



Course Title: Team Sports

Content Area: Health and Physical Education

Grade Level: 10-12

Scope and Sequence

Grade Level: 10,11,12			Content Area: Physical Education			
Unit or Topic	Standards	Length of Time	Key Content	Assessment Tools	Scaffolding Strategies (Interventions, Special Education)	Resources & Materials
Fitness for life	10.4.9.A 10.4.12.A 10.4.9.B 10.4.12.B 10.4.9.C 10.5.9.D 10.5.12.D	2-3 weeks and throughout the course of study	<ul style="list-style-type: none"> • Equipment /Fitness Center Orientation/review • Teambuildr intro • Fitnessgram Healthy Fitness Zones • Goal setting • Individual Fitness • Group Fitness 	Teacher observation Practice Work out logs Pre-test/posttest	Students are allowed more than one attempt/time if needed. Peer coaching	All content is teacher created. Necessary/rubrics and materials are posted in Blackboard. Teambuildr.com
Ultimate Frisbee/ Football/Flag Football	10.3.9.C 10.3.9.D 10.3.12.D 10.5.9.E 10.5.12.E 10.5.9.F 10.5.12.F	2-3 weeks	<ul style="list-style-type: none"> • Frisbee/football Throws Grips/forehand /backhand • Catching/ move to the disc • Spirit of the game • Partner pass and move • Pull/Flick/Fake/Stall count • Interceptions blocking • Self- refereeing • Gaming 	Teacher observation Practice Questioning	Students are allowed more than one attempt/time if needed. Modified gaming and equipment if needed Peer coaching	All content is teacher created. Necessary/rubrics and materials are posted in Blackboard.
Soccer	10.3.9.C 10.3.9.D 10.3.12.D 10.5.9.E 10.5.12.E 10.5.9.F	2-3 weeks	<ul style="list-style-type: none"> • Footwork -passing, trapping,tackling,sheilding • Free kicks/Penalty kicks, thrown in • Offense/defense • Rules for mini and full games 	Teacher observation Practice Questioning	Students are allowed more than one attempt/time if needed. Modified gaming	All content is teacher created. Necessary/rubrics and materials are posted in Blackboard.



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	10.5.12.F		<ul style="list-style-type: none">Gaming		and equipment if needed Peer coaching	
Basketball	10.3.9.C 10.3.9.D 10.3.12.D 10.5.9.E 10.5.12.E 10.5.9.F 10.5.12.F	2-3 weeks	<ul style="list-style-type: none">Dribbling/ controlPassingShooting/ layup using boxShooting dom handShoot gamesBasic rulesSmall sided games/gaming	Teacher observation Practice Questioning	Students are allowed more than one attempt/time if needed. Modified gaming and equipment if needed Peer coaching	All content is teacher created. Necessary/rubrics and materials are posted in Blackboard.
Volleyball	10.3.9.C 10.3.9.D 10.3.12.D 10.5.9.E 10.5.12.E 10.5.9.F 10.5.12.F	2-3 weeks	<ul style="list-style-type: none">Forearm passOverhead passBlocking/spikingRulesServing/ RotationSkill gamesgaming	Teacher observation Practice Questioning	Students are allowed more than one attempt/time if needed. Modified gaming and equipment if needed Peer coaching	All content is teacher created. Necessary/rubrics and materials are posted in Blackboard. .
Floor Hockey /Ringette hockey	10.3.9.C 10.3.9.D 10.3.12.D 10.5.9.E 10.5.12.E 10.5.9.F 10.5.12.F	2-3 weeks	<ul style="list-style-type: none">Stick HandlingDribblingStriking/ PassingReceivingDefenseGaming	Teacher observation Practice Questioning	Students are allowed more than one attempt/time if needed. Modified gaming and equipment if needed Peer coaching	All content is teacher created. Necessary/rubrics and materials are posted in Blackboard.



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Team Handball/Angleball	10.3.9.C 10.3.9.D 10.3.12.D 10.5.9.E 10.5.12.E 10.5.9.F 10.5.12.F	1-2 weeks	<ul style="list-style-type: none">• Passing -chest-bounce -flick• Jump shot• No contact• 3 sec rule/3 steps• Dribbling• Goal keeping• Gaming	Teacher observation Practice Questioning	Students are allowed more than one attempt/time if needed. Modified gaming and equipment if needed Peer coaching	All content is teacher created. Necessary/rubrics and materials are posted in Blackboard.