

Sports Skills

Month	Content	Skills
August- January/	-Disclosure and Class Procedures	(7600-0105) -Daily warm up, exercise, and stretching
	-Locker Assignments	-Running
	Bowling rules and procedures	
	-Review of Equipment (7600-0202)	-Variety of games
	-Review of fitness components	-Individual and team sports
January- June	-Warm up procedures	(7700-0301) -Learning how to work at and master technique for assigned sport or game.
	-Flexibility exercises	(7600-0201) -Recognize and analyze components of skills to be competitive at game or sport
	-Rules of games and sport	(7600-0105) -Demonstrate components of fitness
	-Specific technique used in games and sport	(7700-0201) -Identify factors to improve skills
	Testing for knowledge of rules and proper technique used in specific games and sport.	
	Games & Sports:	-Understand safety issues
	Softball	(7600-0105) -Understand proper warm up and flexibility development
	Basketball	-Understand the importance of setting goals both long and short term
	Volleyball	
	Football	
	Soccer	
	La Crosse	
	Kick-ball	
	Speed ball	
	Pickle Ball	
	Badminton	

This course is a semester course, therefore the content is covered over a period of one semester and then re Due to the nature of this course, the content is taught for each sport or game prior to the start of compe the time is spent in developing the skills of the students, teaching, observing, testing, and evaluating. Adjustments are made in course content according to the needs and development of the students.

**Numbers shown in bold type correspond with the Utah state core curriculum standards.*

Updated on May 28, 2013

Assessment

Disclosure test

Bowling test

-Active participation in skills,
rules, games

-Daily participation in class
-Proper Dress
-Daily observation by
instructor with correction and
teaching of proper techniques

-Students records

-Evaluation of goals.

repeated the following semester.

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