

Date: 2007-08				
Outdoor/Indoor	Sport/Unit	Skills	Level of Mastery	Illinois Learning Standard
			All reinforced skills have been introduced or mastered at previous levels. We are reinforcing previously learned skills.	
Outdoor	A. Softball			
	1. Skills	A1. Perform various skills efficiently to participate in the sport of softball.		19.A.4 & 5
		a. Throwing b. Catching c. Striking d. Running bases	Reinforce	
		e. Fielding f. Fielding positions	Mastery	
	2. Rules	A2. Apply rules and safety procedures in softball	Mastery	21.A.4b.
	3. Game Strategy	A3. Select and apply offensive, defensive strategies in softball	Reinforce	19.A.5 C.4b 21.A.4a, 4b, & 5 B.4
Outdoor	B. Flag Football			
	1. Skills	A1. Perform various skills efficiently to participate in the sport of football.		19.A.4 & 5

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		a. Passing b. Catching c. Centering d. Kicking/Punting	Reinforce	
	2. Rules	A2. Apply rules and safety procedures in football	Reinforce	21.A.4b.
	3. Game Strategy	A3. Select and apply offensive, defensive strategies in football	Mastery	19.A.5 C.4b 21.A.4a, 4b, & 5 B.4
Outdoor	C. Flickerball			
	1. Skills	A1. Perform various skills efficiently to participate in the game of flickerball.		19.A.4 & 5
		a. Passing b. Catching c. Shooting	Reinforce	
	2. Rules	A2. Apply rules and safety procedures in flickerball	Reinforce	21.A.4b.
	3. Game Strategy	A3. Select and apply offensive, defensive strategies in flickerball	Mastery	19.A.5 C.4b 21.A.4a, 4b, & 5 B.4
Outdoor	D. Soccer			

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	1. Skills	A1. Perform various skills efficiently to participate in the sport of soccer.		19.A.4 & 5
		a. Dribbling b. Trapping c. Passing d. Shooting e. Punting f. Throw-ins	Reinforce	
	2. Rules	A2. Apply rules and safety procedures in soccer	Reinforce	21.A.4b.
	3. Game Strategy	A3. Select and apply offensive, defensive strategies in soccer	Mastery	19.A.5 C.4b 21.A.4a, 4b, & 5 B.4
Outdoor	E. Lacrosse			
	1. Skills	A1. Perform various skills efficiently to participate in the sport of lacrosse		19.A.4 & 5
		a. Passing b. Catching c. Cradleing d. Shooting	Reinforce	
	2. Rules	A2. Apply rules and safety procedures in lacrosse	Reinforce	21.A.4b.

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	3. Game Strategy	A3. Select and apply offensive, defensive strategies in lacrosse	Mastery	19.A.5 C.4b 21.A.4a, 4b, & 5 B.4
Outdoor	F. Speed Ball			
	1. Skills	A1. Perform various skills efficiently to participate in the sport of speed ball.		19.A.4 & 5
		a. Dribbling (regular and air) b. Trapping c. Passing d. Shooting e. Punting f. Throw-ins g. Drop kick	Reinforce	
	2. Rules	A2. Apply rules and safety procedures in speed ball.	Reinforce	21.A.4b.
	3. Game Strategy	A3. Select and apply offensive, defensive strategies in speed ball.	Mastery	19.A.5 C.4b 21.A.4a, 4b, & 5 B.4
Outdoor	G. Tennis			
	1. Skills	A1. Perform various skills efficiently to participate in the sport of tennis.		19.A.4 & 5
		a. Serving b. Striking (forehand and backhand) c. Smash d. Lob	Reinforce	

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	2. Rules	A2. Apply rules and safety procedures in tennis.	Reinforce	21.A.4b.
	3. Game Strategy	A3. Select and apply offensive, defensive strategies in tennis.	Mastery	19.A.5 C.4b 21.A.4a, 4b, & 5 B.4
Outdoor	H. Archery			
	1. Skills	A1. Perform various skills efficiently to participate in the activity of archery.		19.A.4 & 5
		a. Aiming	Reinforce	
	2. Rules	A2. Apply rules and safety procedures in archery.	Mastery	21.A.4b.
Indoor	H. Volleyball			
	1. Skills	A1. Perform various skills efficiently to participate in the sport of volleyball.		19.A.4 & 5
		a. Passing (setting and bumping) b. Serving c. Spiking	Reinforce	
	2. Rules	A2. Apply rules and safety procedures in volleyball.	Reinforce	21.A.4b.

