

Geneva CUSD 304
Content-Area Curriculum Frameworks
Grades 6-12

Team Sports

Course Title Grade Level Semesters (1-2-3-4) Prerequisite	Team Sports 9 th Grade 1 None
Course Description	Freshmen are required to take Team Sports and Conditioning. Students are exposed to a variety of team sports which require the development and use of the large muscle groups and increase cardio-vascular endurance. Team play, basic rules, strategies, and skills are stressed. Physical fitness testing is done in the fall and the spring.
District-approved Materials and/or Resources	

Floor Hockey

Unit of Study: major topics	Floor Hockey	Resources that will support instruction
Illinois Learning Standards, Benchmarks, National Standards Assessment Frameworks, or other standards that will be taught in this unit	<p>State Goal 19 – Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.</p> <p>State Goal 20 – Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.</p> <p>State Goal 21 – Develop team-building skills by working with others through physical activity.</p> <p>State Goal 24 – Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	
Objectives <ul style="list-style-type: none"> ○ Conceptual ○ Factual ○ Procedural 	<p>By the end of the activity the students will be able to:</p> <ul style="list-style-type: none"> ● Demonstrate the following skills: <ul style="list-style-type: none"> - shooting the puck, stopping the puck, moving while controlling the puck, passing the puck, shooting the puck at the goal, receiving a pass ● Keep score properly. ● Know the floor markings and their meaning. ● Demonstrate safety for self and others. ● Know the value of good team communication. ● Show an understanding of the basic rules. ● Demonstrate good safety towards oneself and others. 	
Assessments	Performance Tasks <ul style="list-style-type: none"> ● Written assessment ● Game competition assessment 	Other Evidence

Fitness

Unit of Study: major topics	Fitness	Resources that will support instruction
Illinois Learning Standards, Benchmarks, National Standards Assessment Frameworks, or other standards that will be taught in this unit	<p>STATE GOAL 19: Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.</p> <p>STATE GOAL 20: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.</p> <p>STATE GOAL 24: Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	
Objectives <ul style="list-style-type: none"> ○ Conceptual ○ Factual ○ Procedural 	<p>By the end of the activity the students will be able to:</p> <ul style="list-style-type: none"> ● Label all the major muscles of the body. ● Label all the major bones of the body. ● Define the following terms- muscle fibers, muscle types, muscle movements. ● Identify major muscle to exercise performed. ● Know muscle types of the body. ● Know muscle fibers of the body. 	
Assessments	Written assessment, participation assessment	Other Evidence

Soccer

Unit of Study: major topics	Soccer	Resources that will support instruction
Illinois Learning Standards, Benchmarks, National Standards Assessment Frameworks, or other standards that will be taught in this unit	<p>STATE GOAL 19: Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.</p> <p>STATE GOAL 20: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.</p> <p>STATE GOAL 21: Develop team-building skills by working with others through physical activity.</p> <p>STATE GOAL 24: Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	
Objectives <ul style="list-style-type: none"> ○ Conceptual ○ Factual ○ Procedural 	<p>By the end of the activity the students will be able to:</p> <ul style="list-style-type: none"> ● Demonstrate the following skills: passing the ball, dribbling the ball, trapping the ball, heading the ball ● Demonstrate the importance of team play by playing his/her position. ● Know the responsibilities of each field position. ● Demonstrate a corner kick. ● Demonstrate shots at goal. ● Demonstrate an overhead throw. ● Know the field markings and their meetings. ● Keep score properly. ● Demonstrate safety for self and others. ● Understand the importance of communication in team play. ● Demonstrate knowledge of the basic rules through team play 	
Assessments	Written assessment, game competition assessment	Other Evidence

