



COVINGTON LATIN SCHOOL

Achieve here. Excel here. Belong here.

FORM I PHYSICAL EDUCATION

Textbook:

None

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 or maintain their coordination, flexibility, strength and endurance.

Course Goals:

1. To develop an understanding of the basic rules of soccer, volleyball, basketball, speedball, floor hockey, ping pong and dodgeball.
2. To develop, improve or maintain activity skills in soccer, volleyball, basketball, speedball, floor hockey, ping pong and dodgeball.
3. To understand the value of teamwork.
4. To build confidence in improved game skills.
5. To apply skills in a low stress game environment.
6. To develop and improve/maintain strength, flexibility and endurance.

Course Objectives:

1. To develop soccer skills including inside foot pass and trap, instep pass, chest trap, thigh trap, legal throw in and goalie skills.
2. To develop volleyball skills of bumping, setting and underhand service.
3. To develop basketball skills of dribbling, passing and shooting lay ups and short shots.
4. To develop speedball skills of passing, catching and shooting.
5. To develop ping pong skills of forehand hits, backhand hits and service hits.
6. To develop dodgeball skills of throwing, catching/fielding, evading.
7. To apply sport skills in game situation.
8. To show an understanding of rules of various sports in game situation.
9. To understand the need to warm up and safety requirement in various sports and activities.
10. To develop or improve/maintain strength and flexibility during tumbling.
11. To apply sportsmanship and Christian behavior in sports activities.
12. To learn basic knowledge of the ballroom dance. To develop the sense of rhythm and coordination of movement. To learn the different styles of the dances.

Course Sequence:

I.

First Semester

A.

B. Soccer

Volleyball

Basketball

Dodgeball (continue in the spring)

Second Semester

Tumbling

Ping Pong

Floor Hockey

Speedball

Dodgeball

Dancing