



Reavis High School

Curriculum Snapshot/Cover Page for Team Sports



Unit 1: Presidential Fitness

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Instruction in fitness terminology and concepts, with an emphasis on dynamic stretching, culminating in the testing of five areas of fitness. These areas are flexibility (sit and reach test), muscular strength (pull-up / flexed arm hang test), cardio-respiratory endurance (one mile run), muscular endurance (one minute sit-up test), and agility (shuttle run). Students will be assessed in each of these concept areas. At the end of the unit students will have a clear understanding of their strengths and weakness within each area according to national standards. Students will also understand the various dynamic stretches, and their importance in injury prevention and increasing flexibility.



Unit 2: Tennis

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Students will perform various drills to enhance skill development in serving, forehand & backhand ground strokes, and volley & lob shots. Knowledge of scoring and rules for doubles and singles play will be reinforced through tournament competition. (written exam)



Unit 3: Flag Football

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Instruction in rules, strategy/theory, execution of football skills and actual game play. By the end of the unit, students will be able to run a variety of pass patterns, throw and catch a football and play man-to-man defense. Students will be assessed in physical skills (throwing and catching) and rule comprehension (written exam).



Unit 4: Swimming

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Advanced swim stroke development and water safety along with a variety of different water team games. By the end of the unit, students will be able to demonstrate the proper technique for the treading water, front crawl, back crawl, elementary back stroke, breast stroke, and side stroke. Students will also understand when to use these various techniques in a life-saving situation. Students will be assessed in physical skills (stroke tests), and on water safety (written exam).



Unit 5: Volleyball

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Instruction in rules, strategy/theory, execution of volleyball skills, and actual game play. By the end of the unit, students will be able to serve, bump and set effectively. Students will also understand rotation and basic offensive and defensive strategy. Students will be assessed in physical skills (serve, bump and set), and rule comprehension (written exam).



Unit 6: Floor Hockey

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Students will demonstrate responsibility and discipline by following rules of floor hockey to ensure safety. Students will learn techniques of goal tending, forehand wrist shots, backhand wrist shots, dribbling and strategies of all positions during team activity. (written exam)