

DEPARTMENT: PHYSICAL EDUCATION	COURSE TITLE: TEAM SPORTS
GRADE(S): 9-12	PRE-REQUISITES (IF ANY):

UNIT	LENGTH	CONTENT	SKILLS	METHODS OF ASSESSMENT	FRAMEWORK STRAND(S) & STANDARD(S)
Basketball	1-20 DAYS	<ul style="list-style-type: none"> ▪ History ▪ Safety ▪ Equipment ▪ Rules/Scoring ▪ Skills ▪ Concepts ▪ Strategies ▪ Fitness ▪ Terminology 	Implement body skills Demonstrate <ul style="list-style-type: none"> ▪ Balance ▪ Starts and stops ▪ Pivoting ▪ Changing directions ▪ Jumping Demonstrate Ball Skills <ul style="list-style-type: none"> ▪ Passing ▪ Catching ▪ Dribbling ▪ Shooting ▪ Rebounding Employ Team Skills (Offensive) <ul style="list-style-type: none"> ▪ Ball control ▪ Two and 3 player plays ▪ Offensive balance ▪ Fast break ▪ Attacking the zone ▪ Attacking man to man defense ▪ Offensive rebounding Employ Team Skills (Defensive) <ul style="list-style-type: none"> ▪ Stance and alignment ▪ One on one coverage ▪ Switching ▪ Team defense-man to man ▪ Team defense-zones ▪ Full court press ▪ Trap presses -1/2 court Strategize Game Skills <ul style="list-style-type: none"> ▪ Controlling game tempo ▪ Offensive-defensive transition ▪ Controlling the clock ▪ Building intensity ▪ Substitution ▪ Game plan 	<ul style="list-style-type: none"> ▪ Skills Assessment ▪ Subjective Observation ▪ Written Tests ▪ Participation ▪ Journals/Charts 	Physical Health Strand LS 2
Volleyball	20 days	<ul style="list-style-type: none"> ▪ History ▪ Safety ▪ Equipment ▪ Rules/Scoring 	Practice and Use Serve <ul style="list-style-type: none"> ▪ Underhand ▪ Overhand ▪ Sidearm 	<ul style="list-style-type: none"> ▪ Skills Assessment ▪ Subjective Observation ▪ Written Tests 	Physical Health Strand LS 2

		<ul style="list-style-type: none"> ▪ Skills ▪ Concepts ▪ Strategies ▪ Fitness ▪ Terminology 	<ul style="list-style-type: none"> ▪ Jump Forearm Pass Inverted Forearm Pass Sets <ul style="list-style-type: none"> ▪ Front ▪ Back ▪ Over head Blocks Spike Dink Use Position and Rotation 	<ul style="list-style-type: none"> ▪ Participation ▪ Journals/Charts 	
Ultimate Frisbee	20 days	<ul style="list-style-type: none"> ▪ History ▪ Safety ▪ Equipment ▪ Rules/Scoring ▪ Skills ▪ Concepts ▪ Strategies ▪ Fitness ▪ Terminology 	<ul style="list-style-type: none"> Use Grip: <ul style="list-style-type: none"> ▪ Backhand ▪ Sidearm Use Throws: <ul style="list-style-type: none"> ▪ Overhand ▪ Backhand ▪ Sidearm ▪ Curve Use Catching: <ul style="list-style-type: none"> ▪ One hand ▪ Two hand Understand: <ul style="list-style-type: none"> ▪ Tipping ▪ Offense ▪ Defense 	<ul style="list-style-type: none"> ▪ Skills Assessment ▪ Subjective Observation ▪ Written Tests ▪ Participation ▪ Journals/Charts 	Physical Health Strand LS 2
Team Handball	20 days	<ul style="list-style-type: none"> ▪ History ▪ Safety ▪ Equipment ▪ Rules/Scoring ▪ Skills ▪ Concepts ▪ Strategies ▪ Fitness ▪ Terminology 	<ul style="list-style-type: none"> Demonstrate: <ul style="list-style-type: none"> ▪ Footwork ▪ Passing ▪ Receiving ▪ Dribbling ▪ Shooting Use: <ul style="list-style-type: none"> ▪ Offensive Play ▪ Defensive Play ▪ Teamwork 	<ul style="list-style-type: none"> ▪ Skills Assessment ▪ Subjective Observation ▪ Written Tests ▪ Participation ▪ Journals/Charts 	Physical Health Strand LS 2
Softball	20 days	<ul style="list-style-type: none"> ▪ History ▪ Safety ▪ Equipment ▪ Rules/Scoring ▪ Skills ▪ Concepts ▪ Strategies ▪ Fitness ▪ Terminology 	<ul style="list-style-type: none"> Demonstrate Catching: <ul style="list-style-type: none"> ▪ Ground Balls ▪ Fly Balls Demonstrate Throwing Demonstrate Hitting: <ul style="list-style-type: none"> ▪ Grip ▪ Bunting ▪ Power Demonstrate Base Running 	<ul style="list-style-type: none"> ▪ Skills Assessment ▪ Subjective Observation ▪ Written Tests ▪ Participation ▪ Journals/Charts 	Physical Health Strand LS 2

