

ADVANCED TEAM SPORTS

Course Description:

The students will be given an opportunity to be part of a team and react together through sports activities. They will also experience lifetime sports that can be enjoyed beyond high school years to continue life-long fitness. Activities may include but are not limited to: basketball, field hockey, flag football, floor hockey, kick ball, lacrosse, softball, speedball, soccer, team handball, ultimate Frisbee, volleyball.

Students in Advanced Team Sports will be introduced to the sports education model. Students will be involved in making decisions on how the games will be played, coached and officiated. For example, students will be asked to research rules that govern the game, develop practice plans and formulate tournaments.

Invasion Games: Football, Speedball, Ultimate Frisbee, LaCrosse, Floor Hockey, Handball, Basketball & Field Hockey

As evidenced based on classroom assessments, the student is able to:

- LT.1 Create and implement a practice plan designed to develop and refine competency in passing and receiving skills, creating and reducing space, and defensive and offensive skills in invasion games [PE.S1.H4.L3]
- LT.2 Apply the terminology to a practice plan associated with invasion games [PE.S2.H2.L3]
- LT.3 Apply offensive and defensive strategies when selecting appropriate shots in invasion games [PE.S2.H10.L2]
- LT.4 Create and implement a practice plan designed to develop or refine mature striking patterns in invasion games [PE.S1.H7.L3]
- LT.5 Use personalized target heart rate zones to meet target heart rate goals using various physical activities [PE.S3.H9.L2]
- LT.6 Use communication skills and strategies that promote team or group dynamics [PE.S4.H3.L1]
- LT.7 Assume a leadership role in a physical activity setting [PE.S4.H3.L2]
- LT.8 Create and apply a plan for participating in selected invasion game [PE.S4.H1.L3]
- LT. 9 Participate in invasion games to meet the need for self-expression and enjoyment [PE.S5.M4.6]

Net/Wall Games: Volleyball, Spikeball, Tchoukball

As evidenced based on classroom assessments, the student is able to:

- LT.10 Create and implement a practice plan designed to develop and refine competency in passing and receiving skills, creating and reducing space, and defensive and offensive skills in net/wall games [PE.S1.H4.L3]
- LT.11 Create and implement a practice plan designed to develop and refine competency in serving, stroke technique, volleying, and striking in two or more net/wall games [PE.S1.H5.L3]

- LT.12 Apply the terminology to a practice plan associated with exercise and participation in net/wall games [PE.S2.H2.L3]
- LT.13 Implement strategies and tactics when analyzing errors in game play in net/wall games [PE.S2.H7.L3]
- LT.14 Create and apply a plan for participating in net/wall games [PE.S4.H1.L3]
- LT.15 Use communication skills and strategies that promote team or group dynamics [PE.S4.H3.L1]
- LT.16 Assume a leadership role in a physical activity setting [PE.S4.H3.L2]
- LT.17 Create and apply a plan for participating in net/wall games [PE.S4.H1.L3]
- LT. 18 Participate in net wall games to meet the need for self-expression and enjoyment [PE.S5.M4.6]

Fielding & Striking Games: Softball, Kickball

As evidenced based on classroom assessments, the student is able to:

- LT.19 Create and implement a practice plan designed to develop and refine competency in throwing and catching skills, creating and reducing space, and defensive and offensive skills in fielding and striking games [PE.S1.H4.L3]
- LT.20 Apply the terminology to a practice plan associated with exercise and participation in fielding and striking games [PE.S2.H2.L3]
- LT.21 Assume a leadership role in a physical activity setting [PE.S4.H3.L2]
- LT.22 Create and apply a plan for participating in fielding and striking games for personal and group safety [PE.S4.H1.L3]
- LT. 23: Participate in a fielding and striking game to meet the need for self-expression and enjoyment [PE.S5.M4.6]

West Salem High School is a Target-Based Grading and Reporting School. The learning targets above appear in the Skyward gradebook. Teachers provide feedback on each learning target to parents and students via the Skyward gradebook using a score of 3 (Proficient), 2 (Approaching), 1 (Needs Support), or 0 (No Evidence).