|  |  |  |
| --- | --- | --- |
| Skills and Knowledge-Team Games and Activities | | |
| 4 | * In addition to score 3.0 performance, the student demonstrates in-depth inferences and application that go beyond the goal. | **Learning Targets and Activities** |
| 3 | **Students:**   * **3A**- Demonstrates competency and/or refines activity-specific movement skills in 2 or more activities (team games, outdoor pursuits, individual-performance activities, aquatics, net/wall games, or target games). (S1.H1.L1) * **3B**- Applies the terminology associated with exercise and participation in selected activities. (S2.H1.L1) * **3C**- Uses movement concepts and principles (e.g. force, motion, rotation) to analyze and improve performance of self and/or others in a selected skill. (S2.H2.L1) | **3A**-I am learning to demonstrate competency in movement skills in multiple lifetime activities.  **Activities:**  **-**Shooting, Striking, Volley, Forehand, Backhand, and Weight Transfer  -Throwing, Catching, Passing, Receiving, Offensive Skills, Defensive Skills, Ball Control, and Serving.  **3B**- I am learning how to demonstrate and apply the five-health related fitness components while participating in exercises and activities.  **Activities:**  **-**Application of Rules  -Rules/Skills/Fundamentals/Strategies of the Game  -History of Game  **3C**- I am learning how to use movement concepts and principles to analyze and improve performance of myself or others in a selected skill.  **Activities:**  -Self-reflection, peer feedback, accepting feedback |
| 2 | **Students:**   * **2A-** Identify the steps to complete activity-specific movement skill in 2 or more activities (team games, outdoor pursuits, individual-performance activities, aquatics, net/wall games, or target games). * **2B**- Identify terminology associated with exercise and participation in selected performance activities. * **2C-** Identify movement concepts and principles to provide feedback for improvement on performance. |  | |

**Specific vocabulary such as:**

|  |  |  |
| --- | --- | --- |
| Proper Technique | Motion | Force |
| Rotation | Balance | Muscular Strength |
| Muscular Endurance | Coordination | Cardiorespiratory Endurance |
| Flexibility | Body Composition | Power |
| Speed | Reaction Time | Agility |