



INTRODUCTORY TEAM SPORTS



Introductory Team Sports
36.02100

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Course Description: Introduces fundamental skills, strategies, and rules associated with team sports such as basketball, volleyball, soccer, softball, baseball, field hockey, lacrosse, team handball, and flag football.

The physically educated student has developmentally appropriate grade-level comprehension and application of the concepts and principles of fitness motor skills, movement patterns, tactics, and strategies which contribute to a physically literate and active lifestyle.

Motor Skills and Movement Patterns

PETSTRO.1 The physically educated student demonstrates competency in a variety motor skills and movement patterns.

- a. Demonstrates competencies in the motor skills and movement patterns needed to participate in sports and games involving controlling and using manipulatives (balls, pucks, birdies, long implements, short implements, and frisbee discs).
- b. Demonstrates competencies in the motor skills and movement patterns needed to participate in sports and games involving throwing and catching.
- c. Demonstrate competencies in the motor skills and movement patterns needed to participate in sports and games involving striking with the upper body.
- d. Demonstrates competencies in the motor skills and movement patterns needed to participate in sports and games involving striking with the lower body.
- e. Demonstrates competencies in the motor skills and movement patterns needed to participate in sports and games involving striking with long and/or short handled implements.
- f. Identifies basic muscle groups, bones, and joints used in motor skills and movement patterns.
- g. Describes how muscles are used in a basic, sport-specific motion in invasion, net, and a striking game or sport.

Movement Concepts and Principles

PETSTRO.2 The physically educated student applies the knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- a. Identifies principles and concepts of safety, rules, equipment use, and warm-up/cool-down procedures.
- b. Identifies the principles and concepts of offensive and defensive player positions and applies correct positioning to game situations.
- c. Identifies the team sport principles and concepts of basic offense, defense, and set plays for various games.
- d. Identifies sequences of individual motor skills and movement patterns for body position, movement in general space, and the use of manipulatives in various team sports.
- e. Identifies a sequence of motor skills and movement patterns for creating offensive and defensive advancements.
- f. Recognizes offensive and defensive tactics enacted by individual students, a small group, and the whole team.

Fitness

PETSTRO.3 The physically educated student demonstrates knowledge and skills to help achieve and maintain a health-enhancing level of physical activity and fitness.

- a. Identifies the cardiovascular benefits of participating in physical activities.

- b. Identifies the level of physical exertion in various game situations. (e.g., vigorous, moderate, and low).
- c. Identifies the various health-related and skill-related fitness components needed to enhance performance in various games.
- d. Identifies risks and safety factors that affect physical activity levels in team sports in heat, heat index, Air Quality Index (AQI), humidity, and cold weather.

Personal and Social Behavior, Rules, Safety, and Etiquette

PETSTRO.4 The physically educated student exhibits responsible personal and social behavior that respects self and others in physical activity settings.

- a. Identifies the difference between taunting and celebrating as it relates to sportsmanship.
- b. Uses communication skills to promote positive team building group dynamics.
- c. Becomes a problem solver and remains impartial when communicating and coming to a decision regarding a strategy, tactic, principle, concept, or ruling during game play.
- d. Applies safe practices in physical education setting.
- e. Identifies and follows the rules of each team sport and game.
- f. Exhibits proper etiquette, respect for others, and teamwork in a given team sport.
- g. Uses communication skills to promote positive team building group dynamics.
- h. Applies safe practices in physical education setting.
- i. Demonstrates good sportsmanship in all competitive situations.

PETSTRO.5 The physically educated student recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

- a. Recognizes the value of a physically active lifestyle as it relates to high school, college, and career productivity.
- b. Recognizes the health benefits of participation in life-long team sports and games.
- c. Recognizes how learning a team sport provides confidence in physical skills that can lead to better social interaction and participation in sports throughout one's life.
- d. Recognizes how exercise can positively affect psychological fitness and sociological interactions.
- e. Understands how strategies, tactics, and participation in individual and team sports can be a form of self-expression.

