Beginning Team Sports is an entry-level course emphasizing beginner skills through a variety of activities designed to develop a foundation for future physical education classes. Course content should be created for students experiencing a formal physical education class for the first time.

By the End of Quarter One, I Can:

* Demonstrate a mastery of basic physical manipulative skills (throwing, catching, kicking, and striking a variety of objects).
* Participate as a member of a team within a variety of sports.
* Participate in a rhythmic activity.
* Demonstrate competency in motor skills both working alone and with a partner.
* Explain the rules of a variety of team sports.
* Explain the tactics and strategies needed to win in a variety of sports.
* Explain and demonstrate how physical movements must be linked to participate in sports and activities.
* Explain how learning skills in one sport can help in participating in another.
* Explain how playing on a team can help to develop skills needed as an adult in the workplace.
* Participate in a physical activity that lasts for more than 20 minutes.

By the End of Quarter Two, I Can:

* Demonstrate a mastery of basic physical manipulative skills (throwing, catching, kicking, and striking a variety of objects ).
* Explain how physical activity reduces my risk of disease caused by sedentary living therefore contributing to my health and wellness.
* Explain how my age and maturation affect my physical fitness.
* Explain how physical fitness can be a form of self expression.
* Demonstrate an understanding of the five elements of physical fitness – muscular strength and endurance, flexibility, cardiovascular fitness, and proper nutrition.
* Explain the importance of fair play, skill development, and participation with people of diverse backgrounds.
* Explain the ethical responsibilities of participating in group play.
* Explain the impact of proper nutrition on health and wellness.
* Self-officiate in recreational play and sports participation.
* Participate in physical activity that lasts for more than 20 minutes.