

Group Sports

Course Outline & Pacing Guide

This schedule is a recommended pacing chart for the course. It shows the sections, tasks, assignments, and points possible for the course. Each section is designed to be completed in about one week's time for a 16 week course. However, if you have less time to complete the course, you may need to move through the sections more quickly. Your teacher may also have a set schedule he/she would prefer you to use. Check with your instructor if you have any questions.

Section	Type of Assignment	Assignment	Points Possible	Due Date
Course Introduction				
Intro	Multimedia Lesson	<i>Course Introduction</i>	n/a	
Intro	Multimedia Lesson	<i>Course Tasks</i>	n/a	
Intro	Multimedia Lesson	<i>Fitness Log</i>	n/a	
Intro	Team Huddle/Discussion	Introduce Yourself	5	
Intro	Quiz	Intro Quiz	10	
Intro	Assignment	Course Contract	10	
Unit 1 Getting Started				
Section 1.1 Fitness Assessment & Analysis				
1.1	Multimedia Lesson	<i>Fitness Assessment</i>	n/a	
1.1	Multimedia Lesson	<i>Goal Setting</i>	n/a	
1.1	Sprint/Online Links	View Additional Links	n/a	
1.1	Team Huddle/Discussion	Agility vs. Health	5	
1.1	Assignment	Fitness Assessment	20	
1.1	Quiz	Quiz 1.1	20	
Section 1.2 Getting Started				
1.2	Multimedia Lesson	<i>Getting Started</i>	n/a	
1.2	Multimedia Lesson	<i>Creating an Exercise Program</i>	n/a	
1.2	Sprint/Online Links	View Additional Links	n/a	
1.2	Team Huddle/Discussion	Motivating Factors	5	
1.2	Assignment	Create a Workout Schedule	20	
1.2	Quiz	Quiz 1.2	20	
1.2	Assignment	Weekly Fitness Log	45	
Section 1.3 Safety & Injury Prevention				
1.3	Multimedia Lesson	<i>Warm Up</i>	n/a	
1.3	Multimedia Lesson	<i>Cool Down</i>	n/a	
1.3	Multimedia Lesson	<i>Safety Guidelines</i>	n/a	
1.3	Sprint/Online Links	View Additional Links	n/a	
1.3	Team Huddle/Discussion	Constructive Criticism	5	
1.3	Assignment	Risk vs. Benefit	20	
1.3	Quiz	Quiz 1.3	20	
1.3	Assignment	Weekly Fitness Log	45	
Unit 2 Sports Culture				
Section 2.1 Intro to Team Sports				
2.1	Multimedia Lesson	<i>Team Sports I</i>	n/a	

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2.1	Multimedia Lesson	<i>Team Sports II</i>	n/a	
2.1	Multimedia Lesson	<i>Game Strategy</i>	n/a	
2.1	Sprint/Online Links	View Additional Links	n/a	
2.1	Team Huddle/Discussion	Favorite Sport	5	
2.1	Assignment	Sport Report	20	
2.1	Quiz	Quiz 2.1	20	
2.1	Assignment	Weekly Fitness Log	45	
Section 2.2 Sportsmanship & Culture				
2.2	Multimedia Lesson	<i>Sports History & Culture</i>	n/a	
2.2	Multimedia Lesson	<i>Sportsmanship</i>	n/a	
2.2	Multimedia Lesson	<i>Teamwork</i>	n/a	
2.2	Sprint/Online Links	View Additional Links	n/a	
2.2	Team Huddle/Discussion	Sportsmanship in Action	5	
2.2	Assignment	Components of Fitness	20	
2.2	Quiz	Quiz 2.2	20	
2.2	Assignment	Weekly Fitness Log	45	
	Email Check Point	Parent Verification	**	
	Assignment	Fitness Checkpoint	5	
Section 2.3 Sports Nutrition				
2.3	Multimedia Lesson	<i>MyPlate</i>	n/a	
2.3	Multimedia Lesson	<i>Drugs & Exercise</i>	n/a	
2.3	Sprint/Online Links	View Additional Links	n/a	
2.3	Team Huddle/Discussion	Drugs	5	
2.3	Assignment	Daily Food Plan	8	
2.3	Assignment	Diet Analysis	12	
2.3	Quiz	Quiz 2.3	20	
2.3	Assignment	Weekly Fitness Log	45	
Unit 3 Soccer				
Section 3.1 Soccer Guidelines and Game Play				
3.1	Multimedia Lesson	<i>Soccer: Guidelines & Play</i>	n/a	
3.1	Sprint/Online Links	View Additional Links	n/a	
3.1	Team Huddle/Discussion	Good Coach	5	
3.1	Assignment	Modify Exercise Program	20	
3.1	Quiz	Quiz 3.1	20	
3.1	Assignment	Weekly Fitness Log	45	
Section 3.2 Soccer Skills				
3.2	Multimedia Lesson	<i>Soccer: Dribbling</i>	n/a	
3.2	Multimedia Lesson	<i>Soccer: Passing</i>	n/a	
3.2	Multimedia Lesson	<i>Soccer: Trapping</i>	n/a	
3.2	Multimedia Lesson	<i>Soccer: Throw-Ins</i>	n/a	
3.2	Sprint/Online Links	View Additional Links	n/a	
3.2	Team Huddle/Discussion	Good Teammate	5	
3.2	Assignment	Soccer Skills	40	
3.2	Quiz	No Quiz	n/a	
3.2	Assignment	Weekly Fitness Log	45	

