

Murrieta Valley Unified School District
High School Course Outline
April 2004

Department: Physical Education

Course Title: Court Sports

Course Number: 2820

Grade Level: 10 - 12

Length of Course: Year

Prerequisite: Successful completion of Physical Education 9

Course Description: This course may be taken multiple times for credit.

I. Goals

The student will

- A. Utilize basic skills and techniques used for each sport
- B. Apply rules and strategies for each sport covered
- C. Participate in exercises that improve flexibility, muscle strength, and cardiovascular endurance with emphasis on the benefits of lifetime health and fitness
- D. Develop a practice plan taking into consideration the stages of learning
- E. Organize teams in tournament style formats including 3 on 3, 4 on 4, 5 on 5
- F. Officiate games by applying basic rules of each sport covered
- G. Create a variety of offensive and defensive strategies for a new court game
- H. Analyze movement performance using scientific principles of movement in order to learn to improve motor skills
- I. Assess personal fitness, compare their fitness to a health related fitness standard and set goals for improvement
- J. Display leadership skills during a movement related experience

II. Outline of Content for Major Areas of Study

Semester I and II

- A. Study of Rules of Basketball
- B. Techniques of Officiating Basketball
- C. Organization of 3 on 3 Tournament Style Format
- D. 5 on 5 full court games
- E. Study of Rules of Volleyball

F. Volleyball Tournament

III. Accountability Determinants

- A. Teacher observation of techniques
- B. Individual performance tests
- C. Knowledge of Tournament Style Structure
- D. Demonstration of officiating techniques
- E. Refereeing tournament games

IV. Required Text

None

V. Supplementary Materials