**Lifetime Sports & Recreational Games**

**Rules and Procedures**

**Gym Rules:**

1. Be on time must be in the gym when the tardy bell sounds

2. Participate student must be actively involved in activity

3. Equipment use must be used as intended

4. Stay in Gym student must remain in gym until end of class unless given permission from the teacher

5. School Rules must follow all school rules (cell phones, theft, etc.)

**Gym Procedures:**

1. Attendance check in with the teacher as you enter the gym or at the beginning of class

2. Set-up/Dress set-up gym for activity

3. Dress Out optional

3. Activity student is expected to actively participate in the activity options within the time frame

posted in the gym

**Grading Procedure:**

* Participation 90% of your grade will come from participating in the daily activities posted by the teacher
* Tests 10% of your grade is based on either written, oral, or performance based tests related to the

focus sport being covered at that time

**Sports to be Covered:**

\* Q1/Q3 Volleyball – Soccer – Corn Hole – Ping Pong – Shuffle Board

\* Q2/Q4 Badminton – Basketball – Ping Pong – Corn Hole – Shuffle Board

**\* We are not responsible for lost, stolen, or damaged personal belongings.**

**I HAVE READ AND UNDERSTAND ALL INFORMATION REGARDING LIFETIME SPORTS / RECREATIONAL GAMES CLASS.**

**PARENT/GUARDIAN SIGNATURE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**STUDENT SIGNATURE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**PLEASE SEE REVERSE SIDE FOR HEALTH FORM TO COMPLETE**

Arlington Community Schools offers educational and employment opportunities without regard to race, color, national origin, religion, sex, or disability.

**HEALTH FORM**

**STUDENT NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Please indicate by checking if your child has any of the following conditions:

\_\_\_\_ Heart Problem \_\_\_\_ Seizure Disorder

\_\_\_\_ Asthma \_\_\_\_ Bone Disorder

\_\_\_\_ Vision Problem \_\_\_\_ Blood Disorder

\_\_\_\_ ADD/ADHD \_\_\_\_ Muscle Disorder

\_\_\_\_ Allergies (what kind?) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_ Other (Explain) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_ Medications that we need to be aware of: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**PLEASE CHECK THE ONE THAT APPLIES:**

\_\_\_\_ My child will be able to participate in the regular component of this Curriculum **without any restrictions.**

\_\_\_\_ My child will need the following restrictions in order to participate in this class:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

A note from the parent/guardian is required to excuse a student from participation. If the student needs to be excused from participation for more than two days, a doctor’s note will be required for the student.

**Parent Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**GROUP TEACHING GUIDELINES**

Your group will be responsible for teaching one sport for the semester. Each group will be given a specific sport to teach. Each group will be given two weeks to teach their sport to the class. Each person in your group will be given an individual and group grade for completing the following:

1. Detailed outline that covers the rubric provided by the teacher. (one person)
2. The rubric will contain terms, rules, history and basic play of the game
3. The detailed outline needs to have blanks in it for the class to fill in as the presenter is covering their assigned sport (example: \_\_\_\_\_ - a violation of the rules)= fault
4. All students demonstrating and or covering a particular skill must provide written information explaining how that skill is being presented and the purpose of the skill
5. All skills listed on the rubric must be taught by each member of that group except the student doing the outline

Group Start Dates for each Sport:

Volleyball: will start either the 15th or 16th

Soccer will start September 6

Flag Football will start September 26

Softball will start October 17

Basketball will start November 7

Badminton will start November 28

\*\* **Your semester/final exam will be terms that come from the rubric sport sheets**

**\*\* Groups are advised to google phrases such as ‘basic volleyball terms’ to help with completing the rubric. You may also use the following sites:**

**basketball:** [**www.breakthroughbasketball.com**](http://www.breakthroughbasketball.com)

**soccer:** [**www.soccer-fans-info.com/soccer-rules.html**](http://www.soccer-fans-info.com/soccer-rules.html)

**volleyball:** [**www.strength-and-power-for-volleyball.com**](http://www.strength-and-power-for-volleyball.com)

**badminton:** [**www.badminton-information.com/rules-ofbadminton.html**](http://www.badminton-information.com/rules-ofbadminton.html)

**flag football: Google NIRSA flag football rules**

**whiffleball:** [**www.majorleaguewhiffleball.com**](http://www.majorleaguewhiffleball.com)

**GROUP PROJECT RUBRIC GUIDE**

|  |  |  |  |
| --- | --- | --- | --- |
| SUBJECT | NEEDS IMPROVEMENT  (0-74) | AVERAGE – GOOD  (75-84) | GOOD – EXCELLENT  (85-100) |
| OUTLINE | Did not complete or follow the outline as instructed | Followed outline as instructed but did not complete | Followed outline as instructed and completed it in a detailed manner |
| SKILLS | Did very little in demonstrating the skill and did not explain how the skill relates to that sport. Did not turn in written description of skill being demonstrated | Demonstrated the skill in an acceptable manner but not explain how it relates to that sport. Did not give a detailed written description of the skill being demonstrated | Demonstrated the skill in detail.  Explained how the skill relates to that sport.  Turned in a detailed description of the skill being demonstrated |
| ORGANIZATION | Did a poor job of organizing stations to practice different skills as well as rotating in a timely manner | Stations were organized but did not have enough stations or different skills being practiced.  Station skill time was acceptable | Very organized within each station along with a variety of skills being practiced and in a timely manner |
| PLAY OF GAME  &  RULES | Did a poor job of explaining rules and how they apply to the play of the game | Did an acceptable job of knowing the rules and how they apply to the play of the game | Very knowledgeable of rules and how they apply to the general play of the game within that sport |

**SPORT OUTLINE**

1. **HISTORY**
2. Where did it originate
3. Who is the person responsible for inventing it
4. What year did it begin
5. How has it evolved from beginning to today
6. **TERMINOLOGY / EQUIPMENT**
7. Define all vocabulary terms for that sport in a matching format

dig set rally kill ace block dink fault spike side out

match bump overhead pass rally scoring

\_\_\_\_\_\_\_\_\_ when a serve touches the floor without anyone touching it

\_\_\_\_\_\_\_\_\_ when a team successfully spikes the ball

\_\_\_\_\_\_\_\_\_ a violation of the rules

\_\_\_\_\_\_\_\_\_ when a player jumps and returns the ball back to opposing team

\_\_\_\_\_\_\_\_\_ a soft shot done with fingertips sending the ball over the net

\_\_\_\_\_\_\_\_\_ keeping the ball in play without any faults

\_\_\_\_\_\_\_\_\_ when the receiving team wins the rally

\_\_\_\_\_\_\_\_\_ games played until a team wins 2 out of 3 or 3 out of 5 games

\_\_\_\_\_\_\_\_\_ passing the ball near the net to assist the spiker to hit a kill shot

\_\_\_\_\_\_\_\_\_ passing a spiked or hard hit ball

\_\_\_\_\_\_\_\_\_ a type of pass done with forearms together

\_\_\_\_\_\_\_\_\_ type of pass done with fingertips overhead

\_\_\_\_\_\_\_\_\_ when either team can score a point when a fault occurs

\_\_\_\_\_\_\_\_\_ hitting the ball with a strong downward angle into other court

1. List all equipment needed to play that sport
2. **RULES / BASIC SKILLS**
3. # of players needed to play the game
4. basic description of the game
5. offensive strategy
6. defensive strategy
7. basic rules of the game
8. list 5 to 10 basic skills needed to play (no description needed)