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

Instructor - Jay Paradowski
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***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