

## **Individual, Dual, and Team Sports**

### **Updated Spring 2020**

**Course Description:** The Individual, Dual, and Team Sports course will provide a background in a broad base of activities (Volleyball, Softball, Soccer, Football, Floor Hockey, Speedball, Basketball, Badminton, Pickle ball, Physical Fitness, Team Handball, yoga, Bowling). Students will be introduced to a variety of activities appropriate for lifetime involvement. This course will allow the students to improve their basic skills and be introduced to advanced skills in individual, dual, and team sports, while providing them with the knowledge of rules and strategies related to the activities. Each student is required to dress out for daily participation. Proper gym clothes are required.

**Big Ideas:** 1. I know the fundamentals of a variety of team sports 2. I know how to be a good teammate 3. I know how to be safe when I participate in games and activities.

### **ELO # Essential Learner Outcome Description Standards**

1. Students will learn strategic techniques in a variety of activities. MP2B9b
2. Students will demonstrate the ability to play a variety of games / activities. MP2B9c
3. Students will demonstrate proper fundamentals of a variety of games / activities. MP2C9b