



# cFitness Academy

by Carone Fitness

Online PE, Health, & Career Courses

## Intro to Group Sports Semester 1

This course provides students with an overview of group sports. Students learn about a variety of sports, and an in-depth study of soccer and basketball. Students learn not only the history, rules, and guidelines of each sport, but practice specific skills related to each sport. Students also learn about game strategy and the benefits of sports. In addition, students study elements of personal fitness, goal setting, sport safety, and sports nutrition. Students conduct a pre-and post-fitness assessment, as well as participate in weekly physical activity.

This course is recommended for grades 6-8.

### **UNIT 1: GET MOVING** (Time Estimate for Content Study 12.5 hours)

- **Section 1.1: Fitness Assessment & Analysis**

- **Section 1.2: Getting Started**

**Learning Objectives:**

- Explain which area of fitness each test assesses
- Successfully complete a personal self-assessment
- Analyze your assessment according to national standards
- Describe important tips for beginning an exercise program
- Apply tips for appropriate goal setting
- Explain the FITT principles
- Design a personalized exercise program

### **UNIT 2: EXERCISE SAFETY** (Time Estimate for Content Study 12.5 hours)

- **Section 2.1: Creating an Exercise Program**

- **Section 2.2: Warm Up & Cool Down**

**Learning Objectives:**

- Describe important tips for beginning an exercise program
- Design a personalized exercise program
- Follow basic exercise safety guidelines
- Explain the importance of warming up and cooling down
- Follow basic exercise safety guidelines

### **UNIT 3: SPORTS & STRATEGY** (Time Estimate for Content Study 12.5 hours)

- **Section 3.1: Team Sports**

- **Section 3.2: Game Strategy**



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## Learning Objectives:

- List a variety of team sports
- Describe game play for a variety of team sports
- Explain in depth at least one type of sport
- Describe game play for a variety of team sports
- Define sports terms such as offense, defense, and more
- Create a new type of game

## UNIT 4: SOCCER (Time Estimate for Content Study 12.5 hours)

- **Section 4.1: Soccer Guidelines**
- **Section 4.2: Soccer Game Play**
- **Section 4.3: Soccer Skills I**
- **Section 4.4: Soccer Skills II**

### Learning Objectives:

- Explain the objective of soccer.
- Describe the necessary equipment and safety precautions involved in playing the game.
- Explain the basic rules and game play of a soccer game.
- Discuss proper soccer officiating
- Identify and perform referee hand signals for soccer
- Dribbling
- Passing
- Foot & Leg Trap
- Throw-In

## UNIT 5: BASKETBALL (Time Estimate for Content Study 12.5 hours)

- **Section 5.1: Basketball Guidelines**
- **Section 5.2: Basketball Game Play**
- **Section 5.3: Basketball Skills I**
- **Section 5.4: Basketball Skills II**

### Learning Objectives:

- Explain the objective of basketball
- Describe safety guidelines for basketball
- Illustrate appropriate basketball game play
- Discuss proper basketball officiating
- Identify and perform referee hand signals for basketball



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- Dribbling
- Passing
- Shooting
- Lay-Ups

## **UNIT 6: POST ASSESSMENT** (Time Estimate for Content Study 12.5 hours)

### • **Section 6.1: Post Assessment**

#### **Learning Objectives:**

- Conduct and analyze a personal fitness post assessment
- Evaluate your health progress
- Identify ways in which a regular fitness routine has improved your lifestyle