

<b>DEPARTMENT: PHYSICAL EDUCATION</b>	<b>COURSE TITLE: TEAM SPORTS</b>
<b>GRADE(S): 7-8</b>	<b>PRE-REQUISITES (IF ANY): NONE</b>

<b>UNIT</b>	<b>LENGTH</b>	<b>CONTENT</b>	<b>SKILLS</b>	<b>METHODS OF ASSESSMENT</b>	<b>FRAMEWORK STRAND(S) &amp; STANDARD(S)</b>
Softball	6-12 days	<ul style="list-style-type: none"> <li>• History</li> <li>• Safety</li> <li>• Equipment</li> <li>• Rules/Scoring</li> <li>• Skills</li> <li>• Concepts</li> <li>• Strategies</li> <li>• Fitness</li> <li>• Terminology</li> </ul>	<p>Demonstrate:</p> <ul style="list-style-type: none"> <li>• Catching ground and fly balls</li> <li>• Throwing</li> <li>• Hitting (grip, bunting, power)</li> <li>• Base running</li> </ul> <p>Understand:</p> <ul style="list-style-type: none"> <li>• Positions (infield and outfield play)</li> <li>• Pitching</li> </ul> <p>Use:</p> <ul style="list-style-type: none"> <li>• Offensive strategies</li> <li>• Defensive strategies</li> </ul>	<ul style="list-style-type: none"> <li>• Skills Assessment</li> <li>• Subjective Observation</li> <li>• Written Tests</li> <li>• Participation</li> <li>• Journals/Charts</li> </ul>	Physical Health Strand LS 2
Basketball	1-15 days	<ul style="list-style-type: none"> <li>▪ History</li> <li>▪ Safety</li> <li>▪ Equipment</li> <li>▪ Rules/Scoring</li> <li>▪ Skills</li> <li>▪ Concepts</li> <li>▪ Strategies</li> <li>▪ Fitness</li> <li>▪ Terminology</li> </ul>	<p>Demonstrate:</p> <ul style="list-style-type: none"> <li>▪ Balance</li> <li>▪ Starts and stops</li> <li>▪ Pivoting</li> <li>▪ Changing directions</li> <li>▪ Jumping</li> </ul> <p>Demonstrate Ball Skills:</p> <ul style="list-style-type: none"> <li>▪ Passing</li> <li>▪ Catching</li> <li>▪ Dribbling</li> <li>▪ Shooting</li> <li>▪ Rebounding</li> </ul> <p>Employ Team Skills (Offensive):</p> <ul style="list-style-type: none"> <li>▪ Ball control</li> <li>▪ Two and 3 player plays</li> <li>▪ Offensive balance</li> <li>▪ Fast break</li> <li>▪ Attacking the zone</li> <li>▪ Attacking man to man defense</li> <li>▪ Offensive rebounding</li> </ul> <p>Employ Team Skills (Defensive):</p>	<ul style="list-style-type: none"> <li>▪ Skills Assessment</li> <li>▪ Subjective Observation</li> <li>▪ Written Tests</li> <li>▪ Participation</li> <li>▪ Journals/Charts</li> </ul>	Physical Health Strand LS 2

