

M/J 1/8: MODULE 3 PLAYING BOTH SIDES

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3.01 Playing Both Sides

VOCABULARY TERM:	DEFINITION:
Offense	
Defense	
Strategy	
Skills	
Tactics	

List simple offensive and defensive strategies used in some basic games.

OFFENSIVE STRATEGIES	DEFENSIVE STRATEGIES
1.	1.
2.	2.
3.	3.

What offensive and defensive strategies do you learn playing keep away?

OFFENSIVE STRATEGIES	DEFENSIVE STRATEGIES

What offensive and defensive strategies do you learn playing tag?

OFFENSIVE STRATEGIES	DEFENSIVE STRATEGIES

What offensive and defensive strategies do you learn in an obstacle course?

<i>OFFENSIVE STRATEGIES</i>	<i>DEFENSIVE STRATEGIES</i>

Describe the offensive and defensive tactics you can use in swimming.

<i>IF SOMEONE USES THIS OFFENSIVE TACTIC</i>	<i>USE THIS DEFENSIVE TACTIC</i>

Describe the offensive and defensive tactics you can use in cycling.

<i>OFFENSIVE STRATEGIES</i>	<i>DEFENSIVE STRATEGIES</i>

Describe three offensive tactics surfers use to score points. Include the skill level.

- 1.
- 2.
- 3.

Describe the three positions of phase play in tennis.

- 1.
- 2.
- 3.

How do you neutralize a serve in tennis?

How do you neutralize a serve and volley in tennis?

Explain how racquetball, pickleball, badminton, table tennis, and paddleball can help you improve your tennis game.

- 1.
- 2.
- 3.
- 4.

3.02 Let the Games Begin

Describe what you learned about crew (rowing).

<i>TYPES</i>	1. 2. 3.
<i>OARS</i>	Types of oars: 1. 2.
<i>BOATS</i>	

<i>MOVEMENT</i>	<p>Four parts of a stroke:</p> <ol style="list-style-type: none"> 1. 2. 3. 4.
<i>RACING</i>	

Describe what you learned about orienteering.

<i>MAPS</i>	
<i>COURSE VARIATIONS</i>	<ol style="list-style-type: none"> 1. 2. 3. 4.
<i>COURSE TYPES</i>	<ol style="list-style-type: none"> 1. 2.
<i>COURSE STYLES</i>	<ol style="list-style-type: none"> 1. 2.

Explain curling and squash.

<i>CURLING</i>	<i>SQUASH</i>
Description:	Description:
Equipment:	Equipment:

How to play:

How to play:

Explain parkour.

Compare baseball and cricket.

[illegible]

3.03 Sports Opportunities

Describe three types of communities.

<i>TYPE</i>	<i>DESCRIPTION</i>
<i>URBAN</i>	
<i>SUBURBAN</i>	
<i>RURAL</i>	

Describe some opportunities for sports and activities in your community.

<i>SPORT OR ACTIVITY</i>	<i>DESCRIPTION</i>
<i>GOLF</i>	
<i>TENNIS</i>	
<i>CYCLING/RUNNING</i>	
<i>SKATEBOARDING</i>	
<i>SWIMMING</i>	
<i>KITE SURFING OR SURFING</i>	
<i>ICE SKATING</i>	

Describe some opportunities to get active in school.

<i>OPPORTUNITY</i>	<i>DESCRIPTION</i>

What are the four benefits of individual sports?

- 1.
- 2.
- 3.
- 4.

What are the mental benefits of participating in sports?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.