

Have a Ball 1 & 2

Course Description: Have a Ball 1&2: Into team & individual sports? Like to play at a competitive level? This is the class for you. Students taking Have a Ball with Fitness can look forward to playing at a competitive level in a league type atmosphere. Students will develop skills and fitness, learn to appreciate and be able to execute strategic play and share in the planning and administration of a sports league. Participation, sportsmanship and fair play will be emphasized as students get real-world intramural experience.

Adopted Course Primary Resource	Supplementary Resources
<ul style="list-style-type: none">N/A	<ul style="list-style-type: none">N/A

Standards Addressed In The Course (Note Essential Standards)	
SHAPE Standard 3	The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
SHAPE Standard 4	The physically literate individual exhibits responsible personal and social behavior that respects self and others.
SHAPE Standard 5	The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

Units of Study (Sequenced)	Standards Associated	Key Learning Targets & Essential Vocabulary	Essential Question(s)	Pacing
Applying Skill-Related Fitness Concepts	(S3.H10.L1) (S3.H12.L1) (S3.H13.L1) (S3.H14.L1)	Key Learning Targets: <ul style="list-style-type: none"> Evaluates risks and safety factors that might affect physical activity preferences throughout the life cycle. Discusses the benefits of a physically active lifestyle as it relates to college or career productivity 	What are my top 3 fitness goal?	On going
Applying Skill-Related Fitness Concepts	(S3.H10.L2) (S3.H11.L2) (S3.H12.L2) (S3.H14.L2)	<ul style="list-style-type: none"> Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance Uses communication skills and strategies that promote team or group dynamics. 	What is my Target Heart rate range? How does exercise lower blood pressure? Which fitness tracker is best for me right now and why? What is the best diet? What makes muscles grow? Is my current workout and eating plan working for me? How does stress affect the body? How is stress reduced through movement?	On Going
Applying Personal/Social Skills	(S5.H2.L2)	<ul style="list-style-type: none"> Selects and participates in physical activities or dance that meet the need for self-expression and enjoyment Evaluates the opportunity for social interaction and social support in a self-selected physical activity or dance 	What is involved in working and playing well with others?	On Going