			<ul style="list-style-type: none"> <li>▪ Stance and alignment</li> <li>▪ One on one coverage</li> <li>▪ Switching</li> <li>▪ Team defense-man to man</li> <li>▪ Team defense-zones</li> <li>▪ Full court press</li> <li>▪ Trap presses -1/2 court</li> </ul> <p>Strategize Game Skills:</p> <ul style="list-style-type: none"> <li>▪ Controlling game tempo</li> <li>▪ Offensive-defensive transition</li> <li>▪ Controlling the clock</li> <li>▪ Building intensity</li> <li>▪ Substitution</li> <li>▪ Game plan</li> </ul>		
Soccer	1-15 days	<ul style="list-style-type: none"> <li>▪ History</li> <li>▪ Safety</li> <li>▪ Equipment</li> <li>▪ Rules/Scoring</li> <li>▪ Skills</li> <li>▪ Concepts</li> <li>▪ Strategies</li> <li>▪ Fitness</li> <li>▪ Terminology</li> </ul>	<p>Demonstrate Passes:</p> <ul style="list-style-type: none"> <li>▪ Instep pass</li> <li>▪ Push pass</li> <li>▪ Chip pass</li> <li>▪ Heel pass</li> </ul> <p>Demonstrate Trapping:</p> <ul style="list-style-type: none"> <li>▪ Foot traps</li> <li>▪ Thigh</li> <li>▪ Chest</li> </ul> <p>Demonstrate:</p> <ul style="list-style-type: none"> <li>• Dribbling</li> <li>• Heading</li> <li>• Shooting</li> <li>• Throw-Ins</li> <li>• Free Kicks</li> <li>• Positioning</li> <li>• Marking</li> <li>• Tackling</li> <li>• Defending Free Kicks</li> <li>• Corner Kicks</li> <li>• Goal Keeping</li> </ul>	<ul style="list-style-type: none"> <li>• Skills Assessment</li> <li>• Subjective Observation</li> <li>• Written Tests</li> <li>• Participation</li> <li>• Journals/Charts</li> </ul>	Physical Health Strand LS 2
Ultimate Frisbee	6-12 days	<ul style="list-style-type: none"> <li>▪ History</li> <li>▪ Safety</li> <li>▪ Equipment</li> <li>▪ Rules/Scoring</li> <li>▪ Skills</li> <li>▪ Concepts</li> <li>▪ Strategies</li> <li>▪ Fitness</li> <li>▪ Terminology</li> </ul>	<p>Use Grip:</p> <ul style="list-style-type: none"> <li>• Backhand</li> <li>• Sidearm</li> </ul> <p>Use Throws:</p> <ul style="list-style-type: none"> <li>• Overhand</li> <li>• Backhand</li> <li>• Sidearm</li> <li>• Curve</li> </ul> <p>Use Catching:</p>	<ul style="list-style-type: none"> <li>• Skills Assessment</li> <li>• Subjective Observation</li> <li>• Written Tests</li> <li>• Participation</li> <li>• Journals/Charts</li> </ul>	Physical Health Strand LS 2

			<ul style="list-style-type: none"> <li>• One hand</li> <li>• Two hand</li> </ul> Understand: <ul style="list-style-type: none"> <li>• Tipping</li> <li>• Offense</li> <li>• Defense</li> </ul>		
Flag Football Touch Football	3-4 weeks	<ul style="list-style-type: none"> <li>• History</li> <li>• Safety</li> <li>• Equipment</li> <li>• Concepts</li> <li>• Skills</li> <li>• Strategies</li> <li>• Cooperation</li> <li>• Teamwork</li> </ul>	Understand: <ul style="list-style-type: none"> <li>• Rules and scoring</li> <li>• Passing and receiving</li> <li>• Punting and placekicks</li> <li>• Offensive play</li> <li>• Defensive Play</li> <li>• Strategies</li> </ul>	<ul style="list-style-type: none"> <li>• Participation</li> <li>• Subjective Observation</li> <li>• Skill Assessment</li> <li>• Practical</li> </ul>	Physical Health Strand LS 2
Pilo Polo Floor Hockey	2 weeks	<ul style="list-style-type: none"> <li>• History</li> <li>• Safety</li> <li>• Equipment</li> <li>• Concepts</li> <li>• Skills</li> <li>• Strategies</li> <li>• Cooperation</li> <li>• Teamwork</li> </ul>	Understand: <ul style="list-style-type: none"> <li>• Rules and scoring</li> <li>• Shooting</li> <li>• Passing and receiving</li> <li>• Offensive play</li> <li>• Defensive play</li> </ul>	<ul style="list-style-type: none"> <li>• Participation</li> <li>• Subjective Observation</li> <li>• Skill Assessment</li> <li>• Practical</li> </ul>	Physical Health Strand LS 2
Indoor/Outdoor Games	1-5 days	<ul style="list-style-type: none"> <li>▪ Jail Ball</li> <li>▪ Asteroids</li> <li>▪ Wizard</li> <li>▪ Arena Football Omnikin</li> <li>▪ Capture the Flag</li> <li>▪ Parachute Games</li> <li>▪ Crab Soccer</li> <li>▪ Indoor Soccer</li> <li>▪ Sideline Soccer</li> <li>▪ Kick Ball</li> <li>▪ Fist Ball</li> <li>▪ Big Gall Baseball</li> <li>▪ Tennis Baseball</li> <li>▪ Coop Games</li> <li>▪ Pilo Polo</li> <li>▪ Floor Hockey</li> <li>▪ Eclipse Ball Speedball</li> <li>▪ Speed A Way</li> </ul>	Use: <ul style="list-style-type: none"> <li>• Team Play</li> <li>• Strategy</li> <li>• Cooperation</li> <li>• Coordination</li> <li>• Decision Making</li> </ul>	<ul style="list-style-type: none"> <li>• Participation</li> <li>• Observation</li> </ul>	Physical Health Strand LS 2
Lacrosse	3 weeks	<ul style="list-style-type: none"> <li>• History</li> <li>• Safety</li> <li>• Equipment</li> <li>• Concepts</li> <li>• Skills</li> </ul>	Understand: <ul style="list-style-type: none"> <li>• Rules and scoring</li> <li>• Passing and receiving</li> <li>• Cradling</li> <li>• Scooping</li> </ul>	<ul style="list-style-type: none"> <li>• Participation</li> <li>• Subjective Observation</li> <li>• Skill Assessment</li> <li>• Practical</li> </ul>	Physical Health Strand LS 2

