



SPRING GROVE AREA SCHOOL DISTRICT



PLANNED COURSE OVERVIEW

Course Title: Team Aerobic Games Grade Level(s): 10 - 12 Units of Credit: .50 Classification: Elective	Length of Course: 15 cycles Periods Per Cycle: 6 Length of Period: 43 minutes Total Instructional Time: 64.5 hours
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Course Description

This course is designed for a coeducational setting of students in grades 10 through 12 who are interested in an intense game environment. An essential part of all physical education is monitoring cardiovascular fitness. In this course students will use Heart Rate technology to monitor and assess student performance. Course activities are team based and promote the development of team concepts. Activities may include fitness training, football, soccer, softball, floor hockey basketball, angleball, tchoukball, speedball, volleyball, weight training, and handball. This is a course for a student seeking rigorous activities in a highly competitive environment.

Instructional Strategies, Learning Practices, Activities, and Experiences

Dynamic Warm Up Activity Peer Skills Teaching Rules of Game Play	Modified Games Small-Sided Games Fitness Technology	Stations Bell Ringers
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Assessments

Tests/Quizzes Peer Checks	Modified Games Game Play	Skill Checks
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Materials/Resources

Books	Videos	Internet
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Adopted: 6/20/11; 5/16/16
Revised:
Departmental Review: 10/2017

Football	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Gameplay Offensive Strategies Defensive Strategies Game Rules/Scoring Offensive and Defensive Formations <u>Related Vocabulary</u> pass reception completion incompletion handoff lateral illegal forward pass line of scrimmage huddle formation downs first down turnover fumble interception touchdown extra point two-point conversion safety position names kick off spiral	10.4.9.A - Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals. 10.4.9.B - Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement. 10.4.9.C - Analyze factors that affect the responses of body systems during moderate to vigorous physical activities. 10.4.12.B - Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. 10.4.12.E - Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities. 10.4.12.F - Assess and use strategies for enhancing adult group interaction in physical activities. 10.5.9.A - Describe and apply the components of skill-related fitness to movement performance. 10.5.12.F - Analyze the application of game strategies for different categories of physical activities.

Soccer	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Striking	10.4.9.A - Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.
Fitness	10.4.9.B - Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.
Conditioning	10.4.9.C - Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.
Kicking	10.4.9.D – Analyze factors that affect physical activity preferences of adolescents.
Overhead Throwing	10.4.9.E – Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.
Offensive Strategies	10.4.9.F – Analyze the effects of positive and negative interactions of adolescent group members in physical activities.
Defensive Strategies	10.4.12.B - Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.
Verbal vs. Nonverbal Communication	10.4.12.E - Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.
<u>Related Vocabulary</u>	10.4.12.F - Assess and use strategies for enhancing adult group interaction in physical activities.
shot on goal	
corner kick	
touch pass	
leading	
defense	
marking	
mid field	
goalie box	
goalie kick	
goal	

Soccer (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
	<p>10.5.9.A - Describe and apply the components of skill-related fitness to movement performance.</p> <p>10.5.9.D - Identify and describe the principles of training using appropriate vocabulary.</p> <p>10.5.9.F - Describe and apply game strategies to complex games and physical activities.</p> <p>10.5.12.B - Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <p>10.5.12.C - Evaluate the impact of practice strategies on skill development and improvement.</p> <p>10.5.12.E - Evaluate movement forms for appropriate application of scientific and biomechanical principles.</p> <p>10.5.12.F - Analyze the application of game strategies for different categories of physical activities.</p>

Softball	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Throwing	10.4.9.A - Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.
Catching	10.4.9.B - Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.
Fielding Ground Balls	
Catching Pop Ups	10.4.9.C - Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.
Pitching	10.4.12.E - Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.
Hitting	
Base Running	10.4.12.F - Assess and use strategies for enhancing adult group interaction in physical activities.
Basic Gameplay	
Offensive/Defensive Strategies	
<u>Related Vocabulary</u>	
grip	
stance	
weight shift	
hands leading the bat	
follow through	
arm angle	
step through	
hip rotation	
footwork	
ready position	

Softball (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p><u>Related Vocabulary (continued)</u> transition of fielding to throwing over running first base vs making a turn batting order automatic out tag out tag up bunt fielding positions</p>	<p>10.5.9.A - Describe and apply the components of skill-related fitness to movement performance.</p> <p>10.5.9.B - Describe and apply the components of skill-related fitness to movement performance.</p> <p>10.5.9.C - Identify and apply practice strategies for skill improvement.</p> <p>10.5.9.D - Identify and describe the principles of training using appropriate vocabulary.</p> <p>10.5.9.F - Describe and apply game strategies to complex games and physical activities.</p> <p>10.5.12.B - Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <p>10.5.12.C - Evaluate the impact of practice strategies on skill development and improvement.</p> <p>10.5.12.E - Evaluate movement forms for appropriate application of scientific and biomechanical principles.</p> <p>10.5.12.F - Analyze the application of game strategies for different categories of physical activities.</p>

