



## Curriculum Overview

### Competitive Sports

#### Course Description

Competitive Sports is a class that provides the opportunity for juniors and seniors to participate in highly competitive games and tournaments throughout the semester. Course activities include but are not limited to: flag football, speedball, softball, lacrosse, team handball, basketball, volleyball, floor hockey and badminton.

#### Enduring Understandings

*Students will understand...*

- The physical activities and games provide movement concepts, principles, strategies and tactics for further understanding. These concepts are applied to large and small group activities.
- The application of a variety of fitness concepts are necessary for team/competitive games.

#### Essential Questions

##### Unit 1: Speedball

- What are the top three rules associated with speedball?
- Why are skills and game knowledge important to participate in physical activities/sports?
- What are characteristics of good sportsmanship?
- How does physical education enhance total well-being—social, mental, emotional and physical?

##### Unit 2: Flag Football

- Why are skills and game knowledge important to participate in physical activities/sports?
- What are characteristics of good sportsmanship?
- What rules need to be known to officiate a game of flag football?
- How does physical activity and education enhance total well-being?

##### Unit 3: Floor Hockey

- What are characteristics of good sportsmanship?
- How will applying and implementing safety rules help ensure the safe outcome of all participants?
- What are strategies for floor hockey and/or indoor soccer as a team?
- How are floor hockey and indoor soccer similar?

##### Unit 4: Handball

- Why is it important to have officials involved in games?
- Why are skills and game knowledge important to participate in physical activities/sports?
- How does an individual show good sportsmanship?
- What strategies can be used for the best outcome for each game?

**Unit 5: Soccer/ Lacrosse**

- What are the top three rules associated with this unit?
- Why are skills and game knowledge important to participate in physical activities/sports?
- How is soccer and lacrosse similar?
- What strategies create the most success in a game of soccer or lacrosse?

**Unit 6: Basketball**

- Why is it important to use respectful language when resolving conflicts?
- Why are skills and game knowledge important to participate in physical activities/sports?
- What are characteristics of good sportsmanship?
- What are the rules of a typical, competitive basketball game?

**Unit 7: Badminton**

- Why are skills and game knowledge important to participate in physical activities/sports?
- What are various techniques involved with conflict resolution?
- What are specific strategies for playing badminton?
- What are the rules to a competitive game of badminton?

**Unit 8: Volleyball**

- Why are skills and game knowledge important to participate in physical activities/sports?
- What are characteristics of good sportsmanship?
- Why is it important to be honest during volleyball and the dodging activities?
- What are the different skills needed to be an efficient and effective volleyball player?

**Units of Study**

- Unit 1: Speedball
- Unit 2: Flag Football
- Unit 3: Floor Hockey
- Unit 4: Handball
- Unit 5: Soccer/Lacrosse
- Unit 6: Basketball
- Unit 7: Badminton
- Unit 8: Volleyball

**Primary Resources**

- NASPE Book of Physical Education
- NHS PE Rules and Strategies Booklet