

Individual & Dual Sports I

Detailed Schedule

This schedule is a recommended pacing chart for the course. It shows the sections, tasks, assignments, and points possible. 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	Course Introduction	n/a	
Intro	Multimedia Lesson	Course Tasks	n/a	
Intro	Multimedia Lesson	Exercise Requirements	n/a	
Intro	Team Huddle	Introduce Yourself	5	
Intro	Quiz	Course Policies Quiz	10	
Intro	Upload Assignment	Course Contract	10	
UNIT 1 GETTING STARTED				
Section 1.1 Fitness Assessment				
1.1	Multimedia Lesson	Fitness Assessment	n/a	
1.1	Sprint/Online Links	View Additional Links	n/a	
1.1	Team Huddle	Overall Fitness	5	
1.1	Assignment	Fitness Assessment	20	
1.1	Section Quiz	1.1 Section Quiz	20	
Section 1.2 Fitness Analysis & Goals				
1.2	Multimedia Lesson	Fitness Analysis	n/a	
1.2	Multimedia Lesson	Goal Setting	n/a	
1.2	Sprint/Online Links	View Additional Links	n/a	
1.2	Team Huddle	Fitness Scores	5	
1.2	Assignment	Fitness Analysis & Goals	20	
1.2	Section Quiz	1.2 Section Quiz	20	
1.2	Upload Assignment	Weekly Fitness Log	45	
Section 1.3 Getting Fit				
1.3	Multimedia Lesson	Getting Started	n/a	
1.3	Multimedia Lesson	Motivation	n/a	
1.3	Multimedia Lesson	Benefits of Fitness	n/a	
1.3	Sprint/Online Links	View Additional Links	n/a	
1.3	Team Huddle	Your Motivator	5	
1.3	Assignment	Create a Workout Schedule	20	
1.3	Section Quiz	1.3 Section Quiz	20	
1.3	Upload Assignment	Weekly Fitness Log	45	

Individual & Dual Sports I

UNIT 2 SPORT PARTICIPATION				
Section 2.1 FITT Principles				
2.1	Multimedia Lesson	FITT Principles	n/a	
2.1	Multimedia Lesson	Applying FITT Principles	n/a	
2.1	Multimedia Lesson	Principles of Exercise	n/a	
2.1	Sprint/Online Links	View Additional Links	n/a	
2.1	Team Huddle	Sporting Opportunities	5	
2.1	Assignment	Cross-Training Poster	20	
2.1	Section Quiz	2.1 Section Quiz	20	
2.1	Upload Assignment	Weekly Fitness Log	45	
Section 2.2 Exercise Safety				
2.2	Multimedia Lesson	Safety Guidelines	n/a	
2.2	Multimedia Lesson	Exercise Technique	n/a	
2.2	Multimedia Lesson	Strength Training Equipment	n/a	
2.2	Sprint/Online Links	View Additional Links	n/a	
2.2	Team Huddle	Leadership	5	
2.2	Assignment	Demonstrate Posture	20	
2.2	Section Quiz	2.2 Section Quiz	n/a	
2.2	Upload Assignment	Weekly Fitness Log	45	
	Email Checkpoint	Parent Verification	**	
	Upload Assignment	Fitness Checkpoint	5	
Section 2.3 Individual and Dual Sports				
2.3	Multimedia Lesson	Individual vs. Dual Sports	n/a	
2.3	Multimedia Lesson	Dual Sports	n/a	
2.3	Multimedia Lesson	Individual Sports I	n/a	
2.3	Multimedia Lesson	Individual Sports II	n/a	
2.3	Sprint/Online Links	View Additional Links	n/a	
2.3	Team Huddle	Watching Sports	5	
2.3	Assignment	Sports in Your Community	20	
2.3	Section Quiz	2.3 Section Quiz	20	
2.3	Upload Assignment	Weekly Fitness Log	45	
UNIT 3 OUTDOOR SPORTS				
Section 3.1 Exploring the Outdoors				
3.1	Multimedia Lesson	Hiking & Backpacking	n/a	
3.1	Multimedia Lesson	Caving & Spelunking	n/a	
3.1	Sprint/Online Links	View Additional Links	n/a	
3.1	Team Huddle	Hiking Permits	5	
3.1	Assignment	Sport Report: Exploring the Outdoors	20	
3.1	Quiz	3.1 Section Quiz	20	

