

Learning Experience Template

Course/Seminar Title: **PE: Outdoor Team Sports**

HS62330 (.5 credits)

Seminar

Course

Other

Learning Experience Description:

This course provides students with the skills and knowledge needed for participation in team sports and lifetime sports. It provides students with opportunities to practice motor and social skills, to analyze skills and to participate in physical fitness.

Outdoor Team Sports includes: Ultimate Frisbee, Soccer, lacrosse, Flag Football, Softball...

This course meets every day for one quarter or alternating days for one semester. Once students have met the PE requirements, this course may be repeated for additional credit with teacher's approval.

Measurement Topic areas touched upon in the learning experience (quick list):

Physical Education: Lifelong Fitness: Fitness-Related

Expected Learning Targets (that students would have an opportunity to certify on):

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| PE.PELS.HS.4 | 3: Understands body parts work together during coordinated movement. 2: Understands principle of opposition. Knows terms same and opposite. |
| PE.PELS.HS.5 | 3: Understands how speed effects movement. 2: Know the term: speed |
| PE.PELS.HS.6 | 3: Understands agility is effected by balance and coordination. 2: Knows that agility is change of speed and direction |
| PE.PELS.HS.7 | 3: Understands how power affects movement. 2: Understands how the body creates power. |

Other related Measurement Topics/Learning Targets that may be touched upon and possibly certified by students (likely through additional work):

Suggested Prerequisite Learning Experiences (courses, seminars, learning targets):