

# M/J PE 7: MODULE 3 TEAMWORK GUIDED NOTES

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## Lesson 3.01: Be a Team Player: The “You” In Team

<b>VOCABULARY TERM:</b>	<b>DEFINITION:</b>
Sportsmanship	

What are five things that will make you a great team player (pg 2)?

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

What are the skills and benefits you can gain from playing team sports (pg 2)?

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

What does sportsmanship mean (pg 3)?

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

3 Parts of Sportsmanship and what each looks like (pg 3):

<b>FAIRNESS</b>	<b>RESPONSIBILITY</b>	<b>RESPECT</b>

HIGH FIVE: What are five things you can gain from being a good sport (pg 3)?

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

STAYING STRONG: Describe four ways you can handle others who aren't on their best behavior (pg 4)

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

Define: Diversity and Inclusion

<b>DIVERSITY</b>	
<b>INCLUSION</b>	

What are four reasons why diversity and inclusion are important (pg 5)?

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

How can teams promote diversity and inclusion (pg 5)?

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

How can you promote diversity and inclusion (pg 5)?

- 1.
- 2.

## Lesson 3.02: Offense vs. Defense: Rules of the Game

Vocabulary:

<b><i>VOCABULARY TERM:</i></b>	<b><i>DEFINITION:</i></b>
Regulations	
Offense	
Defense	
Strategy	
Skills	
Tactics	
Manipulative Skills	
Positive Transfer	
Mechanics	

What are the categories for regulations in each sport (pg 1)?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Describe the basics, player positions, and offensive & defensive strategies for basketball, soccer, and softball (pg 3 & 4).

<b><i>SPORT:</i></b>	<b><i>BASICS:</i></b>	<b><i>PLAYER POSITIONS:</i></b>	<b><i>OFFENSIVE STRATEGIES</i></b>	<b><i>DEFENSIVE STRATEGIES</i></b>
Softball				
Basketball				

Soccer				
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Describe three tactics that can be used to outsmart your opponent with teamwork (pg 5).

- 1.
- 2.
- 3.

### Lesson 3.03: Build Your Skills: Got the Moves

Vocabulary

<i>VOCABULARY TERM:</i>	<i>DEFINITION:</i>
Manipulative Skills	
Positive Transfer	
Mechanics	

Describe the two types of motor skills (pg 1).

<i>MOTOR SKILL</i>	<i>DEFINITION:</i>
Fine Motor Skills	
Gross Motor Skills	

Explain how different manipulative skills should be used in sports (pg 1):

<i>SPORTS SKILL:</i>	<i>MANIPULATIVE SKILL INVOLVED:</i>
Catching	
Throwing (overhand)	
Dribbling with Hands	
Dribbling with Feet	
Hitting	

Kicking	
Punting	

Describe the six skill-related components of fitness (pg 2).

<b><i>SKILL-RELATED FITNESS COMPONENTS</i></b>	<b><i>DESCRIPTION:</i></b>	<b><i>EXAMPLES</i></b>
Agility		
Balance		
Coordination		
Reaction Time		
Power		
Speed		

Which sports have positive transfer skills (pg 3)?

## Lesson 3.04: Level Up: Detect and Correct

Vocabulary

<b><i>VOCABULARY TERM:</i></b>	<b><i>DEFINITION:</i></b>
Mechanics	

What do the mechanics of a skill include (pg 1)?

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

What are some ways that you can detect errors (pg 1)?

- 1.
- 2.
- 3.

What are some ways that you can correct errors (pg 1)?

- 1.
- 2.

What are some tips for giving “friendly” feedback (pg 1)?

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

Describe three benefits of using video analysis for error correction in sports skills(pg 2)

- 1.
- 2.
- 3.

Describe two forms of advanced technology that can help you analyze errors and improve (pg 3).

- 1.
- 2.