



## Curriculum Overview

### Team Activities

### Course Description

Team Activities is a one-semester course which is project and participation-based and is structured with standards-based assessments. Mastery of the objectives is expected and will be shown through activities and assessments. You are expected to learn by participating and interacting with your classmates in various team based activities and foundational skills. Throughout this semester students will be immersed in a variety of team activities, where they will learn about team sports, strategies involved, rules, and characteristics valued in a team setting.

### Enduring Understandings

*Students will understand...*

- Utilization of cooperative skills to promote a healthy social lifestyle.
- Knowing and applying fitness principles throughout life enhances health.
- Application of a variety of fitness concepts necessary to maintain health.

### Essential Questions

- How are necessary concepts and skills applied to enhance health?
- What skills and principles are necessary to promote an active lifestyle?
- What movement skills and health concepts are necessary to promote an active lifestyle?

### Units of Study

Week 1-2

- Expectations
- Overview
- 5 Components of Fitness

2 weeks are dedicated to each sport (5 class periods)

- Units studied:
  - Ultimate Frisbee
  - Soccer
  - Flag Football
  - Volleyball
  - Pool games

- Floor Hockey
- Basketball

### Primary Resources

- <https://fitnessgram.net/assessment/>
- [Wisconsin State PE Standards](#)