

Individual & Team Sports

RCAS Policies/Procedures:

Students will be required to follow all RCAS policies and procedures. To view the RCAS High School Student Handbook, click [handbook](#).

Course Description:

Students will experience a variety of coed sports to develop strength, speed, agility, balance, coordination, flexibility, muscular endurance, cognitive thinking skills, strategies and rules of games. Students will be expected to perform basic skills and complete written assignments.

Textbook:

N/A

Required Resources:

N/A

“Limited Choice” Resources: (students will be asked to choose at least one title from this list)

N/A

Student Choice:

Will student be asked to choose additional reading material from the classroom or school library?

No

Essential Questions:

1. What do we expect students to know and be able to do?
2. How will we know when they have learned it?
3. How will we respond when they do not know?
4. How will we respond when they do know?

Essential Learning Intentions:

1. Lifelong wellness
2. Social Emotional Learning
3. Performance and Decision Making in Class