

ASD Academic Plan

Physical Education: Basketball

Grade Level: 9-12 grade	Course Description: The purpose of this course is to introduce students to the basic skills and knowledge associated with basketball. By applying these principles through active participation, students develop the necessary skills and knowledge to play basketball. In addition, this course provides students with opportunities to improve physical fitness, acquire knowledge of fitness concepts and practice positive personal and social skills. Students will gain an understanding of how a wellness lifestyle affects one's health, fitness and physical performance.
Length: Semester	
Prerequisites: None	
Repeatable for additional credits: Unlimited	

Learning Outcomes At a Glance

QUARTER 1	QUARTER 2
Understand basic basketball rules, terminology, and safety concerns.	Understand basic basketball scoring and officiating procedures.
Demonstrate the six basic basketball skills of running, jumping, passing, catching, dribbling, and shooting.	Successfully participates in skill improvement and offensive game strategies.
Demonstrate the ability to perform individual offensive and defensive skills and strategies.	Consistently responds defensively to the opponent's play.
Demonstrate the ability to perform team offensive and defensive skills and strategies.	Demonstrate proper etiquette and good sportsmanship.
Understand and apply the knowledge of basic rules of basketball.	Develop an awareness of community resources and opportunities related to basketball.
Demonstrate proper etiquette and good sportsmanship.	Demonstrate an understanding of health-related fitness components: muscular strength, muscular endurance, and stress management.
	Assess current personal fitness levels.
	Identify the major muscle groups and their application to basketball.
	Improve personal fitness through participation in yoga, Pilates, muscular strength, muscular endurance, and flexibility activities.
	Assess basketball in terms of fitness value.
	Identify and apply injury prevention principles related to aerobic activities.
	Understand and correctly apply biomechanical and physiological principles related to exercise and training.
	Demonstrate an understanding of health problems associated with inadequate fitness levels.
	Demonstrate an understanding of sound nutritional practices as related to health and physical performance.