			<p>Understand Positions:</p> <ul style="list-style-type: none"> ▪ Infield Play ▪ Outfield Play <p>Understand Pitching</p> <p>Use:</p> <ul style="list-style-type: none"> ▪ Offensive Strategies ▪ Defensive Strategies 		
Soccer	1-15 DAYS	<ul style="list-style-type: none"> ▪ History ▪ Safety ▪ Equipment ▪ Rules/Scoring ▪ Skills ▪ Concepts ▪ Strategies ▪ Fitness ▪ Terminology 	<p>Practice Passing:</p> <ul style="list-style-type: none"> ▪ Instep pass ▪ Push pass ▪ Chip pass ▪ Heel pass <p>Practice Trapping:</p> <ul style="list-style-type: none"> ▪ Foot traps ▪ Thigh ▪ Chest <p>Demonstrate:</p> <ul style="list-style-type: none"> ▪ Dribbling ▪ Heading ▪ Shooting ▪ Throw-ins ▪ Free kicks ▪ Positioning ▪ Marking ▪ Tackling ▪ Defending free kicks ▪ Corners ▪ Defense kicks <p>Understand:</p> <ul style="list-style-type: none"> ▪ Goal keeping 	<ul style="list-style-type: none"> ▪ Skills Assessment ▪ Subjective Observation ▪ Written Tests ▪ Participation ▪ Journals/Charts 	Physical Health Strand LS 2
Lacrosse	1-20 days	<ul style="list-style-type: none"> ▪ History ▪ Safety ▪ Equipment ▪ Rules/Scoring ▪ Skills ▪ Concepts ▪ Strategies ▪ Fitness ▪ Terminology 	<p>Demonstrate:</p> <ul style="list-style-type: none"> ▪ Gripping the stick ▪ Stick protection ▪ Cradling ▪ Dodging ▪ Scooping ▪ Catching ▪ Passing ▪ Checking ▪ Shooting ▪ Face-off <p>Identify:</p> <ul style="list-style-type: none"> ▪ Defensive techniques ▪ Offensive techniques 	<ul style="list-style-type: none"> ▪ Skills Assessment ▪ Subjective Observation ▪ Written Tests ▪ Participation ▪ Journals/Charts 	Physical Health Strand LS 2
Ultimate Frisbee	20 days	<ul style="list-style-type: none"> ▪ History ▪ Safety 	<p>Use Grip:</p> <ul style="list-style-type: none"> ▪ Backhand 	<ul style="list-style-type: none"> ▪ Skills Assessment ▪ Subjective 	Physical Health Strand

		<ul style="list-style-type: none"> ▪ Equipment ▪ Rules/Scoring ▪ Skills ▪ Concepts ▪ Strategies ▪ Fitness ▪ Terminology 	<ul style="list-style-type: none"> ▪ Sidearm <p>Use Throws:</p> <ul style="list-style-type: none"> ▪ Overhand ▪ Backhand ▪ Sidearm ▪ Curve <p>Use Catching:</p> <ul style="list-style-type: none"> ▪ One hand ▪ Two hand <p>Understand:</p> <ul style="list-style-type: none"> ▪ Tipping ▪ Offense ▪ Defense 	<p>Observation</p> <ul style="list-style-type: none"> ▪ Written Tests ▪ Participation ▪ Journals/Charts 	LS 2
Team Handball	20 days	<ul style="list-style-type: none"> ▪ History ▪ Safety ▪ Equipment ▪ Rules/Scoring ▪ Skills ▪ Concepts ▪ Strategies ▪ Fitness ▪ Terminology 	<p>Demonstrate:</p> <ul style="list-style-type: none"> ▪ Footwork ▪ Passing ▪ Receiving ▪ Dribbling ▪ Shooting <p>Use:</p> <ul style="list-style-type: none"> ▪ Offensive play ▪ Defensive play ▪ Teamwork 	<ul style="list-style-type: none"> ▪ Skills Assessment ▪ Subjective Observation ▪ Written Tests ▪ Participation ▪ Journals/Charts 	Physical Health Strand LS 2
Softball	20 days	<ul style="list-style-type: none"> ▪ History ▪ Safety ▪ Equipment ▪ Rules/Scoring ▪ Skills ▪ Concepts ▪ Strategies ▪ Fitness ▪ Terminology 	<p>Demonstrate Catching:</p> <ul style="list-style-type: none"> ▪ Ground balls ▪ Fly balls <p>Demonstrate Throwing</p> <p>Demonstrate Hitting:</p> <ul style="list-style-type: none"> ▪ Grip ▪ Bunting ▪ Power <p>Demonstrate Baserunning</p> <p>Understand Positions:</p> <ul style="list-style-type: none"> ▪ Infield play ▪ Outfield play <p>Understand Pitching</p> <p>Use:</p> <ul style="list-style-type: none"> ▪ Offensive strategies ▪ Defensive strategies 	<ul style="list-style-type: none"> ▪ Skills Assessment ▪ Subjective Observation ▪ Written Tests ▪ Participation ▪ Journals/Charts 	Physical Health Strand LS 2
Soccer	20 days	<ul style="list-style-type: none"> ▪ History ▪ Safety ▪ Equipment ▪ Rules/Scoring ▪ Skills ▪ Concepts ▪ Strategies 	<p>Practice Passing:</p> <ul style="list-style-type: none"> ▪ Instep pass ▪ Push pass ▪ Chip pass ▪ Heel pass <p>Practice Trapping:</p> <ul style="list-style-type: none"> ▪ Foot traps 	<ul style="list-style-type: none"> ▪ Skills Assessment ▪ Subjective Observation ▪ Written Tests ▪ Participation ▪ Journals/Charts 	Physical Health Strand LS 2

