

## Team Sports

*“Our spirit and our body are combined in such a way that our body becomes an instrument of our mind and the foundation of our character.”*

*~ Boyd K. Packer, Feb. 2, 2003*

### Course Description

Scholars will learn movement skills through practice and implementation of these skills in game-like settings. They will be exposed to various sports with the intention of developing a love for movement and play and hopefully finding a sport(s) that they are passionate about and want to continue for life.

### Objectives

The objective of this class is to introduce various sports and physical activities to scholars and allow them to develop movement skills through practice and play.

### Units

The course includes 14 units, or sport. Each unit lasts approximately 2 weeks to allow for introduction and some practice of fundamentals along with game play.

1. Wiffle Ball
2. Capture the Flag
3. Soccer
4. Kickball
5. Volleyball
6. Handball
7. Basketball
8. Futsal
9. Speedball
10. Dodgeball
11. Tag Variations
12. Ultimate Frisbee
13. Flag Football
14. Muggle Quidditch

### Course Outline

- Life skills commonly developed in sports such as teamwork, anticipation, decision-making, leadership, discipline, etc. are developed and discussed throughout the year within every unit.

**Unit 1: Wiffle Ball**

Movements/Skills:

- Hand/eye coordination
- Batting skills
- Catching
- Throwing

**Unit 2: Capture the Flag**

Movements/Skills:

- Running
- Strategizing
- Change of direction

**Unit 3: Soccer**

Movements/Skills

- Dribbling
- Passing
- Shooting
- Spatial Awareness
- Creating Space

**Unit 4: Kickball**

Movements/Skills

- Kicking
- Catching
- Throwing
- Sprinting

**Unit 5: Volleyball**

Movements/Skills

- Bump
- Set
- Spike
- Blocking
- Jumping
- Landing

**Unit 6: Handball**

Movements/Skills

- Dribbling
- Passing
- Shooting

- Spatial Awareness
- Creating Space

**Unit 5: Basketball**

## Movements/Skills

- Dribbling
- Passing
- Shooting
- Line to the Basket
- Zone Defense
- Spatial Awareness
- Creating Space

**Unit 6: Futsal**

## Movements/Skills

- Dribbling
- Wall Passing (give and go)
- Sole Control

**Unit 7: Speedball**

## Movements/Skills

- Combining hand and foot dribbling skills
- Throwing
- Catching

**Unit 8: Dodgeball**

## Movements/Skills

- Throwing at a moving target
- Catching
- Dodging
- Changing direction

**Unit 9: Tag Variations**

## Movements/Skills

- Evasion
- Change of direction
- Agility
- Deception

**Unit 10: Ultimate Frisbee**

## Movements/Skills

- Deceleration

- Frisbee throwing
- Frisbee catching
- Positioning

**Unit 11: Flag Football**

## Movements/Skills

- Agility
- Football throwing
- Football catching

**Unit 12: Muggle Quidditch**

## Movements/Skills

- Agility
- Strategy
- Throwing
- Dodging
- Chasing

**Grading:**

Grading will be based on attendance and participation – 5 points per day. Scholars are expected to participate and train while in class. If a scholar does not have their athletic attire, they may still be able to participate but will lose points for that day. If a scholar has an injury, please provide Coach Lopes with a parent or doctor's note. If a scholar would like to make up points, they must bring a note signed by the student stating that they participated in 60 minutes of moderate to vigorous physical activity to earn back 5 points.

**Grading: Scale**

A = 100% - 93%	C = 76% - 73%
A- = 92% - 90%	C- = 72% - 70%
B+ = 89% - 87%	D+ = 69% - 67%
B = 86% - 83%	D = 66% - 63 %
B- = 82% - 80%	D - = 62% - 60%
C+ = 79% - 77%	F = 59% - 0%

**Strategies for Success**

- Dress appropriately.
- Participate in every activity to the best of your ability.
- Listen and follow instructions, especially when learning a new game
- Have a growth mindset.

**Instructor Contact Information**

Coach Thiago Lopes

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