



Intro to Individual Sports Semester 1

This course provides students with an overview of individual sports. Students learn about a variety of sports, yet do an in-depth study of running, walking & hiking, yoga, dance, biking, strength training, water sports, and cross-training. Students learn not only the history, rules, and guidelines of each sport, but practice specific skills related to each sport. Students also learn about the components of fitness, FITT principles, benefits of fitness, safety and technique, and good 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: GETTING STARTED (Time Estimate for Content Study 11 hours)

- **Section 1.1: Fitness Assessment**
- **Section 1.2: Goal Setting**
- **Section 1.3: 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 how to set appropriate fitness goals
- Analyze your personal fitness assessment according to national standards
- Decipher what areas of fitness you need to improve in
- Describe the steps for setting appropriate goals
- Set fitness goals for the end of the semester
- Describe important tips for beginning an exercise program
- Explain the FITT principles
- Design a personalized exercise program



UNIT 2: FITNESS PRINCIPLES (Time Estimate for Content Study 11 hours)

- **Section 2.1: Components of Fitness**
- **Section 2.2: Principles of Fitness**
- **Section 2.3: Principles of Movement**

Learning Objectives:

- Explain the importance of warming up and cooling down
- Describe the mental and physiological benefits of warming up and cooling down
- Demonstrate proper warm up and cool down exercises
- Explain basic rules of technique while exercising
- Follow basic exercise safety guidelines
- Demonstrate proper safety and technique while performing a variety of exercises



- Explain various movement principles
- Describe the types of motion your body performs
- Be aware of your spacing and movements as you perform them

UNIT 3: LIFE TIME SPORTS (Time Estimate for Content Study 11 hours)

- **Section 3.1: Individual Sports**
- **Section 3.2: Team Sports**

Learning Objectives:

- Identify a variety of individual sports
- Describe a variety of individual sport actions and benefits
- Explain safety guidelines for a variety of individual sports
- List a variety of team sports
- Describe game play for a variety of team sports
- Explain the role officials play in team sports

UNIT 4: WALKING & RUNNING (Time Estimate for Content Study 11 hours)

- **Section 4.1: Walking & Hiking**
- **Section 4.2: Running**

Learning Objectives:

- Perform proper technique for walking and hiking
- Explore hiking technique and guidelines
- Examine personal foot strike and evaluate appropriate footwear
- Perform proper technique for running
- Explain how to prepare physically and mentally for a race
- Describe race logistics
- Explain how to recover from a race



UNIT 5: DANCE (Time Estimate for Content Study 11 hours)

- **Section 5.1: Rhythm & Dance**
- **Section 5.2: Square Dance**

Learning Objectives:

- Identify a variety of types of dance
- Describe in-depth at least one type of dance
- Perform some basic dance movements
- Describe in-depth the basics of square dance
- Perform some basic dance movements



UNIT 6: YOGA (Time Estimate for Content Study 11 hours)

- **Section 6.1: Types of Yoga**
- **Section 6.2: Yoga Benefits & Techniques**

Learning Objectives:

- Explain the history of yoga
- Describe the benefits of participating in yoga
- Describe the benefits of participating in yoga
- Perform proper yoga exercises and technique

UNIT 7: POST ASSESSMENT (Time Estimate for Content Study 9 hours)

- **Section 7.1: Post Assessment**

Learning Objectives:

- Conduct and analyze a personal fitness post assessment
- Identify ways in which a regular fitness routine has improved your lifestyle
- List tips for staying active