

# Women's Physical Education 9

## Course Description:

### Goal 1: To demonstrate and apply basic volleyball knowledge and skills.

- \_\_\_\_\_ 1.1 The student will be able to perform the correct method of passing the volleyball.
- \_\_\_\_\_ 1.2 The student will be able to perform the correct method of setting the volleyball.
- \_\_\_\_\_ 1.3 The student will be able to perform the correct method of serving the volleyball.
- \_\_\_\_\_ 1.4 The student will be able to demonstrate volleyball skills in game play.
- \_\_\_\_\_ 1.5 The student will be able to identify correct game rules on a written test.

### Goal 2: To demonstrate and apply lacrosse knowledge and skills.

- \_\_\_\_\_ 2.1 The student will be able to perform the correct method of passing the ball.
- \_\_\_\_\_ 2.2 The student will be able to perform the correct method of catching the ball.
- \_\_\_\_\_ 2.3 The student will be able to perform the correct method of passing the ball while moving.
- \_\_\_\_\_ 2.4 The student will be able to perform the correct method of catching the ball while moving.
- \_\_\_\_\_ 2.5 The student will be able to perform the correct method of picking a ball up.
- \_\_\_\_\_ 2.6 The student will be able to perform the correct method of shooting.
- \_\_\_\_\_ 2.7 The student will be able to perform lacrosse skills in game play.

### Goal 3: To demonstrate and apply basic soccer knowledge and skills.

- \_\_\_\_\_ 3.1 The student will be able to dribble a soccer ball under control.
- \_\_\_\_\_ 3.2 The student will be able to perform a ball pull.
- \_\_\_\_\_ 3.3 The student will be able to perform a ball roll-over.
- \_\_\_\_\_ 3.4 The student will be able to perform a scissors move.
- \_\_\_\_\_ 3.5 The student will be able to perform a step-over move.
- \_\_\_\_\_ 3.6 The student will be able to pass a ball to another student while they are moving.
- \_\_\_\_\_ 3.7 The student will be able to trap a soccer ball to within 3-5 feet of themselves.
- \_\_\_\_\_ 3.8 The student will be able to control a ball with their chest.
- \_\_\_\_\_ 3.9 The student will be able to control a ball with their head.
- \_\_\_\_\_ 3.10 The student will be able to juggle a soccer ball for ten consecutive touches.

\_\_\_\_\_ 3.11 The student will be able to perform basic soccer skills in game play.

**Goal 4: To demonstrate and apply basic basketball knowledge and skills.**

- \_\_\_\_\_ 4.1 The student will be able to dribble a basketball with either hand.
- \_\_\_\_\_ 4.2 The student will be able to chest pass.
- \_\_\_\_\_ 4.3 The student will be able to bounce pass.
- \_\_\_\_\_ 4.4 The student will be able to baseball pass.
- \_\_\_\_\_ 4.5 The student will be able to catch a ball that has been passed to them.
- \_\_\_\_\_ 4.6 The student will be able to figure-eight dribble.
- \_\_\_\_\_ 4.7 The student will be able to spider dribble.
- \_\_\_\_\_ 4.8 The student will be able to perform a spin dribble.
- \_\_\_\_\_ 4.9 The student will be able to perform a cross-over dribble.
- \_\_\_\_\_ 4.10 The student will be able to perform a right-hand lay-up.
- \_\_\_\_\_ 4.11 The student will be able to perform a left-hand lay-up.
- \_\_\_\_\_ 4.12 The student will be able to attempt a jump-shot.
- \_\_\_\_\_ 4.13 The student will be able to demonstrate the proper defensive stance.
- \_\_\_\_\_ 4.14 The student will be able to properly box-out on a shot.
- \_\_\_\_\_ 4.15 The student will be able to rebound a shot ball and pivot.

**Goal 5: To demonstrate and apply basic softball knowledge and skills.**

- \_\_\_\_\_ 5.1 The student will be able to catch a thrown ball in their glove.
- \_\_\_\_\_ 5.2 The student will be able to throw a catch-able ball to a fellow student.
- \_\_\_\_\_ 5.3 The student will be able to catch a fly ball.
- \_\_\_\_\_ 5.4 The student will be able to field a ground ball and throw to a designated base.
- \_\_\_\_\_ 5.5 The student will be able to attempt to hit a pitched ball in fair territory.
- \_\_\_\_\_ 5.6 The student will be able to perform softball skills in a game setting.
- \_\_\_\_\_ 5.7 The student will be able to fill in a diagram of positions on a softball field

**Goal 6: To complete all the aspects of the Presidential Fitness Test.**

- \_\_\_\_\_ 6.1 The student will attempt the mile run in the Presidential Fitness Test.
- \_\_\_\_\_ 6.2 The student will attempt the shuttle run in the Presidential Fitness Test.
- \_\_\_\_\_ 6.3 The student will attempt push-ups in the Presidential Fitness Test.
- \_\_\_\_\_ 6.4 The student will attempt the sit and reach in the Presidential Fitness Test.
- \_\_\_\_\_ 6.5 The student will attempt the partial curl-up in the Presidential Fitness Test