

Quarter 1

Challenge

The class will operate on approximately three week units. During the first Quarter there will be approximately three Units; the first unit being Kickball, the second unit being Basketball and the third being Soccer.

The Kickball unit allows an outdoor physical activity and helps students learn to develop the ability to conduct themselves socially within a group. It also helps the development of numerous both basic, and advanced physical skills. These including, throwing catching, kicking, running, jumping. It also includes adding strength and accuracy to these skills if the basic skill has already been mastered. Games will be altered based on the skill level of the class too help sharpen quick decision making and problem solving skills.

The Basketball Unit also incorporates the development of social conduct within the confines of a physical activity. This introduces a few new skill sets that build off of some skills from the previous unit. Throwing is refined two major skill sets: Passing (i.e. chest pass, overhead pass, bounce pass) and Shooting (i.e. set-shot, jump-shot and lay-up). Running and jumping, catching are all continued. Teamwork and communication are also major components of this unit.

The third Unit of Quarter one will be Soccer. This unit will also continue to work basic physical skills while now advancing skills that were not advanced in the second Unit. Striking a ball with ones foot, with a specific purpose: dribbling and fakes (i.e. striking the ball to move quickly but keep possession of the ball), passing (i.e. striking with inside of foot and directing ball toward specific player or space) and shooting (i.e. striking ball with the top of the foot, or laces, of the shoes, not the toes, to control power and direction of the ball. This unit also works on development of understanding space and direction, as well as patience and continues to build on communication and teamwork.

Units may be delayed or cancelled or postponed based in mitigating circumstances.