

Scope and Sequence
What should a student know and be able to accomplish?

Course: PE/Health

FOOTBALL

Objectives/Concepts	Topics/Content Delineation	Assessment Ideas What will students do to demonstrate their learning?
<p>While exploring a variety of academic disciplines students will:</p> <p>Demonstrate an ability to use interpersonal communication skills to enhance health</p> <p>Demonstrate competency in many forms and proficiency in some movement forms</p> <p>Apply movement concepts and principles to learning and development of motor skills and apply those in solving problems</p> <p>Exhibit a physically active lifestyle</p>	<p><u>History</u>- Derived from the English game of rugby, American football was started in 1879 with rules instituted by Walter Camp, player and coach at Yale University.</p> <ul style="list-style-type: none"> - Overview - Positions - Strategy <p>Students will demonstrate competence in most sport specific football skills</p> <ul style="list-style-type: none"> - Throwing - Catching/Receiving - Route Running - Cutting - Dodging - Punting 	<p>Teacher observation, practical demonstration of skill mastery, student observation, quiz, and final exam are all used in assessment of student performance</p> <p>Rules, scoring, terminology, and offensive/defensive positions</p> <p>Demonstrate sportsmanship, teamwork, and fair play in a game of football</p> <p>Sport specific cues to include:</p> <p><u>Throwing</u>- “proper hand/finger placement” “opposite foot step to target” “rotate upper body” “follow through to target”</p> <p><u>Catching</u>- “two hands” “index connect, thumb connect” “arms extended in front of body”</p> <p><u>Receiving</u>- “pull ball in to the body” “tuck ball between hand-bicep”</p> <p><u>Route Running</u>- “square in” “square out” “square in/out – chair back” “plant foot for redirection”</p> <p><u>Punting</u>- “opposite foot step to target” “two hand hold and release” “kick with shoelaces” “high leg kick follow through”</p> <p>Game Play:</p> <ul style="list-style-type: none"> - Regular(American Football) - Ultimate Football

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SOCCER

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<p>While exploring a variety of academic disciplines students will:</p> <p>Demonstrate an ability to use interpersonal communication skills to enhance health</p> <p>Demonstrate competency in many forms and proficiency in some movement forms</p> <p>Apply movement concepts and principles to learning and development of motor skills and apply those in solving problems</p> <p>Exhibit a physically active lifestyle</p>	<p><u>History:</u> In 1887, as an indoor version of baseball developed by George Hancock (Chicago, Ill)</p> <ul style="list-style-type: none"> - Overview - Positions - Strategy <p>Students will demonstrate competence in most sport specific softball skills:</p> <ul style="list-style-type: none"> -throwing -fielding -batting -base running 	<p>Teacher observation, practical demonstration of skill mastery, student observation, quiz, and final exam are all used in assessment of student performance</p> <p>Rules, scoring, terminology, and fielding positions</p> <p>Demonstrate sportsmanship, teamwork, and fair play in a game of softball</p> <p>Sport specific cues to include:</p> <p><u>Throwing</u>- “opposite foot step to target” “rotate upper body” “follow through to target”</p> <p><u>Fielding</u>- “glove down on ground” “line up with midline of body” “bend knees like sitting in chair”</p> <p><u>Batting</u>- “90degrees sideways to pitcher” “feet shoulder width” “knuckles together dominant hand on top” “rotate hips”</p> <p><u>Base running</u>- “run tight to baseline” “touch inside corner with left foot”</p> <p>Game play: -Regulation Game, Boomer Ball, Sacket, HR Derby, wiffle Ball</p>

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VOLLEYBALL

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<p>While exploring a variety of academic disciplines students will:</p> <p>Demonstrate an ability to use interpersonal communication skills to enhance health</p> <p>Demonstrate competency in many forms and proficiency in some movement forms</p> <p>Apply movement concepts and principles to learning and development of motor skills and apply those in solving problems</p> <p>Exhibit a physically active lifestyle</p>	<p>History- Invented in 1896 by William Morgan in Holyoke, MA.</p> <ul style="list-style-type: none"> - Overview - Positions - Strategy <p>Students will demonstrate competence in most sport specific softball skills:</p> <ul style="list-style-type: none"> - bumping - setting - spike - serving 	<p>Teacher observation, practical demonstration of skill mastery, student observation, quiz, and final exam are all used in assessment of student performance</p> <p>Rules, scoring, terminology, and fielding positions</p> <p>Demonstrate sportsmanship, teamwork, and fair play in a game of volleyball</p> <p>Sport specific benchmarks to include: <u>Forearm Pass (bumping)</u>- “Set platform” “Feet shoulder width apart” “Feet Staggered” “Bent knees” <u>Overhead Pass (setting)</u>- “Elbows out” “Hands above forehead” <u>Spike</u>- “Approach” “Trunk Rotation” “Strike top of ball” “Snap downward” <u>Serve (Underhand/Overhand)</u> “Non-striking side forward” “Draw” “Toss” “Whip”</p> <p>Game play</p> <ul style="list-style-type: none"> - Regular - 4 way - King/Queen of Court - knock-out

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BADMINTON

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BASKETBALL

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LIFETIME ACTIVITIES

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FITNESS TESTING

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