		<ul style="list-style-type: none"> ▪ Fitness ▪ Terminology 	<ul style="list-style-type: none"> ▪ Thigh ▪ Chest <p>Demonstrate:</p> <ul style="list-style-type: none"> ▪ Dribbling ▪ Heading ▪ Shooting ▪ Throw-ins ▪ Free kicks ▪ Positioning ▪ Marking ▪ Tackling ▪ Defending free kicks ▪ Corners ▪ Defense kicks <p>Understand:</p> <ul style="list-style-type: none"> ▪ Goal keeping 		
Flag Football	20 days	<ul style="list-style-type: none"> ▪ History ▪ Safety ▪ Equipment ▪ Rules/Scoring ▪ Skills ▪ Concepts ▪ Strategies ▪ Fitness ▪ Terminology 	<p>Demonstrate:</p> <ul style="list-style-type: none"> ▪ Grip ▪ Passing ▪ Toss ▪ Hand off ▪ Receiving ▪ Blocking ▪ Patterns ▪ Centering Snap <p>Understand:</p> <ul style="list-style-type: none"> ▪ Positions ▪ Offensive plays ▪ Defensive plays ▪ Contact ▪ Kick off/Throw off ▪ Punting ▪ Fouls 	<ul style="list-style-type: none"> ▪ Skills Assessment ▪ Subjective Observation ▪ Written Tests ▪ Participation ▪ Journals/Charts 	Physical Health Strand LS 2
Double Dutch	1-20 days	<ul style="list-style-type: none"> ▪ Safety ▪ Equipment ▪ Rules ▪ Skills ▪ Fitness 	<ul style="list-style-type: none"> ▪ Cooperation ▪ Participation ▪ Jumping ▪ Rhythm ▪ Footwork ▪ Movement ▪ Arm work 	<ul style="list-style-type: none"> ▪ Skills Assessment ▪ Subjective Observation ▪ Participation 	Physical Health Strand LS 2
Indoor/Outdoor Games (kickball, indoor soccer, dodge ball, double dutch, mat ball, arena football, hand soccer,	1-5 days	<ul style="list-style-type: none"> ▪ History ▪ Safety ▪ Equipment ▪ Rules/Scoring ▪ Skills ▪ Concepts 	<p>Demonstrate:</p> <ul style="list-style-type: none"> ▪ Cooperation ▪ Rhythm ▪ Steps ▪ Footwork ▪ Arm work 	<ul style="list-style-type: none"> ▪ Subjective Observation ▪ Written Tests ▪ Participation ▪ Journals/Charts 	Physical Health Strand LS 2

<p>fistball, crab soccer, B-V-B, combination game, big ball, baseball, tennis baseball, wiffleball, frisbee golf, capture the flag, speedaway, coop games, scurry hockey, floor hockey, indoor baseball, international games, new games)</p>		<ul style="list-style-type: none"> ▪ Strategies ▪ Fitness ▪ Terminology 	<ul style="list-style-type: none"> ▪ Movement ▪ Jumping ▪ Hand-eye coordination <p>Apply:</p> <ul style="list-style-type: none"> ▪ Participation ▪ Positions ▪ Formations ▪ Strategies ▪ Mobility ▪ Agility ▪ Endurance 		
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