

# Sports Skills (Participation Skills & Techniques)

Course Number: 04020000040

Activities	Standards	Assessment
<b>Outdoor Sports</b> (Terms 1&4) Ultimate Frisbee Flag Football Soccer Kickball Softball	<b>Standard PST.1.1</b> Participate in and/or refine activity-specific movement skills in lifetime activities. <b>Standard PST.1.2</b> Demonstrate individual competency through testing and participation in lifetime activities. <b>Standard PST.1.3</b> Participate in aerobic and anaerobic activities that will promote health-related fitness. <b>Standard PST.1.4</b> Demonstrate individual competency in one or more aerobic and anaerobic skills that promote health-related fitness. <b>Standard PST.1.5</b> Employ offensive maneuvers to receive a pass in a game setting.	Students will be graded on the following standards based on participation. <b>PST.1.1</b> <b>PST.1.3</b> <b>PST.2.5</b> <b>PST.3.20</b>
	<b>Standard PST.1.6</b> Accomplish efficient defensive understanding in a game situation by denying passing zones, or deflecting a ball. <b>Standard PST.2.1</b> Demonstrate appropriate use of terminology associated with exercise and participation in selected individual-performance activities. <b>Standard PST.2.2</b> Organize the stages of learning a motor skill. <b>Standard PST.2.3</b> Identify skill-specific cues for a variety of physical activities. <b>Standard PST.2.4</b> Use movement concepts and principles (e.g., force, motion, rotation) to analyze and improve performance of self and/or others in a selected skill.	Students will be graded on their interaction with others based on the following standards. <b>PST.4.3</b> <b>PST.4.4</b> <b>PST.4.5</b> <b>PST.4.6</b> <b>PST.4.7</b> <b>PST.4.8</b> <b>PST.4.10</b>
	<b>Indoor Sports</b> (Terms 2&3) Badminton Volleyball Basketball	
	<b>Standard PST.2.5</b> Participate in a number of individual and team activities, demonstrating strategies and rules. <b>Standard PST.2.6</b> Identify safeguards regarding warming up and cooling down, hydration, and potentially hazardous exercises. <b>Standard PST.3.4</b> Balance the rate of exertion and pacing. <b>Standard PST.3.13</b> Evaluate levels of activity, and make adjustments to increase fitness benefits by increasing pace and adding time and/or repetitions. <b>Standard PST.3.20</b> Participate in activities that are personally rewarding and stress reducing. <b>Standard PST.4.3</b> Exhibit proper etiquette, respect for others, and teamwork while engaging in physical activity. <b>Standard PST.4.4</b> Assume a positive supportive role (e.g., spotter, providing feedback, analyzing technique, partnering, etc.). <b>Standard PST.4.5</b> Use communication skills and strategies that promote team/group dynamics. <b>Standard PST.4.6</b> Communicate with fellow participants to solve conflict without confrontation (e.g., bullying). <b>Standard PST.4.7</b> Solve problems and think critically in physical activity and/or dance settings, both as an individual and in groups. <b>Standard PST.4.8</b> Walk away willingly to avoid verbal or physical confrontation in activity settings. <b>Standard PST.4.10</b> Develop strategies to include others in activity participation.	Students will be assessed throughout the course on these standards, but won't be graded. <b>PST.1.2</b> <b>PST.1.4</b> <b>PST.1.5</b> <b>PST.1.6</b> <b>PST.2.1</b> <b>PST.2.2</b> <b>PST.2.3</b> <b>PST.2.4</b> <b>PST.2.6</b> <b>PST.3.4</b> <b>PST.3.13</b>