

FOLSOM CORDOVA UNIFIED SCHOOL DISTRICT

INDIVIDUAL/DUAL SPORTS

Date: December, 2007

Subject Area: Elective

Grade Level(s): 10-12

Course Length: 1 year

Grading: A-F

Number of Credits: 5/Semester

Prerequisite: Fitness One

COURSE DESCRIPTION:

The major emphasis of study for students in Individual/Dual Sports is exposure to a variety of movement activities, and the opportunity to excel in a few movement activities. The primary emphasis of this course is intermediate/advanced skill building in individual and dual sports. Upon completion of this course student will be able to identify preferences for types of physical activity that can be pursued for a lifetime.

GENERAL GOALS/PURPOSES:

Students will:

- Understand basic movement skills and knowledge of rules and strategies in individual/dual sports.
- Display the ability to work cooperatively with a teammate and use conflict resolution skills.
- Describe the origin of a variety of individual/dual sports and their role in society.
- Demonstrate an understanding of basic offensive & defensive strategies in individual/dual sports.
- Use feedback to improve performance.
- Use standardized physical fitness test to assess personal fitness and establish realistic and challenging goals for improving and maintaining their fitness levels for life.
- Demonstrate responsible personal behavior while participating in movement activities.
- Apply knowledge of scientific or bio-mechanic principles to improve personal performance.
- Identify current career opportunities in physical education and related fields.
- Participate in a variety of individual/dual activities.
- Be able to articulate the knowledge, skills, and confidence needed to maintain a meaningful physical activity throughout their lifetime.
- Successfully transition from our physical education instructional program to participation in physical activity during adulthood.
- Individually be able to initiate and monitor their own participation in physical activity which their adult lifestyle will demand.
- Understand that family responsibilities, career demands, and individual choices will influence physical activity patterns.
- Develop proficient movement skills in each area of physical education.
- Expand their capabilities for independent learning.
- Examine practices that allow for sound decision making to enhance successful participation in movement activities.
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STUDENT READING COMPONENT:

Students will:

- Complete research based assignments.

- Utilize activity study guides.
- Read and take written test.
- Research the history and evolution of individual/dual sports.
- Research the impact sports have had on society.

STUDENT WRITING COMPONENT:

Students will:

- Take written test.
- Write self and peer evaluations.
- Research rules that govern sports.
- Write a personal fitness portfolio.

STUDENT ORAL COMPONENT:

Students will:

- Utilize oral communication skills while participating in class activities that foster positive, responsible, personal, and social behaviors.
- Participate in daily class discussions.

DETAILED UNITS OF INSTRUCTION:

The three content standards to be integrated and addressed are:

1. Students demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities.
2. Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
3. Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to learning and performance of physical activity.

Activity units may vary by school site due to facilities and equipment.

Activity Units:

<u>Individual Activities</u>		<u>Dual Activities</u>	
Track & Field	Swimming	Badminton	Orienteering
Golf	Weight Lifting	Tennis	Croquet
Archery	Kick Boxing	Speedminton	Pickle Ball
Aerobics	Speed Stacking	Table Tennis	Frisbee Golf

Content Units:

1. Safety rules and principles.
2. Five components of health.
3. Health risk factors of sports participation.
4. Body composition and implications on health and fitness.
5. Heart rate—computation, regulation, implications.
6. Muscles
7. Biomechanics/Analysis of movement.

8. Nutrition
9. Steroids and performance enhancing drugs

THIS COURSE WILL PREPARE STUDENTS FOR THE CAHSEE AND / OR THE FCUSD EXIT EXAMS: Language Arts

LAB FEE: None

DISTRICT ESLR'S TO BE ADDRESSED:

Students will be:

1. **Self Directed Learners:** Achieve and maintain a health-enhancing level of physical fitness and exhibit a healthy lifestyle.
2. **Effective Communicators:** Demonstrate responsible social behavior including respect for all others.
3. **Quality Producers/Performers:** Students will become competent in many movement activities.
4. **Constructive Thinkers:** Understand how fitness correlates with health, how and why they move in a variety of situations. Students will understand how culture, history, nutrition, and fitness relate to health.
5. **Collaborative Workers:** Work together towards a common goal.
6. **Responsible Citizens:** Demonstrate responsible, personal, and social behavior while participating in movement activities, and classroom activities.