

## BONDUEL PHYSICAL EDUCATION

# TEAM SPORTS IN PHYSICAL EDUCATION

**Grade:** 10 , 11, 12

**Credits:** ½

**Prerequisite:** Completion of PE 9

**Course Description:**

This course is designed to offer a wide variety of activities that lead to lifetime fitness. Basic skills and fundamentals will be addressed. The focus will be on rules, strategies and teamwork. Students may be involved in the following activities: basketball, volleyball, soccer, softball, flag football, ultimate frisbee, speedball, floor hockey, team handball, eclipse ball, kickball, broomball, lacrosse and nerf games.

**Course Objective:**

**Students will be able to:**

- Demonstrate knowledge of rules, strategies & safety procedures
- Demonstrate offensive and defensive strategies
- Demonstrate the use of sports specific skills during game play
- Demonstrate conflict resolution skills
- Demonstrate positive interaction during cooperative games
- Demonstrate leadership skills

**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
- A.12.4 Accurately evaluate physical activity information, products, and services to become an informed and responsible physical activity consumer
- 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.12.3 Recognize the strengths and weaknesses of teammates and provide opportunities or everyone to enjoy success within skill limitations
- 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

F.12.5 Take appropriate leadership or supportive roles in activities

F.12.6 Create a safe environment for their own skill practice and group activities

F.12.7 Set personal goals for activity and work toward their achievement

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