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Unit 4 Basketball				
Section 4.1 Basketball Guidelines & Game Play				
4.1	Multimedia Lesson	<i>Basketball Guidelines</i>	n/a	
4.1	Sprint/Online Links	View Additional Links	n/a	
4.1	Team Huddle/Discussion	Leadership	5	
4.1	Assignment	Athlete Bio	20	
4.1	Quiz	Quiz 4.1	20	
4.1	Assignment	Weekly Fitness Log	45	
	Email Check Point	Parent Verification	**	
	Assignment	Fitness Checkpoint	5	
Section 4.2 Basketball Skills				
4.2	Multimedia Lesson	<i>Basketball: Dribbling</i>	n/a	
4.2	Multimedia Lesson	<i>Basketball: Passing</i>	n/a	
4.2	Multimedia Lesson	<i>Basketball: Shooting</i>	n/a	
4.2	Multimedia Lesson	<i>Basketball: Lay-Ups</i>	n/a	
4.2	Sprint/Online Links	View Additional Links	n/a	
4.2	Team Huddle/Discussion	Acceptance	5	
4.2	Assignment	Basketball Skills	40	
4.2	Quiz	No Quiz	n/a	
4.2	Assignment	Weekly Fitness Log	45	
Unit 5 Baseball/Softball				
Section 5.1 Baseball/Softball Guidelines & Game Play				
5.1	Multimedia Lesson	<i>Baseball/Softball History</i>	n/a	
5.1	Multimedia Lesson	<i>Baseball/Softball Game Play</i>	n/a	
5.1	Multimedia Lesson	<i>Baseball/Softball Positions</i>	n/a	
5.1	Sprint/Online Links	View Additional Links	n/a	
5.1	Team Huddle/Discussion	Agreeing on Differences	5	
5.1	Assignment	Create a Game	20	
5.1	Quiz	Quiz 5.1	20	
5.1	Assignment	Weekly Fitness Log	45	
Section 5.2 Baseball/Softball Skills				
5.2	Multimedia Lesson	<i>Baseball/Softball: Throwing</i>	n/a	
5.2	Multimedia Lesson	<i>Baseball/Softball: Catching</i>	n/a	
5.2	Multimedia Lesson	<i>Baseball/Softball: Hitting</i>	n/a	
5.2	Sprint/Online Links	View Additional Links	n/a	
5.2	Team Huddle/Discussion	Encouraging Words	5	
5.2	Assignment	Baseball/Softball Skills	40	
5.2	Quiz	No Quiz	n/a	
5.2	Assignment	Weekly Fitness Log	45	
Unit 6 Volleyball				
Section 6.1 Volleyball Guidelines & Game Play				
6.1	Multimedia Lesson	<i>Volleyball History</i>	n/a	
6.1	Multimedia Lesson	<i>Volleyball Guidelines & Play</i>	n/a	
6.1	Sprint/Online Links	View Additional Links	n/a	
6.1	Team Huddle/Discussion	Olympic Events	5	
6.1	Assignment	Sportscaster	20	

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6.1	Quiz	Quiz 6.1	20	
6.1	Assignment	Weekly Fitness Log	45	
	Email Check Point	Parent Verification	**	
	Assignment	Fitness Checkpoint	5	
Section 6.2 Volleyball Skills				
6.2	Multimedia Lesson	<i>Volleyball: Passing</i>	n/a	
6.2	Multimedia Lesson	<i>Volleyball: Setting</i>	n/a	
6.2	Multimedia Lesson	<i>Volleyball: Serving</i>	n/a	
6.2	Sprint/Online Links	View Additional Links	n/a	
6.2	Team Huddle/Discussion	What a Fan	5	
6.2	Assignment	Volleyball Skills	40	
6.2	Quiz	No Quiz	n/a	
6.2	Assignment	Weekly Fitness Log	*Optional	
Unit 7 Post Assessment				
Section 7.1 Post Assessment				
7.1	Multimedia Lesson	<i>Post Assessment</i>	n/a	
7.1	Multimedia Lesson	<i>Staying Active</i>	n/a	
7.1	Sprint/Online Links	View Additional Links	n/a	
7.1	Team Huddle/Discussion	Making a Difference	5	
7.1	Assignment	Post Assessment	35	
7.1	Assignment	Weekly Fitness Log	*Optional	