Team Sports

Instructor: Wheeler

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Course description

Team Sports is a semester-long course designed to introduce students to the fundamental skills, rules, and strategies of various team-based sports. Students will develop their physical fitness, motor skills, and an appreciation for a healthy, active lifestyle through cooperative learning and game play. The course emphasizes teamwork, sportsmanship, and personal growth.

Course objectives

Upon completion of this course, students will be able to:

- Demonstrate competency in the basic skills and techniques of various team sports, such as basketball, volleyball, soccer, and Ultimate Frisbee/ football.
- Understand and apply the rules, terminology, and strategies of each sport.
- Exhibit teamwork, leadership, and effective communication skills in a competitive and cooperative environment.
- Demonstrate good sportsmanship and fair play toward teammates, opponents, and officials.
- Improve health-related fitness components, including cardiorespiratory endurance, muscular strength, and flexibility.
- Engage in self-assessment and reflection to identify areas for skill improvement.

Units of study

The course will be divided into 2–4-week units, with each unit focusing on a specific sport. Units may include:

- Basketball: Dribbling, passing, shooting, and offensive/defensive strategies.
- Volleyball: Serving, passing, setting, spiking, and defensive play.
- Soccer: Dribbling, passing, shooting, and offensive/defensive positioning.
- Ultimate Frisbee/Football: Passing, receiving, running, and defensive strategies.
- Other Potential Units: Badminton or Pickleball.

Required materials

- Proper athletic attire: Students must wear appropriate athletic clothing, including a T-shirt, shorts or sweatpants, and athletic shoes. Appropriate footwear is mandatory for safety reasons.
- Locker provided: For securing belongings in the locker room.
- Personal hygiene items: Deodorant, body wipes, etc., for use after class.

Class rules and expectations

- Be on time: Students must be in the gym, dressed and ready for warm-ups, within 5 minutes of the bell.
- Be prepared: Students must have their athletic clothes and appropriate shoes every day.
- Be respectful: Treat classmates, the teacher, and all equipment with respect. Unsportsmanlike conduct will not be tolerated.
- Be responsible: Follow all school and class rules. Any disciplinary issues will be handled in accordance with the student handbook.
- No electronic devices: Cell phones and other electronics are not to be used during class unless specifically instructed by the teacher.

Grading policy

Your grade in this course will be based on the following weighted categories:

- Participation (70%): Assessed daily on effort, cooperation, and active engagement in all activities. A student who is dressed out but chooses not to participate will not receive participation points.
- Dress-Out (15%): Assessed daily. Students are required to dress in the proper athletic attire each class period.
- Written/Skill Assessments (15%): Periodic assessments may include written tests on rules, strategies, and physical fitness concepts, as well as practical skill tests.

Grading Scale:

- A: 90–100%
- B: 80–89%
- C: 70–79%
- D: 60–69%
- F: Below 60%

Absence and tardy policy

- This is a participation class.
- Absences: Students will not earn daily participation points on days they are absent. Makeup work opportunities may be offered through intervention, a corrective, or another method determined by the teacher.
- Tardies: A student is considered tardy if they are not in the designated area dressed and ready to participate within the first 5 minutes of class. Repeat tardiness will result in a loss of points and may lead to disciplinary action.
- Medical excuses: For a student to be excused from physical activity, they must present a signed and dated note from a parent or doctor. A doctor's note is required for an absence of more than three consecutive days.
- Semester is divided into 2 quarters. Grades are locked in at the end of each quarter's grading period.

Parent/Guardian and Student Agreement. Please sign and return the bottom portion of this page. By signing, you acknowledge that you have read and understand the expectations for the Team Sports class.

(Tear here and return this portion)

Student Name (Printed): _____

Student Signature: _____ Date: _____

Parent/Guardian Name (Printed): _____

Parent/Guardian Signature: _____ Date: _____