

**Physical Education Standards**

**Grades 11-12 Team Sports**

**Course Overview:** Team Sports is a course designed to develop previously learned motor skills/movements and transform them into higher more proficient levels. These skills will be put to use within the course in team type activities/settings designed to incorporate higher level learning as well as responsible personal and social skills.

**Bold standards are essential standards that all students will learn as they complete the course.**

**Unit 1: Flicker ball / Flag football (10 days)**

**Description:** In this unit students will be participating in the football unit which is comprised of flicker ball and flag football.

**Standards**

1. **Students will know the rules of flag football as well as identify positions on the field. (State PE standards:2)**
2. **Students will know the rules to flicker ball and gameplay strategies. (State PE standards2:)**
3. The students will concentrate on basic football skills (pass, catch, handoffs, running, punt, and kick), positions, rules, and strategies. (State PE standards: 1, 5)
4. The students will learn the proper cues to execute a throw with a football. Pivot, cradle high, face ball away, pronate hand on release (thumbs down), and follow-through. (State PE standards:1,5 )
5. The students will learn the proper way to catch a football. (State PE standards:1 )

**Unit 2: Volleyball (10 days)**

**Description:** In this unit the students will learn and understand basic fundamental skills in volleyball such as bumping, setting and spiking. Students will also learn basic knowledge in volleyball such as terms, rules, simple strategies, and positions.

**Standards**

1. **Students will know the rules of volleyball as well as offensive and defensive strategies. (State PE standards: 1,2)**
2. Students will be able to execute and bump and setting pass in volleyball (State PE standards:1,3)
3. Students will be able to perform an overhand and underhand serve. (State PE standards:1,3 )
4. Students will be able to perform an overhand and underhand serve. (State PE standards: 1,3)
5. Students will be able to identify the positions on a volleyball team as well as the W formation and rotation. (State PE standards:2,5 )

**Unit 3: Basketball (10 days)**

**Description:** Students will be taught skills, strategies, and rules to the game of basketball

**Standards**

1. Students will know how to dribble, pass and shoot a basketball correctly. (State PE standards:1,6 )
2. Students will know how to pivot, rebound and play defense in basketball (State PE standards: 2, 3)
3. **Students will know the basic rules to basketball. (State PE standards: 2, 6, 7)**

**Unit 4: Floor Hockey (10 days)**

**Description:** In this unit the basic rules, skills, and strategies for floor hockey will be introduced and executed.

**Standards**

1. Students will know how to handle the puck, pass and shoot in floor hockey. (State PE standards:1 )
2. Students will know the different positions on a hockey team as well as know basic concepts and strategies. (State PE standards: 2,5)
3. **Students will know the rules and safety procedures for playing floor hockey. (State PE standards: 5,6,7)**

**Unit 5: Badminton/Pickle ball (15 days)**

**Description:** In this unit the game of badminton and pickle ball will be taught as well as skills and strategies introduced so that students are able to be proficient in a game.

**Standards**

1. **Students will know the rules and basic strategies for badminton and pickle ball. (State PE standards: 1,2)**
2. Students will know and be able to identify the two different types of serves as well as the 5 different types of shots in badminton. (State PE standards:2 )
3. Students will know and be able to identify the different types of serves, ground strokes, and volleying shot in pickle ball. (State PE standards: 2)

**Unit 6: Broomball (5 days)**

**Description:** In this unit students will learn how to play the game of broomball along with the skills and safety procedures necessary to become proficient.

**Standards**

1. **Students will learn skills needed to safety play a game of broomball (State PE standards: 1, 2)**
2. Students will learn rules, scoring, and strategies needed to participate in a game of broomball (State PE standards: 3, 4)

**Unit 7: Soccer/Speedball (10 days)**

**Description:** Students will learn the rules and strategies for both soccer and speedball as well as the skills necessary to play and be proficient.

**Standards**

1. **The students will learn the rules and the basics to the game of speedball (State PE standards :) 1, 2**
2. **Students will know the basic soccer rules to play a game. (State PE standards: 2)**
3. Students will be able to dribble, pass, kick and trap a soccer ball properly. (State PE standards:1,3,4 )
4. Students will be able to execute the various skills in speedball such as football, soccer and basketball components. (State PE standards: (State PE standards:1,2,4 )

**Unit 8: Softball (10 days)**

**Description:** In this unit the students will learn the rules and strategies as well as skill necessary to participate in a game of slow pitch softball.

**Standards**

1. Students will learn and work on the skills of throwing, catching and fielding a softball. (State PE standards:1,2 )
2. Students will learn the proper skills necessary in order to hit a softball and run the bases in a game. (State PE standards:1,2 )
3. **Students will know the rules to playing softball as well and the different positions on defense. They will also know some basic game play strategies. (State PE standards: 3,4,5)**

**Unit 9: Team Handball (5 days)**

**Description:** In this unit the **s**tudents will learn the rules, strategies and skills necessary to play a game of team handball.

**Standards**

1. The students will be able to pass, dribble, pivot and guard in team handball (State PE standards: 1, 2)
2. **Students will know the rules and be able to identify basic strategies of team handball (State PE standards: 2, 4, 5)**

**Unit 10: Lacrosse (5 days)**

**Description:** In this unit students will learn the rules, skills and strategies to playing team Lacrosse

**Standards**

1. **Students will know the rules and regulations to lacrosse. (State PE standards: 2)**
2. Students will learn how to trap, scoop, pass, shoot and play defense in team Lacrosse. (State PE standards: 2,3)

**Unit 11: Ultimate Frisbee (5 days)**

**Description:** In this unit students will learn the rules/strategies and skills necessary to play a game of ultimate Frisbee.

**Standards**

1. **Students will know the rules and be able to identify basic strategies in ultimate Frisbee. (State PE standards: 2, 4, 5)**
2. Students will be able to throw, catch and pivot while playing ultimate Frisbee. (State PE standards:1,2 )