

P.E. Team/Individual Sports (10-12) Overview

This course focuses on skills, strategies, and theories involved in individual and team sports. Through your individual and team participation in this class, students will acquire skills and lifetime knowledge of the offered team sports that can be utilized for lifetime activities. In addition, physical fitness tests and related workouts will contribute to an overall body awareness and responsibility to claim ownership of the students own fitness and health. Students will also be required to write in journals on different physical fitness and health related topics. Football, Basketball, Softball, Team Handball, Volley Tennis, Volleyball, and Soccer are some of the offered sports for this class. The student's will have individual class and department run days throughout this course. Also, they may do class hikes to the trails of Buena Vista Park.

Necessary Skills

Upon entering the course, students should be able to:

- Comprehend and analyze the expectations of the class.
- Develop and support overall physical fitness awareness.
- Contribute effectively to the overall success of the class.
- Demonstrate understanding and control of your running, exercising, and personal fitness.
- Independently understand the benefits of proper nutrition for lifetime health and the effects of a poor diet.

Workload Expectations

- Working as hard as you can in this class.
- Be prepared for a competitive atmosphere.
- Be prepared to improve in your physical fitness.
- The student is required to dress out daily for credit.
- Must participate in the class and have excellent attendance.
- Journal writing is mandatory for all students.

Level of Difficulty: Moderate

Recommended Preparation

All students are required to dress out daily in tee shirts and shorts or sweats, and wear sport type shoes. Students must be prepared to actively participate in the fitness, exercises, and sports that will be offered.

Estimated Homework

There will be the opportunity to make up all excused absences and or low point scores at different times in the semester. It is the student's responsibility to attend these make up opportunities when presented. A low or failing grade is the student's choice to not participate or make up their deficient grade.

Course Objectives

This course is designed to prepare students for an introduction in to individual lifelong fitness and your exposure to the offered team sports that can be utilized throughout your lifetime. The overarching goal is to provide opportunities for non-sedentary activities that can lead to a healthy life.