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	3. Game Strategy	A3. Select and apply offensive, defensive strategies in volleyball.	Mastery	19.A.5 C.4b 21.A.4a, 4b, & 5 B.4
	I. Floor Hockey			
	1. Skills	A1. Perform various skills efficiently to participate in the sport of floor hockey.		19.A.4 & 5
		a. Dribbling b. Passing c. Shooting	Reinforce	
	2. Rules	A2. Apply rules and safety procedures in floor hockey.	Reinforce	21.A.4b.
	3. Game Strategy	A3. Select and apply offensive, defensive strategies in floor hockey.	Mastery	19.A.5 C.4b 21.A.4a & 5 B.4
	J. Basketball			
	1. Skills	A1. Perform various skills efficiently to participate in the sport of basketball.		19.A.4 & 5
		a. Dribbling b. Passing c. Catching d. Shooting	Reinforce	
	2. Rules	A2. Apply rules and safety procedures in basketball.	Reinforce	21.A.4b.

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	3. Game Strategy	A3. Select and apply offensive, defensive strategies in basketball.	Mastery	19.A.5 C.4b 21.A.4a & 5 B.4
	K. Team Handball			
	1. Skills	A1. Perform various skills efficiently to participate in the sport of team handball.		19.A.4 & 5
		a. Dribbling b. Passing c. Catching d. Shooting	Reinforce	
	2. Rules	A2. Apply rules and safety procedures in team handball.	Reinforce	21.A.4b.
	3. Game Strategy	A3. Select and apply offensive, defensive strategies in team handball.	Mastery	19.A.5 C.4b 21.A.4a & 5 B.4
	L. Badminton			
	1. Skills	A1. Perform various skills efficiently to participate in the sport of badminton.		19.A.4 & 5
		a. Serving b. Striking (forehand and backhand) c. Smash d. Lob	Reinforce	

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	2. Rules	A2. Apply rules and safety procedures in badminton.	Reinforce	21.A.4b.
	3. Game Strategy	A3. Select and apply offensive, defensive strategies in badminton.	Mastery	19.A.5 C.4b 21.A.4a & 5 B.4
	M. Pickleball			
	1. Skills	A1. Perform various skills efficiently to participate in the sport of pickleball.		19.A.4 & 5
		a. Serving b. Striking (forehand and backhand) c. Smash d. Lob	Reinforce	
	2. Rules	A2. Apply rules and safety procedures in pickleball.	Reinforce	21.A.4b.
	3. Game Strategy	A3. Select and apply offensive, defensive strategies in pickleball.	Mastery	19.A.5 C.4b 21.A.4a & 5 B.4
	N. Bowling			
	1. Skills	A1. Perform various skills efficiently to participate in the sport of bowling.		19.A.4 & 5

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		a. Throwing b. Approach	Reinforce	
	2. Rules	A2. Apply rules and safety procedures in bowling.	Reinforce	21.A.4b.
				19.A.5 C.4b 21.A.4a & 5 B.4
	O. Outdoor Recreation (bocce ball, ladders, baggo, croque)			
	1. Skills	A1. Perform various skills efficiently to participate in the activities of outdoor recreation.		19.A.4 & 5
		a. Throwing b. Striking	Introduce Reinforce	
	2. Rules	A2. Apply rules and safety procedures in outdoor recreational games.	Reinforce Master	21.A.4b.
	P. Fitness			
		A1. Monitor intensity of exercise	Reinforce	20.A.
		A2. Apply rules and safety procedures in physical fitness activities	Reinforce	20.A.
	Q. Weight Lifting			

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		A1. Monitor intensity of exercise	Reinforce	20.A.
		A2. Apply rules and safety procedures in lifting weights.	Reinforce	20.A.
		A3. Create and implement personal workout program.	Introduce Reinforce	20
		A4. Assess and modify personal weightlifting program.	Introduce Reinforce	20