Miami Beach Senior High School

Course Title: Softball

## Course Number: 1503330

Instructor: L. Jackson

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**Goal:** The purpose of this course is to enable students to acquire basic knowledge of softball, develop skills in this specified sport, and maintain or improve health-related fitness.

**Course Topics:**

* Explain the skill-related components of balance, reaction time, agility, coordination, power, and speed and how they enhance performance levels.
* Evaluate the effectiveness of specific warm-up and cool-down activities.
* Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
* Analyze the mechanical principles as they apply to specific course activities.
* Analyze and evaluate the risks, safety procedures, rules, and equipment associated with specific course activities.
* Interpret and apply the rules associated with specific course activities.
* Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.
* Apply strategies for self improvement based on individual strengths and needs.
* Apply sport specific skills in simulation and in real-life applications.
* Select and apply sports/activity specific warm-up and cool-down techniques.
* Apply a combination of complex movement patterns in a game setting.
* Analyze and apply offensive, defensive, and transition strategies and tactics to reflect a higher order of thinking.
* Combine and apply movement patterns from simple to complex.
* Demonstrate advanced offensive, defensive, and transition strategies and tactics.
* Apply sport specific skills in a variety of game settings.
* Practice complex motor activities in order to improve performance.
* Demonstrate use of the mechanical principles as they apply to specific course activities.
* Select proper equipment and apply all appropriate safety procedures necessary for participation.
* Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.
* Demonstrate responsible behaviors during physical activities.
* Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
* Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.

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| Grade | Points | Interpretation |
|  A | 4 | Excellent |
| B | 3 | Good |
| C | 2 | Average |
| D | 1 | Improvement Needed |
| F | 0 | Unsatisfactory |

* Explore the role of games, sports, and/or physical activities in other cultures.

**Materials:**

* Miami Beach Senior High School website (miamibeachhigh.dadeschools.net)
* Notebook, Pen or Pencil and highlighter
* PE Uniform (solid red shorts, white shirt)
* EDMODO account

**Grading Criteria:**

40% Dress Policy

40% Participation

20% Written Assignments