

Sports Education  
Semester One  
Katsikaris

**Sport Education**

Based on the times we are in due to the Covid-19 pandemic, we have pivoted from many of the activities listed in the program of studies for this course. Our focus remains to stay physically active but to also honor the social distancing requirements of six feet or more. Most of our activities will be done outside of the building. This will allow students to take much needed mask breaks when they adhere to the six feet or more rule. **Some of the activities include tennis, fitness walking, fitness workouts, frisbee golf, soccer, badminton, volleyball, speedball, wiffle ball, basketball etc.** All activities and lessons will be driven by these three national physical education standards: Standard 3, Standard 4 and Standard 5.

Home workouts and remote workouts will be provided for students to participate in weekly, along with assignment sheets where students are able to reflect on their weekly workouts. The goal is to keep students moving, active, and exercising on their remote learning days as well as on the weeks where we do not see the students in person.

**The National Physical Education Standards**

**Standard 3-** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**Standard 4-** The physically literate individual exhibits responsible personal and social behavior that respects self and others.

**Standard 5-** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.