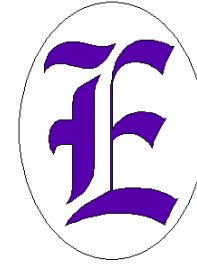




Ephrata High School
Course Syllabus



Advanced Team/Individual Sports
Grade 11-12
5716

I. Course Description

This course focuses on lifetime activities, including team and individual sports, and selected cardiovascular fitness activities; emphasis is placed on advanced skill performance and knowledge; written tests will be part of the assessment process. The activities will include, but not limited to: Golf, Badminton, Tennis, Cardio Fitness Games, Volleyball, and Outdoor Adventure Activities. This full semester class will meet everyday. Lab fees may apply

Prerequisite: 1.0 PE Credit

II. Materials & Equipment

Fitness Room
Wellness Center
Gymnasium
School Fields
Various Skill Sport Equipment

III. Course Goals & Objectives

Physical Education Goals:

1. To develop and maintain a high level of physical fitness.
2. To develop a variety of psychomotor skills.
3. To develop a knowledge and understanding of physical education.
4. To develop positive attitudes and behaviors.

Objectives:

- A. To encourage students to gain a knowledge and appreciation of the importance of a sound physical education program.
- B. To develop coordination, agility, balance, flexibility, and endurance taking into consideration the age, physique, maturity and physical condition of each student.
- C. To encourage good sportsmanship, cooperation, fair play, and friendliness in a group situation.
- D. To offer an up-to-date, varied program with the majority of students in mind.
- E. To develop a carry-over value in an effort to show a need to continue physical activity beyond the school years.
- F. To develop a relaxed, satisfying, enjoyable, and positive setting in which students can interact physically in a non-stressful situation.
- G. To provide a means by which students can develop a more competitive spirit, yet always within honest and sportsman-like boundaries.

IV. Course Topics (Summary Outline)

Units:

1. Flag Football/Sponge Ball
2. Ultimate Frisbee/Frisbee Golf
3. Speedball/Indoor Soccer/Team Handball
4. Floor Hockey/Street Hockey/Scooter Polo
5. Badminton/Tennis
6. Volleyball/Basketball/Table Tennis
7. Cooperative Games/Cardio Fitness Games/Outdoor Adventure
8. Archery/Golf
9. Fitness Testing

V. Assignments & Grading

Grading:

Point System – The student’s grade is based on a total points scale.
The grading scale aligns with the districts grading policy.

Grading Scale:

A 93-100 A- 90-92
B+ 88-89 B 83-87 B- 80-82
C+ 78-79 C 73-77 C- 70-72
D+ 68-69 D 63-67 D- 60-62
F 0-59