

Physical Education, Form I

Course Description

This course is designed to introduce and enhance the student's knowledge of rules, skills and techniques of various sports and activities. Through participation in these games and activities, the students will improve maintain endurance, strength and flexibility.

Course Goals

- To develop an understanding of the basic rules of soccer, volleyball, basketball, speedball, floor hockey, ping pong and softball
- To develop, improve or maintain activity skills in soccer, volleyball, basketball, speedball, floor hockey, ping pong and softball
- To understand the value of teamwork
- To build confidence in improved game skills
- To apply skills in a low-stress game environment
- To develop and improve or maintain strength, flexibility and endurance

Course Objectives

- To develop soccer skills including inside foot pass and trap, instep pass, chest trap, thigh trap, legal throw-in and goalie skills
- To develop volleyball skills of bumping, setting and underhand service
- To develop basketball skills of dribbling, passing and shooting lay ups and short shots
- To develop speedball skills of passing, catching and shooting
- To develop ping pong skills of forehand, backhand and service hits
- To develop softball skills of throwing, catching/fielding and hitting
- To apply sport skills in game situations
- To show an understanding of rules of various sports in game situations
- To understand the need to "warm up" and safety requirements in various sports and activities
- To develop, improve or maintain strength and flexibility during weight training and tumbling
- To apply sportsmanship and Christian behavior in sports activities