

Futsal

Semester Course: Fall and Spring

PE courses are not UC/CSU/NCAA approved

Grade Level: 10-12

Estimated Work Outside of Class: None

Course Description:

This course may be taken multiple times for credit.

Futsal is a course where students learn the basic skills of Futsal and indoor soccer. Games are played daily in the gym in a high energy environment with music and quick speed of play.

Prerequisite:

None

Recommended Prerequisite Skills:

Basic soccer skills and knowledge of rules

Course Grade Categories:

Students receive 4 points daily based on the following standards....

4 Points:

- Engaged in designed workout throughout entire period. (*All drills completed*)
- Works with optimum efficiency to obtain peak physical conditioning.
- Demonstrates proper technique at all times.
- Demonstrates proper safety at all times.
- Completes all written assignments in a timely fashion.

3 Points:

- Engaged in designed workout throughout most of the class period. (*3/4's of drills completed*)
- Works with above average efficiency to obtain peak physical conditioning.
- Demonstrates proper technique a majority of the lifts.
- Demonstrates proper safety a majority of the time.
- Completes all written assignments.

2 Points:

- Sporadically engaged in designed workout during the class period. (*1/2 of drills completed*)
- Works with below average efficiency to obtain peak physical conditioning.
- Demonstrates proper technique rarely.
- Demonstrates proper safety rarely.
- Completes some written assignments.

1 Point:

- Rarely engaged in designed workout during the class period. (*1/4 drill completed*)
- Works with poor efficiency to obtain peak physical conditioning.
- Demonstrates proper technique hardly ever.

- Demonstrates proper safety hardly ever.
- Rarely completes written assignments.

Major Assessments/Units/Topics:

1. Goal Setting: Students learn to set SMART goals and complete individual goals for the semester.
2. Gross Muscle Anatomy: Students will identify major muscles involved with exercise.
3. Exercise and Muscle Identification: Students will understand exercise terminology and be able to identify which muscles are utilized with essential movements.
4. Nutrition for Students: Students will explore basic exercise nutrition as it relates to class movements
5. Fitness: FITT
 - a. Frequency: (how often)
 - b. Intensity: Full-range of motion/point of mild discomfort (flexibility) (muscular strength and muscular endurance). Hold pose for 3 seconds (balance)
 - c. Time: 30-60 minutes per class
 - d. Type: Muscular strength, muscular endurance, flexibility, and balance