Floor Hockey	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Stickhandling	10.4.9.A - Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.
Passing	10.4.9.B - Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.
Shooting	10.4.9.C - Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.
Offensive/Defensive Strategies	10.4.12.B - Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.
Line Changes	10.4.12.E - Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.
Rules/Game Play	10.4.12.F - Assess and use strategies for enhancing adult group interaction in physical activities.
<u>Related Vocabulary</u> wrist shot slap shot forehand pass backhand pass goal face off assist forwards defensemen center goalie goal line crease offsides icing line change shifts	

Floor Hockey (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
	<p>10.5.9.A - Describe and apply the components of skill-related fitness to movement performance.</p> <p>10.5.9.B - Describe and apply the components of skill-related fitness to movement performance.</p> <p>10.5.9.C - Identify and apply practice strategies for skill improvement.</p> <p>10.5.9.D - Identify and describe the principles of training using appropriate vocabulary.</p> <p>10.5.9.F - Describe and apply game strategies to complex games and physical activities.</p> <p>10.5.12.A - Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>10.5.12.B - Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <p>10.5.12.C - Evaluate the impact of practice strategies on skill development and improvement.</p> <p>10.5.12.E - Evaluate movement forms for appropriate application of scientific and biomechanical principles.</p> <p>10.5.12.F - Analyze the application of game strategies for different categories of physical activities.</p>

Basketball	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Dribbling	10.4.9.A - Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.
Passing	10.4.9.B - Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.
Shooting	10.4.9.C - Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.
Offensive/Defensive Strategies	10.4.12.A – Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.
Three-point Stance	10.4.12.B - Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.
Defensive Stance	10.4.12.E - Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.
Rebounding	10.4.12.F - Assess and use strategies for enhancing adult group interaction in physical activities.
Foul Shooting	
<u>Related Vocabulary</u> dribbling crossover dribble around the back dribble jump stop lay up jump shot follow through three point shot foul shot box out three point stance bounce pass chest pass overhead pass	

Basketball (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p><u>Related Vocabulary (continued)</u> foul line paint half court full court man-to-man vs zone defense</p>	<p>10.5.9.A - Describe and apply the components of skill-related fitness to movement performance.</p> <p>10.5.9.B - Describe and apply the components of skill-related fitness to movement performance.</p> <p>10.5.9.C - Identify and apply practice strategies for skill improvement.</p> <p>10.5.9.D - Identify and describe the principles of training using appropriate vocabulary.</p> <p>10.5.9.F - Describe and apply game strategies to complex games and physical activities.</p> <p>10.5.12.A - Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>10.5.12.B - Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <p>10.5.12.C - Evaluate the impact of practice strategies on skill development and improvement.</p> <p>10.5.12.E - Evaluate movement forms for appropriate application of scientific and biomechanical principles.</p> <p>10.5.12.F - Analyze the application of game strategies for different categories of physical activities.</p>

Angleball	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Gameplay</p> <p>Offensive Strategy</p> <p>Defensive Strategy</p> <p>Throwing, Kicking, Rolling the Game Ball</p> <p><u>Related Vocabulary</u> offensive strategy zone vs man defense standards key area goal</p>	<p>10.4.9.A - Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.</p> <p>10.4.9.B - Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.</p> <p>10.4.9.C - Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.</p> <p>10.4.12.B - Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <p>10.4.12.E - Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>10.4.12.F - Assess and use strategies for enhancing adult group interaction in physical activities.</p>

Angleball (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
	<p>10.5.9.A - Describe and apply the components of skill-related fitness to movement performance.</p> <p>10.5.9.B - Describe and apply the components of skill-related fitness to movement performance.</p> <p>10.5.9.C - Identify and apply practice strategies for skill improvement.</p> <p>10.5.9.D - Identify and describe the principles of training using appropriate vocabulary.</p> <p>10.5.9.F - Describe and apply game strategies to complex games and physical activities.</p> <p>10.5.12.A - Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>10.5.12.B - Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <p>10.5.12.C - Evaluate the impact of practice strategies on skill development and improvement.</p> <p>10.5.12.E - Evaluate movement forms for appropriate application of scientific and biomechanical principles.</p> <p>10.5.12.F - Analyze the application of game strategies for different categories of physical activities.</p>

Tchoukball	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Scoring Rules</p> <p>Gameplay Rules</p> <p>Passing</p> <p>Shooting</p> <p>Offensive/Defensive Strategies</p> <p><u>Related Vocabulary</u> rebounding frame forbidden zone interception violation attacking team defending team</p>	<p>10.4.9.A - Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.</p> <p>10.4.9.B - Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.</p> <p>10.4.9.C - Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.</p> <p>10.4.12.B - Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <p>10.4.12.E - Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>10.4.12.F - Assess and use strategies for enhancing adult group interaction in physical activities.</p>

