

**Pocono Mountain School District
Movement & Sport Related Fitness II Syllabus**



Prerequisite:

Must have successfully passed Movement & Sport Related Fitness I or be recommended by a current Health & Physical Education Instructor (1 semester course).

Description:

Health related fitness is a goal for all students. This standard based elective's intent is to provide students with a variety of movement experiences that will lead to an active and healthy life. The course is tailored toward students who have high levels of fitness and an intense desire to participate in physical education. 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:	
<ul style="list-style-type: none">• Cooperation• Skill Development• Lifetime Movement Skills• Fitness Elements	<ul style="list-style-type: none">• Team Building• Game Play• Offensive/Defensive Strategies• Safety

Sample Class Activities:	
<ul style="list-style-type: none">• Variety of Fitness Programs• Soccer• Softball• Lacrosse• Team Handball• Flag Football	<ul style="list-style-type: none">• Basketball• Tennis• Team Building Games• Field/Floor Hockey• Ultimate Frisbee• Volleyball

Assessments:
<ul style="list-style-type: none">• Team Building Activity Creation Common Assessment• Skill Common Assessment• Goal Setting• Teacher/Student Assessments