

BONDUEL PHYSICAL EDUCATION

INDIVIDUAL SPORTS IN PHYSICAL EDUCATION

Grade: 10, 11, 12

Credits: ½

Prerequisite: Completion of PE 9

Course Description:

This course is designed to allow students to work on a variety of individual lifetime activities. The focus will be on recreation and general wellness. Students may be involved with the following activities; bowling, archery, badminton, tennis, table tennis, bocce ball, golf, biking, pickle ball, fitness walking, cross country skiing.

Course Objective:

Students will be able to:

- Show competence in many movement activities
- Develop a plan for improving a skill
- Select a skill, observe a skill, and assess strengths & weaknesses
- Recognize differences in how individuals perform various activities in relation to age/gender
- Demonstrate leadership skills
- Demonstrate basic knowledge of game rules and safety precautions
- Demonstrate sportsmanship before, during and after game play
- Participate in a wide variety of individual games
- Show ability to score individual games correctly

Wisconsin State Standards

A.12.1 Participate regularly in health-enhancing fitness activities such as games, sports, dance, outdoor pursuits, and other physical activities that contribute to the maintenance of wellness, independent of class requirements

B.12.1 Demonstrate competence (basic skills, strategies, and rules) in an increasing number of more complex versions of different types of movement forms such as aquatics, team sports, individual and dual sports, outdoor activities, self-defense, dance, and gymnastics

B.12.2 Demonstrate competence and work toward advanced proficiency in selected activities such as participating in a tennis match using all the basic skills, rules and strategies with some consistency; passing the Red Cross intermediate swimming requirement; getting nine out of ten arrows in the target from 40 feet; using advanced offensive and defensive shots in a racquetball game against an opponent of similar skill

C.12.4 Identify and apply characteristics and critical elements of highly skilled performance to develop movement competence or proficiency such as using internal and external information to modify movement during performance

D.12.1 Derive pleasure from participating in physical activities in competitive and

recreational settings

D.12.4 Enter competition or activity voluntarily

F.12.1 Apply rules, procedures, and etiquette in all physical-activity settings

F.12.2 Act independently of peer pressure

F.12.3 Defuse potential conflicts by communicating with other participants

F.12.4 Keep in perspective the importance of winning and losing relative to other established goals of participation

G.12.1 Recognize the value of sports and physical activity in understanding multiculturalism

G.12.2 Invite students of both genders and various ethnic backgrounds and those with exceptional needs to join in personally enjoyable physical activities

G.12.3 Display a willingness to experiment with the sport and activity of other cultures

G.12.4 Develop strategies for including persons of diverse backgrounds and abilities in physical activities

G.12.5 Recognize how participation in physical activity influences appreciation for people of both genders, varying cultures and ethnic groups, and those with various levels of physical ability or disability