

## Lifetime Sports Essential Standards

### Focus Areas

1. Sports Skills
2. Rules and History
3. Teamwork and Sportsmanship
4. Physical Fitness
5. Communication and Leadership

### **Competency Goal 1: The learner will demonstrate competent sports skills.**

#### Objective

1.1 – Apply the fundamental sports skills necessary to participate proficiently in the following sports:

- Basketball – Dribbling, shooting, passing, rule knowledge and terminology
- Volleyball – Bump , set, spike, serve, rule knowledge and terminology
- Softball - catching, throwing, rule knowledge and terminology
- Football – Throwing, catching, rule terminology
- Ultimate Frisbee – Throwing , strategy, rule knowledge
- Handball - Strategy, rule knowledge
- Kickball – Rule knowledge and terminology
- Nitro Ball – Strategy, rule knowledge
- Soccer – Dribbling, passing, shooting, rule knowledge and terminology
- Bowling (If Possible) terminology and scoring
- Spike Ball – Rules, terminology, and skills

### **Competency Goal 2: The learner will learn and apply the rules for each sport.**

## Objectives

2.1 – Analyze the different rules for each sport.

2.2 – Demonstrate an understanding of the rules while participating in each sport.

**Competency Goal 3: The learner will gain knowledge on the importance of teamwork and sportsmanship.**

## Objective

3.1 – Analyze and demonstrate the qualities of being a good teammate.

3.2 – Analyze and demonstrate the qualities of good sportsmanship.

**Competency Goal 4: The learner will exhibit a physically active lifestyle (NASPE Standard 3)**

## Objectives

4.1 – Analyze the benefits of various physical fitness activities.

4.2 – Establish and implement personal physical fitness goals and evaluate progress toward those goals.

4.3 – Participate in a variety of vigorous physical fitness activities to achieve personal fitness goals within the school or community setting.

**Competency Goal 5: The learner will demonstrate proper communication and leadership skills.**

## Objectives

5.1 – Research, introduce, and lead the class in a new sports game.

