

| Team Handball | | Health & Fitness Academic Content | Motor Skills | Social/Emotional/Safety |
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| | Essential Questions | What type of sports is this considered to be; aerobic vs anaerobic? | What types of movement skills are needed? | What rules and sportsmanship protocols are needed? |
| | Content | How does the F.I.T.T. principle fit into this sport and for your correct amount of physical activity needed? | Adapting the game to our situations in the gym. Modifications rules. Passing, Catching, Scoring from beyond the 3 point line. Defensive and offensive strategies discussed. Stealing, blocking, and intercepting are topics of discussions. Strategies needed for Team Handball. Specialty plays in the game. | Is teamwork required in each activity? How does integrity, honesty, respect, compassion, empathy, and collaboration pertain to the activity your involved with? |
| | Skills/ Activities | How do the training principles relate to this sport and your physical abilities in regards; 1. Overload 2. Specificity 3. Progression 4. Reversibility 5. Diminished Return | Station work to practice Warm up time to work on specificity of skills Round Robin Tournaments Bracket Tournaments Skill level Divisions | Problem solving skills will be worked daily |
| | Assessment | Self -Assessment | Teacher Observation Playing Performances Student Self Assessment Self Assessment final on written rules and guidelines for each sport played in class | Teacher Observation Student Self-Assessment. Self assessment on sportsmanship in class |

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| | Standards | 3.1 3.6 | 2.1 2.4 | 5.1 5.2 5.3 4.1 4.2 4.3 4.4 |
| | Equipment/Resources | Internet use for understanding of sports. Use in the gym with the in-focus machine. | Sports specific balls, jerseys, cones, nets, standards and goals needed. Also, painter tapes for extra lines needed | Sounds system for music or giving directions on a speaker. Music allows for a pleasant environment |

