

COURSE TITLE: Fitness & Lifetime Activities
COURSE LENGTH: 1 semester
COURSE CREDIT: 0.5 credit

COURSE TYPE: elective
GRADE LEVEL: 10, 11, 12
PREREQUISITE: n/a

COURSE GOALS:

1. Students will define terminology on rules and skills and discuss with class.
 2. Students will put to use skills learned in a variety of team concepts.
 3. Students will practice officiating team sport activities.
 4. Students will create and apply basic strategies through team play.
 5. Students will demonstrate leadership, teamwork, and cooperation.
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COURSE CONTENT:

1. Everyday life skills
2. Respect for self and others, and valuing of differences