

Bedford High School  
*Department of Physical Education and Health*  
Mr. Mangan, Instructor

**Course Description- # 9221 – Sports Activities**

The student is encouraged to engage in a variety of sports activities. Each activity will begin with an introduction to the sport, skill acquisition, practice, and game/tournament play. The application of the proper rules of game play and strategic involvement will be included.

Periods per cycle: 2

Credits: 2.5

Prerequisite: none

**I. Learning Objectives:**

By the completion of this course, the successful student will have learned:

- a) To utilize warm-up and flexibility routines before and after activity to increase flexibility and prevent injury.
- b) To understand the history, rules and officiating of games and sports.
- c) To develop and apply sport specific and general skills to class activities.
- d) To be an active participant in all class tournaments.

**II. Learning Experiences:**

In this course students will:

- a) Actively participate in all class activities
- b) Actively contribute as a member of a team.
- c) Collaborate with peers in physical activity settings.
- d) Invent a team or individual game.

**III. Course Requirements**

- ☐ Proper dress (t-shirts, sweats, shorts, athletic footwear)
- ☐ Participation in practice sessions and tournaments

**IV. Course Evaluation**

Class Participation (CP)

100%

(Includes: Proper attire, warm-up, skill development, game play, and assessment)

**IV. Course Outline**

Q1: Flag Football, Ultimate Frisbee, Speedball/Team Handball

Q2: Pickleball, Badminton, Volleyball

Q3: Basketball, Indoor Soccer, New Games

Q4: Lacrosse/Field Hockey, Disc Golf, Tennis

*Updated 9/6/07*