

Pocono Mountain School District

Movement and Sport Related Fitness



Prerequisite:

Must be in Grades 10 or 11

Description:

Health related fitness is a goal for all students. This standard based elective's intent is to provide students of all abilities and interests with a variety of movement experiences that will lead to an active and healthy life. Activities are taught co-educationally and include fitness, net/wall games, target games, invasion games, adventure activities, and striking and fielding games.

Objectives:

- The student will refine motor skills during physical activity.
- The student will cooperate with each other during activities and games.
- The student will incorporate offensive and defensive strategies into games and activities.
- The student will evaluate game strategies for different categories of physical activities.

PA State Standards:

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 E Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.

- Personal Choice
- Developmental Differences
- Amount of Physical Activity
- Authentic Practice

10.4.9 F Analyze the effects of positive and negative interactions of adolescent group members in physical activities.

- Group Dynamics
- Social Pressure

10.5.12 B Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.

- Open and Closed Skills
- Short-term and Long-term Memory
- Aspects of good performance

10.5.12 F Analyze the application of game strategies for different categories of physical activities.

- Individual
- Team
- Lifetime
- Outdoor

Concepts Taught:

Cooperation
Skill Development
Lifetime Movement Skills
Fitness Elements

Team Building
Game Play
Offensive/Defensive Strategies
Safety

Sample Class Activities:

Variety of Fitness Programs
Soccer
Softball
Lacrosse
Team Handball
Flag Football

Basketball
Tennis
Team Building Games
Field/Floor Hockey
Ultimate Frisbee
Volleyball

Assessments:

Team Building Activity Creation Common Assessment
Skill Common Assessment
Goal Setting
Teacher/Student Assessments

