

Murrieta Valley Unified School District
High School Course Outline
April 2004

Department: Physical Education

Course Title: Team Sports

Course Number: 2850

Grade Level: 10 - 12

Length of Course: Year

Prerequisite: Successful Completion of one year of Physical Education 9

Course Description: This course may be taken multiple times for credit.

I. Goals

The student will

- A. Apply fundamental movement skills in basketball, volleyball, softball, hockey, flag football, soccer, La Crosse and team water sports.
- B. Analyze movement performance using scientific principles of movement in order to learn or improve a movement skill.
- C. Incorporate team sports into their personal fitness plan
- D. Plan appropriate movement activities according to developmental stages
- E. Participate in team sports and strive for individual excellence.
- F. Discover the pursuit of personal excellence through involvement in team sports
- G. Display cultural sensitivity in team sports
- H. Explore the history and evolution of team sports
- I. Demonstrate appropriate interpersonal skills in team sports
- J. Analyze the mechanical principles involved in these various team sports

These goals are aligned with California State Framework for Physical Education grades 10 – 12.

II. Outline of Content for Major Areas of Study

Semester I

- A. Flag Football, Basketball, La Crosse, Softball

B. Individual and team skills, drills, History of Sport and competition
Semester II

A. Hockey, Volleyball, Soccer, Water Sports

B. Individual and Group skills, drills, History, strategy, and competition

III. Accountability Determinants

- A. Teacher observation of techniques, knowledge and effort in each sport, daily participation, improvements and achievement
- B. Oral and/or written assessment of history, techniques, strategies and rules of each sport
- C. Semester cumulative final evaluation will encompass all activities covered

IV. Required Text

None

V. Supplementary Materials

- A. Instructional videos for each sport, TV/VCR
- B. Proper equipment for each activity balls, cones, goals, etc
 1. Flag Football – cones, flags (4 colors) footballs, kicking tees
 2. Basketball – balls (Mens/Womens)
 3. La Cross – (4 colors), balls
 4. Softball – gloves (left and right), bats, balls, bases, cones
 5. Hockey – sticks, pucks, goals, cones
 6. Volleyball – nets, balls
 7. Soccer – balls, goals, cones, pennies (4 colors)
 8. Water Sports – Polo Balls, intertubes, hip floats, kick boards, goals, fins/masks/snorkels