

Healthy Living 7



Individual Sports

Healthy Living 7 Curriculum

Scoring Guide

Power Objectives

P.O. #2: Demonstrate critical elements of specialized manipulative skills in a variety of settings.

P.O. #3: Apply tactical concepts and performance principles in game like settings.

P.O. #4: Demonstrate knowledge of critical elements and biochemical principles for specialized skills.

P.O. #7: Develop and apply rules, safe practices and procedures and communicate effectively to resolve conflicts in physical activity settings.

Academic Vocabulary

- ☐ transfer
- ☐ rotation
- ☐ ready position
- ☐ variable
- ☐ base
- ☐ center of mass

- ☐ biomechanics
- ☐ tactics
- ☐ visualize
- ☐ locomotor
- ☐ striking
- ☐ flight

- ☐ angle
- ☐ interception
- ☐ reception
- ☐ pass
- ☐ blitz
- ☐ block
- ☐ change of direction

Enduring Understandings

Students understand that...

- Understanding how to use skills like brainstorming, planning and goal setting in a team setting will help formulate strategies and effectively play.
- Working together in a team sports builds positive relationships, teamwork, problem solving and will transfer to other life situations.

Essential Questions

- How can I develop a strategy that would effectively work in many of the team sports?
- How can working together in team sports improve self-esteem and cooperation in life?