

TEAM SPORTS I

Essential Discipline Goals

Develop an acceptable level of fitness and an understanding of the components of fitness and an appreciation of the life-long value of fitness through personalized physical education activities

Develop through a purposeful physical education experience a more positive self-concept appropriate to social and emotional behaviors, self-direction and an appreciation of individual differences

Develop physical skills and acquire knowledge of efficient and creative movement through participation in a sequential program of varied activities and develop an appreciation for the value of this type of movement

Develop an awareness of safety practices and procedures

Elective

PE.TSI. Team Sports I

Grades 10-12

Standard	Indicators
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PE.TSI.10.	Exercise Physiology—Students will demonstrate an ability to use scientific principles to design and participate in a regular, moderate to vigorous physical activity program that contributes to personal health and enhances cognitive and physical performance on a variety of academic, recreational and life tasks.
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	PE.TSI.10.01 Develop an acceptable level of fitness
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PE.TSI.10.01.a	Demonstrate improved levels of health related fitness through regular fitness regimens PE 1.12.2
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PE.TSI.10.01.b	Demonstrate improvement in the skill-related fitness components PE 5.12.1
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PE.TSI.10.01.c	Effectively participate in vigorous team activities
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PE.TSI.10.02	Demonstrate an understanding of each of the fitness components and the benefits of physical activity as they relate to specific team sports activity and personal fitness
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- PE.TSI.10.02.a** Describe the fitness, health and skill-related components essential to participation in the specific team sport PE 1.12.3
- PE.TSI.10.02.b** Develop personal fitness performance
- PE.TSI.20.** Biomechanical Principles—Students will improve their movement effectiveness and safety by applying the principles of biomechanics to generate and control force.
- PE.TSI.30.** Social Psychological Principles—The student will demonstrate skills essential for developing self-efficacy, fostering a sense of community, and working effectively with others in physical activity settings.
- PE.TSI.30.01** Demonstrate an appreciation of individual differences and the positive relationships that can be established and enhanced through physical activity experiences
- PE.TSI.30.01.a** Value participation in activities with individuals of varying skill levels, cultural backgrounds, race or gender
- PE.TSI.30.01.b** Adjust performance relative to differences among individuals in characteristics such as to strength, speed, size and skill level
- PE.TSI.30.02** Demonstrate socially acceptable behaviors including: respect, cooperation, responsibility, honesty and a positive competitive spirit
- PE.TSI.30.02.a** Value peer assistance by using classmates' comments constructively in an effort to enhance performance PE 4.12.1, PE 4.12.5
- PE.TSI.30.02.b** Support peer leadership activities
- PE.TSI.30.02.c** Encourage others to display good sportsmanship as leaders, participants and spectators PE 3.12.2, PE 3.12.4
- PE.TSI.30.02.d** Demonstrate a competitive spirit that strives to win fairly and accept defeat rationally
- PE.TSI.30.02.e** Respond appropriately to ethical and unethical behaviors demonstrated in the activity setting PE 3.12.3
- PE.TSI.40.** Motor Learning Principles—Students will explain and demonstrate how motor skills are learned and proficiency developed through frequent practice opportunities in which skills are repeatedly performed correctly in a variety of situations.
- PE.TSI.50.** Physical Activity—Students will participate in a regular, personalized purposeful program of physical activity to gain health and cognitive/ academic benefits. They will learn and utilize principles of exercise physiology, social psychology and biomechanics to design a safe and effective program consistent with their health, performance and fitness goals.
- PE.TSI.50.01** Recognize the benefits of life-long fitness activities through personally designed programs and team sports participation

- PE.TSI.50.01.a** Set long-range fitness and activity goals consistent with personal skill potential
- PE.TSI.50.01.b** Design, justify, perform and evaluate warm-up and cool-down
- PE.TSI.50.01.c** Select specific activities that address fitness needs and increase competencies for life-long participation PE 1.12.2
- PE.TSI.50.01.d** Introduce students to sources of community activities that contribute to personal fitness goals and maintenance of wellness PE 1.12.7, PE 5.12.5
- PE.TSI.50.02** Participate in activities in a safe manner following rules and procedures
 - PE.TSI.50.02.a** Recognize a safe environment
 - PE.TSI.50.02.b** Adjust behaviors to reflect safety and consistency with rules
 - PE.TSI.50.02.c** Demonstrate proper care and use of equipment
- PE.TSI.60.** Skillfulness—Students will enhance their ability to perform a variety of skills and applications by developing fundamental movement skills, creating original skill combinations, combining skills effectively in skill themes, and applying skills to a variety of recreational and daily life experiences.
 - PE.TSI.60.01** Demonstrate competence in the in individual skills fundamental to the playing of a specific game
 - PE.TSI.60.01.a** Analyze individual performance and skill as they relate
 - PE.TSI.60.01.b** Execute sport-specific beginning and intermediate skills essential to the successful participation in the activity PE 6.12.1
 - PE.TSI.60.01.c** Demonstrate improvement in individual skills PE 6.12.4
 - PE.TSI.60.01.d** Apply beginning and intermediate skills successfully in game and competitive situations PE 6.12.2
 - PE.TSI.60.01.e** Analyze performances through video tape, rubric scores, computer software, and design a plan to improve performance PE 4.12.4
 - PE.TSI.60.02** Demonstrate knowledge and skills essential in applying the rules and strategies of specific games
 - PE.TSI.60.02.a** Develop beginning and intermediate offensive and defensive strategies specific to the sport
 - PE.TSI.60.02.b** Apply specific game strategies to situations that effect the positive game performance
 - PE.TSI.60.02.c** Apply rules to game participation

PE.TSI.60.02.d

Spontaneously alter performance in games based on perceptual feedback and knowledge of the activity to gain an offensive or defensive advantage PE 6.12.2