Tchoukball (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
	<p>10.5.9.A - Describe and apply the components of skill-related fitness to movement performance.</p> <p>10.5.9.B - Describe and apply the components of skill-related fitness to movement performance.</p> <p>10.5.9.C - Identify and apply practice strategies for skill improvement.</p> <p>10.5.9.D - Identify and describe the principles of training using appropriate vocabulary.</p> <p>10.5.9.F - Describe and apply game strategies to complex games and physical activities.</p> <p>10.5.12.A - Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>10.5.12.B - Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <p>10.5.12.D – Incorporate and synthesize knowledge of exercise principles, training principles, and health and skill-related fitness components to create a fitness program for personal use.</p> <p>10.5.12.E - Evaluate movement forms for appropriate application of scientific and biomechanical principles.</p> <p>10.5.12.F - Analyze the application of game strategies for different categories of physical activities.</p>

Handball	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Dribbling Passing Shooting Gameplay Rules Scoring Arc Rules <u>Related Vocabulary</u> dribbling overhand throw underhand throw catching shooting arc half court goal goalie jump throw foul	10.4.9.A - Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals. 10.4.9.B - Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement. 10.4.9.C - Analyze factors that affect the responses of body systems during moderate to vigorous physical activities. 10.4.12.B - Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. 10.4.12.E - Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities. 10.4.12.F - Assess and use strategies for enhancing adult group interaction in physical activities.

Handball (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
	<p>10.5.9.A - Describe and apply the components of skill-related fitness to movement performance.</p> <p>10.5.9.B - Describe and apply the components of skill-related fitness to movement performance.</p> <p>10.5.9.C - Identify and apply practice strategies for skill improvement.</p> <p>10.5.9.D - Identify and describe the principles of training using appropriate vocabulary.</p> <p>10.5.9.F - Describe and apply game strategies to complex games and physical activities.</p> <p>10.5.12.A - Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>10.5.12.B - Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <p>10.5.12.C - Evaluate the impact of practice strategies on skill development and improvement.</p> <p>10.5.12.E - Evaluate movement forms for appropriate application of scientific and biomechanical principles.</p> <p>10.5.12.F - Analyze the application of game strategies for different categories of physical activities.</p>

Speedball	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Throwing Kicking Passing Spatial Awareness Offensive Strategies Defensive Strategies Types of Scoring <u>Related Vocabulary</u> conversion spatial awareness leading goal overhead throw touch pass flip kick header forward attacker defender mid field end zone	10.4.9.A - Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals. 10.4.9.B - Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement. 10.4.9.C - Analyze factors that affect the responses of body systems during moderate to vigorous physical activities. 10.4.12.E - Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities. 10.4.12.F - Assess and use strategies for enhancing adult group interaction in physical activities.

Speedball (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
	<p>10.5.9.A - Describe and apply the components of skill-related fitness to movement performance.</p> <p>10.5.9.B - Describe and apply the components of skill-related fitness to movement performance.</p> <p>10.5.9.C - Identify and apply practice strategies for skill improvement.</p> <p>10.5.9.D - Identify and describe the principles of training using appropriate vocabulary.</p> <p>10.5.9.F - Describe and apply game strategies to complex games and physical activities.</p> <p>10.5.12.A - Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>10.5.12.B - Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <p>10.5.12.C - Evaluate the impact of practice strategies on skill development and improvement.</p> <p>10.5.12.E - Evaluate movement forms for appropriate application of scientific and biomechanical principles.</p> <p>10.5.12.F - Analyze the application of game strategies for different categories of physical activities.</p>

Volleyball	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Rules of Volleyball</p> <p>Offensive and Defensive Strategies</p> <p>History of the Origin of Volleyball</p> <p>Basic Volleyball Skills</p> <p><u>Related Vocabulary</u> set carry pass hit rally scoring traditional scoring net violation</p>	<p>10.4.9.A - Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.</p> <p>10.4.9.B - Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.</p> <p>10.4.9.C - Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.</p> <p>10.4.12.E - Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>10.5.9.A - Describe and apply the components of skill-related fitness to movement performance.</p> <p>10.5.9.B - Describe and apply the components of skill-related fitness to movement performance.</p> <p>10.5.9.C - Identify and apply practice strategies for skill improvement.</p> <p>10.5.9.D - Identify and describe the principles of training using appropriate vocabulary.</p> <p>10.5.9.F - Describe and apply game strategies to complex games and physical activities.</p> <p>10.5.12.A - Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>10.5.12.C - Evaluate the impact of practice strategies on skill development and improvement.</p> <p>10.5.12.F - Analyze the application of game strategies for different categories of physical activities.</p>

