

West Linn–Wilsonville School District
Health & Physical Education – Course Statement

<u>Course Title: Life Sports</u>	
Length of Course: Semester Number of Credits: 1 Grade Level: 9, 10, 11, 12 [11, 12 – West Linn High School] Prerequisites: None [Wellness I & II – West Linn High School] Work Samples Offered in Course: None	Date of Description/Revision: February 2008
Course Overview	
<p>This course will provide students with an opportunity to learn and participate in a variety of lifetime fitness, recreation, and sport activities. Activities may include badminton, tennis, frisbee golf, volleyball, basketball, and weight training. Other potential activities are swimming, bowling, and racquetball. Selection of activities can vary semester to semester.</p>	
Essential Questions	Concepts providing focus for student learning
<ul style="list-style-type: none"> • What activities do I participate in that help maintain or improve my current fitness level? • Is my personal fitness at the level where I want it to be? • What skills do I need to acquire/refine to help maintain/improve my fitness? 	
Proficiency Statements	
<p>Upon completion of course, students will be able to:</p> <ul style="list-style-type: none"> • Assess and evaluate their fitness lifestyle. • Describe how to stay physically active far beyond their high school years. • Verbally describe and physically demonstrate the rules and skills of the various class activities participated in. 	
General Course Topics/Units & Timeframes	
<p><u>Example Semester</u></p> <ul style="list-style-type: none"> A. Swimming – water safety, water games. B. Badminton – smash, drive shot, clear shot, drop shot. C. Tennis – forehand, backhand, serving, game strategy. D. Softball – catching, hitting, game strategy. 	

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Resources	
<ul style="list-style-type: none">• Text: None	