		<ul style="list-style-type: none"> <li>• Strategies</li> <li>• Terminology</li> <li>• Cooperation</li> <li>• Teamwork</li> </ul>	<ul style="list-style-type: none"> <li>• Face-Off</li> <li>• Offensive play</li> <li>• Defensive play</li> <li>• Strategies</li> </ul>		
Team Handball	2 weeks	<ul style="list-style-type: none"> <li>• History</li> <li>• Safety</li> <li>• Equipment</li> <li>• Concepts</li> <li>• Skills</li> <li>• Strategies</li> <li>• Cooperation</li> <li>• Teamwork</li> </ul>	<p>Understand:</p> <ul style="list-style-type: none"> <li>• Rules and scoring</li> <li>• Footwork</li> <li>• Dribbling</li> <li>• Shooting</li> <li>• Passing</li> <li>• Offensive play</li> <li>• Defensive play</li> </ul>	<ul style="list-style-type: none"> <li>• Participation</li> <li>• Subjective Observation</li> <li>• Skill Assessment</li> <li>• Practical</li> </ul>	Physical Health Strand LS 2
Track & Field	6-12 days	<ul style="list-style-type: none"> <li>• History</li> <li>• Safety</li> <li>• Equipment</li> <li>• Concepts</li> <li>• Skills</li> <li>• Strategies</li> <li>• Cooperation</li> <li>• Teamwork</li> <li>• Rules &amp; Scoring</li> <li>• Fitness</li> </ul>	<p>Demonstrate:</p> <ul style="list-style-type: none"> <li>• Sprints (starts, acceleration, finish)</li> <li>• Relays (shuttle, baton)</li> <li>• Hurdles</li> </ul> <p>Use:</p> <ul style="list-style-type: none"> <li>• Middle/middle distance</li> <li>• Running (start, proper stride, pacing, finish)</li> </ul> <p>Practice:</p> <ul style="list-style-type: none"> <li>• Field Events (throwing events, shot putting, discus throw )</li> <li>• Long jump</li> </ul>	<ul style="list-style-type: none"> <li>• Participation</li> <li>• Subjective Observation</li> <li>• Skill Assessment</li> <li>• Journal/Charts</li> </ul>	Physical Health Strand LS2
Volleyball	4 weeks	<ul style="list-style-type: none"> <li>• History</li> <li>• Safety</li> <li>• Equipment</li> <li>• Concepts</li> <li>• Skills</li> <li>• Strategies</li> <li>• Cooperation</li> <li>• Terminology</li> </ul>	<p>Understand:</p> <ul style="list-style-type: none"> <li>• Rules and scoring</li> <li>• Serve (underhand and overhand)</li> <li>• Forearm pass</li> <li>• Sets</li> <li>• Blocks</li> <li>• Spike</li> <li>• Dink</li> <li>• Positions</li> <li>• Rotation</li> </ul>	<ul style="list-style-type: none"> <li>• Participation</li> <li>• Subjective Observation</li> <li>• Skill Assessment</li> <li>• Practical</li> </ul>	Physical Health Strand LS 2