

GLENDALE UNIFIED SCHOOL DISTRICT

Senior High School

March 14, 1978

Department: Physical Education

Course Title: Lifetime Sports 1-2

Grade Level: 10, 11, 12

Semester Hours: 2-1/2

Prerequisite: None

Course Description: Lifetime Sports will introduce the student to a variety of activities, their fundamental skills, rules, strategies, and etiquette.

I. Goals

The student will:

- A. Learn the basic skills and strategies of each activity
- B. Acquire a knowledge of the rules, history, and etiquette of each activity or sport
- C. Understand the principles of social growth, acceptance of self and others, leadership and followership, individual responsibility and sportsmanship
- D. Become aware of the physiological contributions of each activity and develop a desire to participate in one or more activities throughout life

II. Outline of Content Stated in Performance Objectives

The student will:

- A. Develop increased physical fitness through exercises, drills, and game situations
- B. Demonstrate minimal proficiency in the fundamentals of each activity selected as follows:

First Quarter

- 1. Paddle Tennis
- 2. Table Tennis
- 3. Racquetball

Second Quarter

1. Golf
2. Archery

C. Show an understanding of singles and doubles where applicable

Lifetime Sports 1-2

Page 2

D. Improve application of skills, rules, etiquette, and strategies to a game situation through participation in class tournaments and culminating activities

III. Accountability Determinants

- A. Standardized tests
- B. Departmental tests
- C. Teacher-constructed tests
- D. Participation
- E. Classroom observation and judgment

IV. Suggested Time Distribution

The time distributions may be modified to fit the available facilities and equipment of the school, the individual needs of the students and/or the ability level of the class.

The following will occur in each activity offered:

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| A. Procedures, policies, health, and safety precautions | 10% |
| B. Physical development | 25% |
| C. Skills, techniques, rules, strategies, etiquette, and culminating activities | 55% |
| D. Testing and evaluation | 10% |

