**LAKE SHORE HIGH SCHOOL**

**COURSE SYLLABUS**

**FOR**

**INDIVIDUAL SPORTS**

**Length of Term: 1 trimester Credit: ½**

1. **Course Description**

Students will learn that physical activity is an important part of a healthy life-style by participating in a wide variety of team and individual sports and activities. In each activity, skills, strategies and sportsmanship will be stressed. Students must dress and participate on a daily basis.

1. **Materials and supplies**

Suitable clothing includes a t-shirt/sweatshirt, short/sweatpants, athletic socks and tennis shoes. An additional $3.50 per week for 10 weeks to bowl.

1. **Course Content**

The activities covered will be: Golf, Frisbee Golf, Track and Field, Bowling, Pickleball, Weight Training and Badmiton.

1. **Outcomes**

By the end of the course students will have developed the skills necessary to live a healthy and active life-style. They will be able to:

* Demonstrate knowledge of rules, skills, strategies and sportsmanship that align with Michigan Content Standards and Benchmarks.
* Develop and maintain health-related levels of cardio respiratory endurance.
* Develop and maintain health-related levels of muscular strength and endurance.
* Develop and maintain health-related levels of flexibility.
* Demonstrate appropriate behaviors, which exemplify current personal and social characteristics.
1. **Student Expectations**
* The student will be prepared for class with appropriate attire.
* The student will respect each other, the teacher and school equipment.
* The student will be prepared to put forth their best effort, follow directions, be responsible and exhibit self-control.
1. **Grading Procedure**
* Students are given 20 points per day. (10 points for dressing and 10 points for participation)
* 90-100 – A

80- 89- B

70-79 – C

60-69- D

 59 or less F