Intro to Group Sports 1

Carone Learning Category: Lifestyle
Subject: Physical Education
Recommended Grade Level: 6-8
Course Credit: One semester, 0.5 credits* (5 units in CA)
Recommended Pre-Requisites: None
*A full credit is available when combined with Intro to Group Sports 2

Course Description

This course provides students with an overview of group sports. Students learn about a variety of sports, and an in-depth study of soccer of basketball. Students learn not only the history, rules, and guidelines of each sport, but practice specific skills related to each sport. Students also learn about game strategy and the benefits of sports. In addition, students study elements of personal fitness, goal setting, sport safety, and sports nutrition. Students conduct a pre- and post-fitness assessment, as well as participate in regular weekly physical activity.

Units & Tasks

This course is divided into the following Units and Sections.

- *Course Introduction*
- *Unit 1: Getting Started*
    - *1.1 Fitness Assessment & Analysis*
    - *1.2 Getting Started*
- *Unit 2: Exercise Safety*
    - *2.1 Creating an Exercise Program*
    - *2.2 Warm Up & Cool Down*
- *Unit 3: Sports & Strategy*
    - *3.1 Team Sports*
    - *3.2 Game Strategy*
- *Unit 4: Soccer*
    - *3.1 Soccer Guidelines*
    - *3.2 Soccer Game Play*
    - *3.1 Soccer Skills I*
    - *3.2 Soccer Skills II*
- *Unit 5: Basketball*
    - *4.1 Basketball Guidelines*
    - *4.2 Basketball Game Play*
    - *4.3 Basketball Skills I*
    - *4.3 Basketball Skills II*
- *Unit 6: Post Assessment*
    - *7.1 Post Assessment*

Within each section students will find the following tasks to view or complete:

1. *Game Plan*—an outline of tasks for that section
2. *Lesson*—multimedia online lesson(s)about the section topic
3. *Sprint*—links to other online sites with additional fitness information
4. *Team Huddle**—class discussion on an assigned topic
5. *Assignment/Skill**—section assignment
6. *Quiz**—assessment of lesson comprehension
7. *Fitness Log**—a record of workout sessions for each week

The items noted with an asterisk above are those that must be submitted for a grade.

Pacing
There are 16 sections in this course. Each section is designed to be completed in about one week's time. However, students may take more or less time as needed. A recommended pacing guide is provided within the course.

Exercise Requirements
12 weeks of exercise at 3 hours per week is required for this course. An accelerated course version is available that requires 8 weeks of exercise at 4 hours per week. All fitness logs require at least ONE form of verification, which can be provided by a supervising adult, a MOVband device, or a Polar heart rate monitor.

Students will also have some skills sections throughout this course in which students will focus on learning specific sport-based skills. Many of these skills will require recording one's self via digital video. If there is an issue with this, please contact the instructor to discuss alternative options.

Exercise Library
This course includes complimentary access to Carone Learning's Exercise Library, with pictures, videos, and descriptions of almost 300 exercises. The library is searchable by exercise type, muscle group, or equipment (including resistance bands, weights, exercise balls, or no equipment at all).

Parent & Teacher Guides
Parent and teacher guides available.

Additional Materials
There are no required textbooks or materials for this course. Access to exercise equipment is recommended, but not required. The following equipment is available through Carone Learning,

- Polar Heart Rate Monitor
- MOVband
- Resistance Band

Sports Equipment: Because students will be performing sports skills, there is various sports equipment that would be helpful for each student to have access to—namely a soccer ball and basketball. However, substitutions can be made. For example, any playground ball can be used.

Technical Requirements

An internet connection and computer or tablet hardware is required. Software requirements include a PDF reader, word-processing application (such as Word), MP4/video player, and Flash player (optional). Free downloadable software is available for each of these.