**Physical Education: Team Sports and Activities Course Description**

Instructor - Jay Paradowski  
E-mail - paradowskij@franklinacademy.org  
Phone - 919-570-8262 ext. 155  
  
***Course Description:***

* Provides knowledge, ability, and character needed to maintain active healthy lifestyles through positive competition in a team setting.
* Promotes staying in shape through continuous movement by keeping your body in motion in and outside of this class.
* Promotes wellness of our students: Wellness is a state of optimal well-being that is oriented toward maximizing an individual’s potential.
* Develops and molds positive character skills

***"Life* is too *short* to worry about what others say or think about you. *Have fun* and give them something to talk about."**  
  
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**Class graded objectives while participating in Mr. Paradowski's class**.

* Always participate in skill development activities (Participation)
* Always participate during game play (Participation)
* Always follow all directions given (Participation)
* Demonstrates greater than or equal to 90% of intensity throughout the entire class period (Sweating will occur due to the elevated heart rate)
* Leads by example during activity (Social)
* Demonstrates respect for the teacher and peers while showing encouragement (Social)

***Possible activities lessons (Not limited to this list)***  
Kickball Games  
Flag-Tag Games  
Cricket  
Over the Line ball  
Shuffleboard  
Horseshoes  
Bowling  
Cornhole  
Speedball  
Ricochet  
Nitroball  
Pillow Hockey  
Greek Football  
Capture the Flag  
Create a Game Unit  
Triangle Ball  
  
**Possible team sports lessons (Not limited to this list)**  
Ultimate Frisbee Badminton Softball  
Volleyball Pickleball Street Hockey  
Flag Football Lacrosse  
Tag Rugby Soccer/Futsal/Socci  
Team Handball Basketball