Team Sports

The objective of team sports is to provide students with the proper knowledge and skills to perform sports successfully in a team environment. Students will display teamwork, communication skills, and sportsmanship during a game setting. The skills learned in this class can be applied to other areas of life and set the students up for a lifetime of success!

Sports Rules:

- Volleyball
- Ultimate
- Soccer
- Basketball
- Football
- Baseball

Sportsmanship during games:

- Accepting calls from an umpire or referee
- Encouraging teammates
- “Team before Me” ideology

Equipment

- Volleyballs/Nets
- Bats/Tennis balls
- Frisbee
- Soccer net/Soccer balls
- Footballs/Cones

How to improve sports-related skills

- Team related games daily
- Skill specific drills for each individual sport
- Proper conditioning for each sport