- Basic terminology related to Ultimate Frisbee: - Disc - Throwing - Catching - Offensive tactics - Defensive tactics - Rules of Ultimate Frisbee - Scoring in Ultimate Frisbee - Basic terminology related to Disc Golf: - Throwing - Putter Disc - Driver Disc - Target - Disc Golf etiquette - Scoring in Disc Golf - Rules of Disc Golf	- Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities. - Participate in physical activities. - Demonstrate teamwork. - Perform basic disc throws (e.g., forehand, backhand) with accuracy. - Demonstrate effective movement without the disc, such as cutting and positioning. - Apply offensive and defensive strategies during gameplay. - Exhibit sportsmanship and effective communication on the field. - Identify the benefits of physical fitness in their own life.

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Unit 1: Disc Sports

Missouri Learning Standards

Priority Standard 1: Develops a variety of motor skills.

Supporting Standard:

- Demonstrates activity-specific movement skills in a variety of lifetime sports and activities (1.12.1).

Priority Standard 2: Applies knowledge related to movement and fitness concepts.

Supporting Standards:

- Demonstrates knowledge of tactics and strategies within lifetime sports & activities (2.12.1).
- Discusses the benefits of a physically active lifestyle as it relates to young adulthood (2.12.11).

Priority Standard 3: Develops social skills through movement.

Supporting Standard:

- Exhibits proper etiquette, respect for others, and teamwork while engaging in physical activity (3.12.2).

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Unit 2: Racket Sports

This unit introduces students to the fundamentals of various racket-based sports, including badminton and pickleball. Students will learn key techniques, as well as the rules and strategies for each game, to prepare them for a lifetime of physical activity and enjoyment. Students will learn to build confidence in their physical abilities by focusing on their hand-eye coordination, agility, and fitness. The unit also promotes teamwork, sportsmanship, and social interaction through friendly competition with peers in recreational sports.

Unit Essential Learning Targets	
Enduring Understandings	Essential Questions
- Learning the basics of recreational sports allows us to enjoy them throughout our lives. - Friendly competition allows us to build stronger social relationships. - Racket sports develop coordination, agility, and strategic thinking. - Knowledge of rules, scoring, and techniques enhances enjoyment and skill in racket sports. - Participation in racket sports can support lifelong health and fitness.	- How can we move effectively and efficiently? - Why is it important to understand the rules and tactics of a sport, game, and activity? - What techniques and strategies improve performance in racket sports? - How do rules and scoring systems shape gameplay in different racket sports? - How can racket sports be a part of a healthy lifestyle?
Students must know:	Students must be able to:
- Rules and scoring systems of Badminton - Basic Terminology of Badminton - Shuttlecock (Birdie) - Racket - Net - Fault - Grip - Serve - Rally - Drop Shot - Side Out - Court Layout: - Rules and scoring systems of Pickleball - Basic Terminology of Pickleball - Paddle - Pickleball - Net - Serve - Rally	- Understand and apply the rules of the different games. - Communicate effectively with teammates. - Reflect on their own abilities and identify growth opportunities. - Execute proper grip, swing, and footwork techniques. - Serve consistently and effectively. - Apply tactics like placement, shot selection, drop shot, volley, and defensive positioning during gameplay. - Analyze and adapt strategies based on opponent performance.

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Unit 2: Racket Sports

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| <ul style="list-style-type: none">○ Volley○ Grip○ Court Layout● Pickleball etiquette● Positioning in Pickleball● Basic techniques for serving, volleying, and returning.● Fundamental strategies for singles and doubles play. | |
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Unit 2: Racket Sports

Missouri Learning Standards *(using National Standards)*

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Supporting Standard:

- Demonstrates activity-specific movement skills in a variety of lifetime sports and activities (1.12.1).

Priority Standard 2: Applies knowledge related to movement and fitness concepts.

Supporting Standards:

- Demonstrates knowledge of tactics and strategies within lifetime sports & activities (2.12.1).
- Discusses the benefits of a physically active lifestyle as it relates to young adulthood (2.12.11).

Priority Standard 3: Develops social skills through movement.

Supporting Standard:

- Exhibits proper etiquette, respect for others, and teamwork while engaging in physical activity (3.12.2).

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Unit 3: Court and Field Games

This unit is designed to develop students' physical fitness, teamwork, and strategic thinking through active participation in games that emphasize communication, sportsmanship, inclusion, and enjoyment. This will be done through a focus on a variety of popular recreational sports played on courts and fields, including volleyball and softball.

Unit Essential Learning Targets	
<i>Enduring Understandings</i>	<i>Essential Questions</i>
• Court and field games enhance teamwork, communication, and physical endurance. • Adapting strategies to dynamic game situations is key to success. • Participating in structured games fosters social connections and fitness.	• What is the value of physical activity? • How does my engagement in class improve my physical fitness? • How does teamwork contribute to success in court and field games? • What skills are essential for effective participation in these games? • How can court and field games be modified to encourage inclusive participation?
<i>Students must know:</i>	<i>Students must be able to:</i>
• Basic terminology of softball ◦ Positions on field ◦ Strike ◦ Ball ◦ Foul ball • Rules and scoring system of softball • Softball etiquette • Basic terminology of volleyball ◦ Positions ◦ Court rotation • Rules and scoring system of volleyball • Volleyball etiquette	• Demonstrate specific softball skills with proper form. ◦ Bat grip ◦ Throw ◦ Catch • Demonstrate specific volleyball skills with proper form. ◦ Pass ◦ Set ◦ Attack ◦ Serve • Communicate effectively with teammates to execute strategies. • Apply tactical adjustments during gameplay. • Exhibit inclusive behavior and good sportsmanship in team settings.

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Unit 3: Court and Field Games

Missouri Learning Standards *(using National Standards)*

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Priority Standard 2: Applies knowledge related to movement and fitness concepts.

Supporting Standards:

- Demonstrates knowledge of tactics and strategies within lifetime sports & activities (2.12.1).
- Discusses the benefits of a physically active lifestyle as it relates to young adulthood (2.12.11).

Priority Standard 3: Develops social skills through movement.

Supporting Standard:

- Exhibits proper etiquette, respect for others, and teamwork while engaging in physical activity (3.12.2).