Speedball

Unit of Study: major topics	Speedball	Resources that will support instruction
Illinois Learning Standards, Benchmarks, National Standards Assessment Frameworks, or other standards that will be taught in this unit	<p>STATE GOAL 19: Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.</p> <p>STATE GOAL 20: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.</p> <p>STATE GOAL 21: Develop team-building skills by working with others through physical activity.</p> <p>STATE GOAL 24: Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	
Objectives <ul style="list-style-type: none"> ○ Conceptual ○ Factual ○ Procedural 	<p>By the end of the activity the students will be able to:</p> <ul style="list-style-type: none"> ● Demonstrate the following skills: passing the ball, dribbling the ball, shoot at the goal, and receive a pass. ● Demonstrate proper defensive techniques. ● Keep score properly. ● Demonstrate safety for self and others. ● Know the value of good team communication. ● Demonstrate the basic rules through team play. ● Understand scoring methods in football, basketball, and soccer mode. ● Understand good team play. ● Keep score properly. ● Participate in game play by following rules. 	
Assessments	Written assessment, game competition assessment	Other Evidence

Lacrosse

Unit of Study: major topics	Lacrosse	Resources that will support instruction
Illinois Learning Standards, Benchmarks, National Standards Assessment Frameworks, or other standards that will be taught in this unit	<p>State Goal 19 – Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.</p> <p>State Goal 20 – Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.</p> <p>State Goal 21 – Develop team-building skills by working with others through physical activity.</p> <p>State Goal 24 – Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	
Objectives <ul style="list-style-type: none"> ○ Conceptual ○ Factual ○ Procedural 	<p>By the end of the activity the students will be able to:</p> <ul style="list-style-type: none"> ● Diagram a Lacrosse field and label field markings. ● Demonstrate team work. ● Use proper mechanics when performing skills of the sports. ● Participate in game play while following rules of the game. ● Know the definitions of the following vocabulary words: <ul style="list-style-type: none"> - shaft, basket, cradle, scoop, goal circle, midline ● Demonstrate a legal throw. ● Know the proper positioning of the offense and defense players. ● Demonstrate team communication during competition. 	
Assessments	Performance Tasks <ul style="list-style-type: none"> ● Written assessment ● Game competition assessment 	Other Evidence

Softball

Unit of Study: major topics	Softball	Resources that will support instruction
Illinois Learning Standards, Benchmarks, National Standards Assessment Frameworks, or other standards that will be taught in this unit	<p>STATE GOAL 19: Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.</p> <p>STATE GOAL 20: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.</p> <p>STATE GOAL 21: Develop team-building skills by working with others through physical activity.</p> <p>STATE GOAL 24: Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	
Objectives <ul style="list-style-type: none"> ○ Conceptual ○ Factual ○ Procedural 	<p>By the end of the activity the students will be able to:</p> <ul style="list-style-type: none"> ● Label the 10 positions on a softball field. ● Demonstrate proper batting mechanics. ● Demonstrate proper fielding form. ● Demonstrate proper throwing mechanics. ● Understand how to keep score (when runs do and do not count). ● Understand when a ball is foul and when it is fair. ● Demonstrate safety for self and others. ● Understand (define) the following vocabulary words. run down, fly ball, ground ball, line drive, single, double, triple, home run, grand slam, sacrifice, cut off, assist, put out, lead off, tag up, relay, 1 base on an overthrow, back, force out. 	
Assessments	Written assessment, game competition assessment	Other Evidence

Team Handball

Unit of Study: major topics	Team Handball	Resources that will support instruction
Illinois Learning Standards, Benchmarks, National Standards Assessment Frameworks, or other standards that will be taught in this unit	<p>STATE GOAL 19: Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.</p> <p>STATE GOAL 20: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.</p> <p>STATE GOAL 21: Develop team-building skills by working with others through physical activity.</p> <p>STATE GOAL 24: Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	
Objectives <ul style="list-style-type: none"> ○ Conceptual ○ Factual ○ Procedural 	<p>By the end of the activity the students will be able to:</p> <ul style="list-style-type: none"> ● Demonstrate the following skills: dribbling the ball, passing the ball, shooting at goal, receiving the pass. ● Demonstrate proper defensive techniques. ● Keep score properly. ● Know the court markings and their meaning. ● Demonstrate safety for self and others. ● Know the value of good team communication. ● Show an understanding of the basic rules through actual team play. ● Understand 3 violations/fouls. ● Demonstrate the proper line up for a jump ball. 	
Assessments	Written assessment, game competition assessment	Other Evidence

