

Introduction to Lifetime Sports and Recreation



Course Syllabus

Supervising Teacher

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Course Description: 1 Credit 1 Semester Grades 9-10

This course will meet the Physical Education requirement for graduation. Each student will be given the opportunity to learn and practice the basic skills and rules of play for individual and team lifetime sports and recreational activities. Sports and activities can include basketball, volleyball, softball, tennis, badminton, soccer, bowling, pickle ball, Frisbee, etc. Written tests over game rules are encouraged. **This course focuses on basic skill development and rules of play.** It is recommended that the student participate in **at least five different activities throughout the course.** Please see activity log information below for further clarification.

****As stated in the parent handbook, only a portion of the hours completed through participation in an extra-curricular school athletic team will be counted toward the hour requirement.**

****Please note that activities such as painting, yard work, maintenance and mechanical chores, etc. are not considered PE activities and cannot be included on the activity log. Please refer to the standards and the course description for further information regarding PE activities.**

Standards represented in this course: Each PE standard may be addressed in this course; only Standards 1, 3, & 5 need to be represented in the portfolio.

Recommended Textbook Options

There are no required textbooks for this course.

Recommended Supplemental Materials or Software

The following books would be a great resource for game ideas and/or teaching and learning sport skills. They can be found in the curriculum catalog.

Fun and Games

100 Sport Related Activities for Ages 5-16 (**Many of the activities work best with at least 5 participants**).

ISBN#
9780736054386

The Sports Rules Book

Includes ideas for teaching the basic rules and sport skills.

ISBN#
9780736048804

The Physical Education Teacher's Book of Lists

Contains basic sports and fitness related terminology, as well as lists for equipment needed for various activities.

ISBN#
0787978876

Supplies or Equipment:

Requires basic equipment related to chosen sports and/or games. Ex. Basketball, football, Frisbee, etc.

End of Course Assessment:

Since this course is required for high school graduation in the state of Idaho, an assessment piece is required. The student will be required to provide samples of work for this course within a standards-based portfolio as well as complete the following:

Graded Anchor Assignments

The student will complete **four anchor assignments** for this course. Each assignment will correlate with a PE standard. The student will be given the assignments upon enrollment into the course.

Activity Log

The student will present an activity log indicating that he/she has completed the required amount of activity hours for this course. **The activities must align with course requirements. For example, since this is a basic skills and rules course, the log must represent progression and practice of the skills for each chosen activity.**

Basketball may be shown on the log as follows: ball handling (30 min.), dribbling (30 min.), passing (15 min.), shooting form, shooting (1 hour), offense/defense (30 min.), participation (30min.) testing over game rules (30 min.). Simply stating that you played basketball does not represent a progression of skills being learned.

I ask that the activity logs be sent to me twice per semester (uploaded into Moodle) along with the anchor assignment due for that month. The final activity log will be required the final week of the semester and must contain at least 60 hours of activity (**time spent on anchor assignments can be included in the activity log**).

Course Evaluation:

Anchor assignments including Activity Log – 40% of overall grade
Parent– 60% of overall grade (participation and written/oral tests)

Additional Information from the Instructor:

In order to receive 1 credit, the student must complete a minimum of 60 hours of activity and instruction. The grading scale is as follows:

60 Hours = 70%
70 Hours = 80%
80 Hours = 90%
90 Hours = 100%

It is recommended that kids be active for at least 60 minutes a day (throughout the day or all at once), to maintain a healthy lifestyle.

This course requires an activity log to be kept, which includes the activity, the date, and the time spent participating in the activity. Students who take this course need to incorporate the skills and rules portion with every new sport learned. It is designed to teach the skills and then allow the student to practice them. It is recommended that the student participate in **at least five** different activities throughout the course. The content portion of this course focuses on learning the rules of each game and testing over them and could also include: researching games played in other countries, researching the history of a sport, written summaries of fitness related topics and **participation in the Presidential Fitness Challenge to help meet the fitness requirements for this course.**

I-DEA Student Honor Code:

With any form of valid proof of dishonesty with regard to student work or testing, the instructor may elect from a range of actions. Academic dishonesty could lead to a zero grade for the assignment or even failure for the entire course following consultation between the instructor, Secondary Supervisor, and Director.

All students must adhere to the **Honor Code**:

“On my honor, I will maintain the highest possible standards of honesty, integrity and personal responsibility. This means I will not lie, cheat or steal, and as a member of this academic community, I am committed to creating an environment of respect and mutual trust.”

Idaho Content Standards for Physical Education:

<http://www.sde.idaho.gov/site/csh/docs/Standards/PE%20IDAHO%20CONTENT%20STANDARDS%20Approved%201-2010%20for%20School%20District%20Adoption%20Fall%202010.pdf>