Ultimate Frisbee	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Grips For Different Throws</p> <p>Catching</p> <p>Pivoting</p> <p>Guarding</p> <p>Field Markings</p> <p>Scoring</p> <p>Fouls</p> <p>History of the Game</p> <p><u>Related Vocabulary</u> interception stall count rim edge</p>	<p>10.3.9.B - Describe and apply strategies for emergency and long-term management of injuries.</p> <p>10.3.9.C - Analyze and apply strategies to avoid or manage conflict and violence during adolescence.</p> <p>10.3.9.D - Analyze the role of individual responsibility for safety during organized group activities.</p> <p>10.4.9.A - Analyze and engage in physical activities that are developmentally/ individually appropriate and support achievement of personal fitness and activity goals.</p> <p>10.4.9.B - Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.</p> <p>10.4.9.C - Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.</p> <p>10.4.9.D - Analyze factors that affect physical activity preferences of adolescents.</p> <p>10.4.9.E - Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.</p> <p>10.4.9.F - Analyze the effects of positive and negative interactions of adolescent group members in physical activities.</p> <p>10.5.9.A - Describe and apply the components of skill-related fitness to movement performance.</p> <p>10.5.9.B - Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.</p> <p>10.5.9.C - Identify and apply practice strategies for skill improvement.</p> <p>10.5.9.D - Identify and describe the principles of training using appropriate vocabulary.</p>

Ultimate Frisbee (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
	<p>10.5.9.E - Analyze and apply scientific and biomechanical principles to complex movements.</p> <p>10.5.9.F - Describe and apply game strategies to complex games and physical activities.</p> <p>10.3.12.D - Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12.A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>10.4.12.B - Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <p>10.4.12.C - Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <p>10.4.12.D - Evaluate factors that affect physical activity and exercise preferences of adults.</p> <p>10.4.12.E - Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>10.4.12.F - Assess and use strategies for enhancing adult group interaction in physical activities.</p> <p>10.5.12.A - Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>10.5.12.B - Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <p>10.5.12.C - Evaluate the impact of practice strategies on skill development and improvement.</p>

Ultimate Frisbee (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
	<p>10.5.12.D - Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.</p> <p>10.5.12.E - Evaluate movement forms for appropriate application of scientific and biomechanical principles.</p> <p>10.5.12.F - Analyze the application of game strategies for different categories of physical activities.</p>

Badminton	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Service</p> <ul style="list-style-type: none"> • Short Service Line • Serving Underhand • Serving Diagonally • Service Depth • Service Rotation <p>Keeping Score</p> <p>Offensive Strategy</p> <p>Defensive Strategy</p> <p>Skills Practice In Various Types of Shots</p> <p><u>Related Vocabulary</u> forehand backhand drop shot lob/clear smash short service line net violation service blocks long service line</p>	<p>10.3.9.B - Describe and apply strategies for emergency and long-term management of injuries.</p> <p>10.3.9.C - Analyze and apply strategies to avoid or manage conflict and violence during adolescence.</p> <p>10.3.9.D - Analyze the role of individual responsibility for safety during organized group activities.</p> <p>10.4.9.A - Analyze and engage in physical activities that are developmentally/ individually appropriate and support achievement of personal fitness and activity goals.</p> <p>10.4.9.B - Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.</p> <p>10.4.9.C - Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.</p> <p>10.4.9.D - Analyze factors that affect physical activity preferences of adolescents.</p> <p>10.4.9.E - Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.</p> <p>10.4.9.F - Analyze the effects of positive and negative interactions of adolescent group members in physical activities.</p> <p>10.5.9.A - Describe and apply the components of skill-related fitness to movement performance.</p> <p>10.5.9.B - Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.</p> <p>10.5.9.C - Identify and apply practice strategies for skill improvement.</p> <p>10.5.9.D - Identify and describe the principles of training using appropriate vocabulary.</p>

Badminton (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
	<p>10.5.9.E - Analyze and apply scientific and biomechanical principles to complex movements.</p> <p>10.5.9.F - Describe and apply game strategies to complex games and physical activities.</p> <p>10.3.12.D - Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12.A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>10.4.12.B - Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <p>10.4.12.C - Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <p>10.4.12.D - Evaluate factors that affect physical activity and exercise preferences of adults.</p> <p>10.4.12.E - Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>10.4.12.F - Assess and use strategies for enhancing adult group interaction in physical activities.</p> <p>10.5.12.A - Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>10.5.12.B - Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <p>10.5.12.C - Evaluate the impact of practice strategies on skill development and improvement.</p>

Badminton (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
	<p>10.5.12.D - Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.</p> <p>10.5.12.E - Evaluate movement forms for appropriate application of scientific and biomechanical principles.</p> <p>10.5.12.F - Analyze the application of game strategies for different categories of physical activities.</p>