

ASD Academic Plan

Physical Education: Softball

Grade Level: 9-12 grade	Course Description: The purpose of this course is to introduce students to basic skills and knowledge associated with softball. By applying these principles through active participation, students develop the necessary skills and knowledge to play softball. In addition, this course provides students with opportunities to improve physical fitness, acquire knowledge of fitness concepts and practice positive personal and social skills. Students will gain an understanding of how a wellness lifestyle affects one's health, fitness and physical performance.
Length: Semester	
Prerequisites: None	
Repeatable for additional credits: Unlimited	

Learning Outcomes At a Glance

QUARTER 1	QUARTER 2
Understand basic softball rules, terminology, and safety concerns.	Demonstrate an understanding of typical game strategy: tag up on a fly ball, when to bring the infield in, go for a double play
Demonstrate basic skills associated with softball, including hitting, throwing, catching, infield play, outfield play and base running.	Successfully participates in skill improvement and offensive game strategies.
Demonstrate the ability to hit and run the bases as part of a team offensive strategy.	Consistently responds defensively to the opponent's play.
Demonstrate the ability to field and throw the ball as part of a team defensive strategy.	Demonstrate proper etiquette and good sportsmanship.
Understand and apply the basic rules of softball (slow pitch) and terminology.	Develop an awareness of community resources and opportunities related to softball.
Demonstrate an understanding of safe play procedure and good sportsmanship.	Demonstrate an understanding of health-related fitness components: muscular strength, muscular endurance, and stress management.
	Assess current personal fitness levels.
	Identify major muscle groups and their application to softball
	Improve personal fitness through participation in aerobic, muscular strength, muscular endurance, and flexibility activities.
	Assess softball in terms of fitness value.
	Identify and apply injury prevention principles related to softball.
	Understand and correctly apply biomechanical and physiological principles related to exercise and training.
	Demonstrate an understanding of health problems associated with inadequate fitness levels.
	Demonstrate an understanding of sound nutritional practices as related to health and physical performance.