



*Arundel High School
Department of Physical Education*



Team Sports – Handball – Basketball

Course Objective

- Students will safely engage in team sports and other fitness related activities selected specifically to increase overall health and fitness as well as developing skills and increasing their knowledge of the rules. Students will explain and execute proper technique of various flexibility, agility and plyometric exercises throughout the semester. Special emphasis will be placed on shooting, defense, ball handling, teamwork, team strategy, agility, and fitness.

Instructional Philosophy

- Physical activity is critical to the development and maintenance of good health. The goal of physical education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. Students will be actively engaged and challenged by utilizing the following strategies: cooperative learning, computer assisted assessment, self-reflection, and class discussions.

Course Goals/National Standards

- The *National Association for Sport and Physical Education Standards* (SHAPE America) states that a physically literate individual:
(<http://www.shapeamerica.org/standards/pe/index.cfm>)
 1. Demonstrates competency in a variety of motor skills and movement patterns.
 2. Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
 3. Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
 4. Exhibits responsible personal and social behavior that respects self and others.
 5. Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.
- The **Maryland State Curriculum Standards** for Physical Education state:
(http://mdk12.msde.maryland.gov/instruction/hsvsc/physical_education/standard1.html)
 1. **Skillfulness** – Students will demonstrate the ability to enhance their performance of a variety of physical skills by developing fundamental movement skills, creating original skill combinations, combining skills effectively in skill themes, and applying skills.
 2. **Biomechanical Principles** - Students will demonstrate an ability to use the principles of biomechanics to generate and control forces to improve their movement effectiveness and safety.
 3. **Motor Learning Principles** – Students will demonstrate the ability to use motor skill principles to learn and develop proficiency through frequent practice opportunities in which skills are repeatedly performed correctly in a variety of situations.
 4. **Exercise Physiology** – Students will demonstrate the ability to use scientific principles to design and participate in a regular, moderate to vigorous physical activity program that contributes to personal health and enhances cognitive and physical performance on a variety of academic, recreational, and life tasks.
 5. **Physical Activity** – Students will demonstrate the ability to use the principles of exercise physiology, social psychology, and biomechanics to design and adhere to a

regular, personalized, purposeful program of physical activity consistent with their health, performance, and fitness goals in order to gain health and cognitive/academic benefits.

6. **Social Psychological Principles** – Students will demonstrate the ability to use skills essential for developing self-efficacy, fostering a sense of community, and working effectively with others in physical activity settings.

Course Content

- Team Hand Ball
 1. Introduction, history, care of equipment and safety
 2. Pre-testing of skills and physical fitness
 3. Fundamental skill, basic techniques, rules and regulations
 4. Playing and team strategies
 5. Competitive tournament play / officiating
 6. Post-testing of skills
- Basketball
 1. Introduction, history, care of equipment and safety
 2. Pre-testing of skills and continued physical fitness testing
 3. Ball handling drills
 4. Passing drills
 5. Shooting drills and technique
 6. Fundamental skills and basic techniques
 7. Playing strategies, National Federation rules and regulations
 8. Post-testing of skills and physical fitness
 9. Competitive tournament play and officiating

Major Assignments and Assessments

- Fitness Gram Assessment Project
- Skill – Related Fitness Assessments
- Journal
- Daily Participation and Recording of Work
 1. Daily grade based on performance rubric
 2. Daily journal brought to class and to be completed during class
- Research Assignments – Students will conduct computer-assisted research on various topics related to team sport activities and report their findings through written reports, class discussions and cooperative activities.
- We believe all students are capable of high levels of achievement. Some students achieve at this high level from the start; others need a second chance or extra support to achieve at a higher level. **Every** student may belong to each group at one time or another. Our goal is to ensure that **all** students have multiple opportunities to achieve at a high academic level.

Grading Plan

Assessments – 65%

Classwork – 15%

Homework – 10%

Quarterly Benchmark – 10%

Materials

- Arundel Physical Education Uniform \$28
- Combination Lock
- Socks and Athletic Shoes
- Notebook – Pocketed Folder

❖ If you choose to **NOT** have your student videotaped/photographed for scholastic purposes please sign below and return to your student's teacher.

Student Name: _____

Student Signature: _____

Guardian Name: _____

Guardian Signature: _____