

### Course Description:

Physical Education 3 (2 of 2) explores health-related and skill-related activities to help improve fitness level and performance in sports such as table tennis, baseball, volleyball, and soccer, as well as different types of dances. Topics include a review of good sportsmanship, following rules, and how physical activity with others can create positive social interactions.

### Course Objectives:

- Demonstrate three ways to hit the ball in volleyball.
- Describe how to control your body and ball in a general space using your feet.
- Describe how to throw a ball overhand and underhand with good form.
- Describe ways to show good sportsmanship.
- Engage in physical activity for health, enjoyment, challenge, self-expression, and social interaction.
- Explain why rules are important in sports.
- Identify and participate in activities that improve skill-related fitness.
- Identify different solo and partner dances.
- List ways a student can improve performance.
- Participate in a game using a short-handled implement.
- Participate in a hand-volley game.
- Participate in a striking game.
- Participate in and track health-related components of fitness.
- Perform activities that increase cardiorespiratory endurance.
- Strike a tossed ball and a ball off a tee.

### Required Materials:

Required:

- ball (small)
- baseball (or small ball)
- baseball bat
- basketball
- batting tee
- cones
- goal (for soccer, or cones)
- jump rope
- pencil
- ping-pong ball
- ping-pong paddle
- printer and printer paper for printables (see Course Syllabus for link)
- ruler
- short-handled paddle
- soccer ball (or playground ball)
- stopwatch
- table (flat) with a line dividing it in half, similar to a ping-pong table
- tape measure

- target (basket, spot, tree, etc.)
- video recording device
- volleyball or beach ball

Optional:

- music

### Course Overview:

This course is made up of six units. Each unit has three lessons. Lessons are made of up activities that include the following types of learning:

- **Warm-Ups** allow for practice of skills or concepts taught in previous lessons. These are graded activities.
- **Instruction** activities provide modeling of new skills and concepts. These are not graded activities.
- **Practice** activities allow for practice of a skill without support. These are graded activities.
- **Checkpoints** test mastery of skills from lessons. These are graded activities.
- **Projects** provide an opportunity for practice of more complex skills across several activities or lessons within a unit. These activities require a final graded submission.