Track And Field

Unit of Study: major topics	Track and Field	Resources that will support instruction
Illinois Learning Standards, Benchmarks, National Standards Assessment Frameworks, or other standards that will be taught in this unit	<p>State Goal 19 – Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.</p> <p>State Goal 20 – Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.</p> <p>State Goal 21 – Develop team-building skills by working with others through physical activity.</p> <p>State Goal 24 – Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	
Objectives <ul style="list-style-type: none"> ○ Conceptual ○ Factual ○ Procedural 	<p>By the end of the activity the students will be able to:</p> <ul style="list-style-type: none"> ● Demonstrate the following skills: Proper running form, long jump form, shot put form, baton exchange, and start. ● Know and understand 5 high school running events. ● Know and understand 3 high school field events. ● Understand the importance of stretching and warm-up. ● Demonstrate a proper warm-up for each event. ● Demonstrate a 4X100 relay and a 4X400 relay. ● Experience how a track meet is run by participating in a class track and field meet. ● Understanding the value of a proper cool down after competition/vigorous activity. ● Collect information on chosen country and present gathered information. 	
Assessments	Performance Tasks <ul style="list-style-type: none"> ● Written assessment ● Game competition assessment 	Other Evidence

Volleyball

Unit of Study: major topics	Volleyball	Resources that will support instruction
Illinois Learning Standards, Benchmarks, National Standards Assessment Frameworks, or other standards that will be taught in this unit	<p>STATE GOAL 19: Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.</p> <p>STATE GOAL 20: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.</p> <p>STATE GOAL 21: Develop team-building skills by working with others through physical activity.</p> <p>STATE GOAL 24: Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	
Objectives <ul style="list-style-type: none"> ○ Conceptual ○ Factual ○ Procedural 	<p>By the end of the activity the students will be able to:</p> <ul style="list-style-type: none"> ● Diagram a volleyball court and label the court markings. ● Demonstrate an underhand serve. ● Demonstrate a legal underhand pass (bump). ● Demonstrate a legal overhead set. ● Demonstrate a legal serve. ● Demonstrate safety for self and others. ● Understand the bump, set, and spike offense. ● Understand the value of good communication skills during team play. ● Know how to keep score properly. ● Know how to rotate properly for a 6- person team. ● Understand what an underhand dig is and how to use it. <p>Know the definitions of the following vocabulary words: side out, net foul, centerline violation, serving violation, replay, carry, lifting, double hit.</p>	
Assessments	Written assessment, game competition assessment	Other Evidence

Football

Unit of Study: major topics	Football	Resources that will support instruction
Illinois Learning Standards, Benchmarks, National Standards Assessment Frameworks, or other standards that will be taught in this unit	<p>STATE GOAL 19: Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.</p> <p>STATE GOAL 20: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.</p> <p>STATE GOAL 21: Develop team-building skills by working with others through physical activity.</p> <p>STATE GOAL 24: Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	
Objectives <ul style="list-style-type: none"> ○ Conceptual ○ Factual ○ Procedural 	<p>By the end of the activity the students will be able to:</p> <ul style="list-style-type: none"> ● Demonstrate the following skills: forward pass, pass receiving, punting, centering the ball. ● Demonstrate the following pass routes: square out, hook, flag post. ● Demonstrate the following running plays: end sweep, reverse, forward pass. ● Demonstrate the difference between zone and man-to-man defense. ● Demonstrate how to line up on the line of scrimmage. ● Draw 3 pass plays. ● Execute 3 pass plays. ● Keep score properly ● Demonstrate safety for self and others. ● Demonstrate the importance of stretching and a proper warm-up before competition. <p>Demonstrate the importance of communication in team play.</p>	
Assessments	<p>Written assessment, game competition assessment</p> <ul style="list-style-type: none"> ● Game competition assessment ● Written Assessment 	Other Evidence