



Course Outline: Extreme and Alternative Sports

Purpose: The purpose of this course is to provide the skills, knowledge, and motivation necessary for participation in non-traditional forms of physical activity. The integration of fitness concepts throughout the content is critical to student success in this course and in the development of a healthy physically active lifestyle.

Standards: MS Extreme/Alternative Sports

Length: 18 Week Course

Textbook Resources: N/A

Contact Information: Dillon Giorgis (dillon.giorgis@browardschools.com) or Troy Wheaton (troy.wheaton@browardschools.com)

Weeks	Unit	Lesson Concept	Standards Addressed	Notes/Resources
1-4	Introduction to class Unit 1: Building a Foundation and Fitnessgram	<p>Introduction to Fitness</p> <p>Introduction to Class: Class norms/expectations, locker rooms, teamwork, cooperation, sportsmanship, etiquette, safety</p> <p>Physical Education Components: Health, Physically Active Lifestyle, Benefits, Health related-fitness, physical fitness, skill related fitness, MVPA, Heart Rate, Principles of training, FITT, Specificity, Overload, progression, Aerobic, Anaerobic, fluid loss, heat illness, SMART Goal</p> <p>Health Education Components: Safe/Smart Physical Activity, Lifestyle Physical Activity, Health Related Fitness Components</p>	PE.8.R.6.2 PE.8.M.1.8 PE.8.L.3.2 PE.8.L.4.4 PE.8.L.3.4 PE.8.M.1.4 PE.8.C.2.6 MA.K12.MTR.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1	Canvas Resources
5-6	Unit 2: Ultimate Frisbee	<p>Ultimate Frisbee</p> <p>Physical Education Components: Backhand, Forehand, Hammer, Stationary, Motor skill, Distance, Accuracy, Power, Strength, Create, Weakness, Open Space, Strategy, teamwork, agility, flexibility MVPA, Physical Activity, Zone,</p>	PE.8.C.2.3 PE.8.C.2.5 PE.8.C.2.6 PE.8.L.3.3 PE.8.L.3.1 PE.8.R.5.5 PE.8.M.1.3	Canvas Resources

MS Team Sports – Broward County Public Schools

		Player to Player, Offense, Incomplete, Interception Principle of 3's, V cuts, Muscular Strength, Power	PE.8.M.1.9	
7-8	Unit 3: Pickleball	Pickleball Physical Education Components: Agility, Competency, Coordination, Motor Skill, Muscular Endurance, MVPA, Power, Reaction Time, Balance, Cardiovascular Endurance, Physical Activity, Etiquette	PE.8.C.2.2 PE.8.C.2.9 PE.8.C.2.5 PE.8.C.2.6 PE.8.R.5.5 PE.8.M.1.2 PE.8.M.1.3 PE.8.M.1.5 PE.8.M.1.7 PE.8.M.1.9 PE.8.L.3.1 PE.8.L.3.3	Canvas Resources
10-11	Unit 4: Flag Football	Flag Football Physical Education Components: History, Rules, Passing, Catching, Pass Routes, Offense, Defense, Strategy, Tactic, Officiating, Game Play, Scorekeeping, Quarterback, Runningback, receiver, 1 st down, downs, violation, line of	PE.C.2.2 PE.8.C.2.3 PE.C.2.6 PE.8.C.2.7 PE.8.L.3.1 PE.8.L.3.3 PE.8.L.3.5 PE.8.M.1.1	Canvas Resources

MS Team Sports – Broward County Public Schools

		scrimmage, offsides, touchdown, endzone, punt, field goal	PE.8.M.1.3 PE.8.M.1.4 PE.8.M.1.6 PE.8.R.5.3 PE.8.R.5.4 PE.8.R.5.5	
12-13	Unit 5: Team Handball	<p>Team Handball</p> <p>Physical Education Components: Throwing, Catching, Pat-Down Dribble, Volley, Handball, roll, cardiorespiratory endurance, competency, etiquette, MVPA, Physical Activity, Basketball, Soccer, Speedball, Motor Skill, Transition, Offense, Defense</p>	PE.8.C.2.7 PE.8.C.2.6 PE.8.C.2.5 PE.8.L.3.3 PE.8.M.1.3 PE.8.C.2.8 PE.8.C.2.3 PE.8.M.1.7 PE.8.L.3.1 PE.8.M.1.9 PE.8.R.5.5	<i>Canvas Resources</i>

MS Team Sports – Broward County Public Schools

14-15	Unit 6: Floorball	<p style="text-align: center;">Floorball</p> <p>Physical Education Components: Floor Hockey, Agility, Balance, Coordination, Reaction Time, Dribbling, Face-Off, Forehand, Backhand, Cardiorespiratory Endurance, Competency, Flexibility, Corner to Corner Pass, Teamwork, Motor Skill, 2 on 1, Keep Away, Strategy, Competition, Speed</p>	PE.8.C.2.3 PE.8.C.2.5 PE.C.2.7 PE.8.M.1.7 PE.8.C.2.8 PE.8.L.3.1 PE.8.L.3.3 PE.8.R.5.5 PE.8.M.1.4 PE.8.R.6.3 PE.8.M.1.3 PE.8.C.2.2 PE.8.R.6.2 PE.8.M.1.1 PE.8.M.1.2	<i>Canvas Resources Florida Panthers Resources</i>
16-18	Unit 7: Post-Tests and Conclusion	<p style="text-align: center;">Fitnessgram Post Assessment Common Assessment/End of Semester Celebration/Review prior content/Cooperative Games</p>		<i>Canvas Resources</i>

English Language Development ELD Standards Special Notes Section: [si.pdf \(windows.net\)](#)