Individual & Dual Sports I

3.1	Upload Assignment	Weekly Fitness Log	45	
Section 3.2 Navigating the Outdoors				
3.2	Multimedia Lesson	Orienteering	n/a	
3.2	Multimedia Lesson	Rock Climbing & Rappelling	n/a	
3.2	Sprint/Online Links	View Additional Links	n/a	
3.2	Team Huddle	Compass	5	
3.2	Assignment	Sport Report: Navigating the Outdoors	20	
3.2	Section Quiz	3.2 Section Quiz	20	
3.2	Upload Assignment	Weekly Fitness Log	45	
UNIT 4 RACQUET SPORTS				
Section 4.1 Tennis				
4.1	Multimedia Lesson	Tennis History	n/a	
4.1	Multimedia Lesson	Tennis Guidelines & Game Play	n/a	
4.1	Sprint/Online Links	View Additional Links	n/a	
4.1	Team Huddle	Modifications	5	
4.1	Assignment	Comparing Racquet Sports	20	
4.1	Section Quiz	4.1 Section Quiz	20	
4.1	Upload Assignment	Weekly Fitness Log	45	
	Email Checkpoint	Parent Verification	**	
	Upload Assignment	Fitness Checkpoint	5	
Section 4.2 Tennis Skills				
4.2	Multimedia Lesson	Tennis Forehand	n/a	
4.2	Multimedia Lesson	Tennis Backhand	n/a	
4.2	Multimedia Lesson	Tennis Serve	n/a	
4.2	Sprint/Online Links	View Additional Links	n/a	
4.2	Team Huddle	Tennis Tournaments	5	
4.2	Assignment	Tennis Skills Check	20	
4.2	Section Quiz	4.2 Section Quiz	20	
4.2	Upload Assignment	Weekly Fitness Log	45	
UNIT 5 GOLF				
Section 5.1 Golf				
5.1	Multimedia Lesson	Golf Game Play	n/a	
5.1	Multimedia Lesson	Golf Etiquette, Equipment & Scoring	n/a	
5.1	Sprint/Online Links	View Additional Links	n/a	
5.1	Team Huddle	Golf in Business	5	
5.1	Assignment	Golf Vacation Advertisement	20	
5.1	Section Quiz	5.1 Section Quiz	20	
5.1	Upload Assignment	Weekly Fitness Log	45	

Individual & Dual Sports I

Section 5.2 Golf Skills				
5.2	Multimedia Lesson	Golf Drive Swing	n/a	
5.2	Multimedia Lesson	Golf Pitch & Chip	n/a	
5.2	Multimedia Lesson	Golf Putting	n/a	
5.2	Sprint/Online Links	View Additional Links	n/a	
5.2	Team Huddle	Golf Elite	5	
5.2	Assignment	Golf Skills Check	20	
5.2	Section Quiz	5.2 Section Quiz	20	
5.2	Upload Assignment	Weekly Fitness Log	45	
UNIT 6 VOLLEYBALL				
Section 6.1 Volleyball				
6.1	Multimedia Lesson	Volleyball History	n/a	
6.1	Multimedia Lesson	Volleyball Game Play	n/a	
6.1	Multimedia Lesson	Beach Volleyball: Guidelines & Game Play	n/a	
6.1	Sprint/Online Links	View Additional Links	n/a	
6.1	Team Huddle	Indoor vs. Sand	5	
6.1	Assignment	Volleyball Brochure	20	
6.1	Section Quiz	6.1 Section Quiz	20	
6.1	Upload Assignment	Weekly Fitness Log	45	
Section 6.2 Volleyball Skills				
6.2	Multimedia Lesson	Volleyball Skills	n/a	
6.2	Sprint/Online Links	View Additional Links	n/a	
6.2	Team Huddle	Volleyball Popularity	5	
6.2	Assignment	Volleyball Skills Check	20	
6.2	Section Quiz	6.1 Section Quiz	20	
6.2	Upload Assignment	Weekly Fitness Log	Optional*	
	Email Checkpoint	Parent Verification	**	
	Upload Assignment	Fitness Checkpoint	5	
UNIT 7 STAYING ACTIVE				
Section 7.1 Post Assessment				
7.1	Multimedia Lesson	Post Assessment	n/a	
7.1	Multimedia Lesson	Staying Active	n/a	
7.1	Sprint/Online Links	View Additional Links	n/a	
7.1	Team Huddle	Accomplishments	5	
7.1	Assignment	Post Assessment	35	
7.1	Upload Assignment	Weekly Fitness Log	Optional*	