

**Coach Laymon**  
**Team Sports**  
**Course Title: Team Sports**  
[Jared.Laymon@carrollcountyschools.com](mailto:Jared.Laymon@carrollcountyschools.com)

**Course Description:**

This course focuses on the fundamentals of team sports, including skills development, strategies, and the importance of physical activity for overall health and wellness. Students will engage in various team sports activities, learn about fitness concepts, and develop skills for setting and achieving personal health goals.

**Course Objectives:**

- Develop fundamental skills in a variety of team sports such as basketball, soccer, volleyball, football, pickleball, kickball, and possibly floor hockey and lacrosse. More team games may be added and some of the ones listed may not take place.
- **The schedule is subject to change, but students will be notified as to what we are doing.**
- Understand the rules, strategies, and tactics of different team sports.
- Promote teamwork, communication, and sportsmanship within a team setting.
- Learn about the benefits of regular physical activity for overall health and wellness.
- Develop strategies for setting and achieving personal fitness and health goals.
- Assess personal fitness levels and track progress over time.
- Understand the importance of proper nutrition, hydration, and rest in maintaining a healthy lifestyle.

**Assessment Methods:**

- Participation in team sports activities and drills
- Skills assessments in various team sports
- Written reflections on personal health and fitness goals
- Fitness testing (e.g., mile run, push-ups, sit-ups)
- Quizzes and exams on sports rules, strategies, and health concepts

**Google Classroom:**

- Some of our reflection assignments may be found here. We will turn some of these assignments in on Google Classroom and some we will write in our notebooks.

**4th Period Code:**  
pg3d3pz

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**Course Materials:**

- Athletic attire and footwear suitable for physical activity (tennis shoes only)
- Notebook for class assignments and reflections
- Stopwatch for timing fitness activities (not required)
- Access to a track or field for fitness testing

**Grading:**

- Participation and Effort: 40%
- Skills Assessments: 20%
- Written Assignments and Reflections: 20%
- Fitness Testing: 10%
- Quizzes and Exams: 10%

**Course Schedule:**

*Note: The following schedule is subject to change based on class progress and needs.*

**Week 1-2: Introduction to Team Sports/ Speed Ball**

- Overview of course objectives and expectations
- Introduction to various team sports
- Basic skills development (passing, shooting, dribbling, etc.)
  - SpeedBall
    - Combination of Soccer, Football and Basketball
    - Dribbling skills and passing skills for soccer
    - Passing and catching skills of basketball and football
    - Shooting skills for soccer
    - Shooting skills for basketball

**Week 3-4: Football/ Frisbee**

- Throwing, catching
- Wildcat ball (touchdown)
- Flag football
- Partner passing and catching game
- Capture the flag

**Week 5: Soccer**

- Fundamentals of soccer (dribbling, passing, shooting)
- Positional play and teamwork
- Small-sided games and full-field scrimmages

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**Week 6: Kickball**

- Rules and Techniques of Kickball
- kicking, fielding, and base running skills
- Intrasquad scrimmages

**Week 7: Wiffle ball/ Handball**

- Rules and Techniques of Wiffle Ball
- hitting, fielding, and base running skills
- Intrasquad scrimmages
- Throwing and catching for handball, and shooting

**Week 8-9: Track and Field**

- Identify events
- Running and jumping techniques
- Throwing techniques

**Week 10-11: Basketball**

- Rules and strategies for basketball
- Offensive and defensive tactics
- Skills drills and scrimmage games

**Week 12-13: Volleyball**

- Skills development (serving, setting, spiking)
- Offensive and defensive strategies
- Gameplay and scrimmage matches

**Week 14: Pickleball**

- Rules and technique
- Serving, returning, hitting styles

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**Week 15: Floor Hockey**

- Proper handling of the stick
- Rules and safety regarding the game
- Dribbling, passing, and catching
- Gameplay

**Week 16: Goal Setting and Fitness and Health (Review past games)**

- Setting personal fitness goals
- Strategies for improving endurance and stamina
- Nutrition and Hydration

**Week 17-18: Create your own Unit (something we have never played)**

- Skill development must be included
- Must be able to play as a team
- Involves different movements, running, jumping, throwing, catching
- This will be for your final assessments
- Rules of the game must be typed as well as the format for the skills
- You will work in groups of no more than 4 and no less than 2

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***We have read and both understand the syllabus. We both agree to abide by the expectations outlined in the syllabus and to actively participate in all class activities. We understand that participation, effort, and adherence to class guidelines are essential for success in this course.***

**As a Student, I commit to:**

- Attend all class sessions regularly and punctually.
- Actively participate in all team sports activities, drills, and discussions.
- Respect my classmates, coaches, and instructors, demonstrating sportsmanship and teamwork at all times.
- Strive to improve my skills in various team sports and contribute positively to the team environment.
- Complete all assigned readings, written reflections, and assessments to the best of my ability.
- Set and work towards achieving personal fitness and health goals throughout the duration of the course.

**As a parent, I commit to:**

- Encourage my child to actively engage in class activities and maintain a positive attitude towards physical fitness and health.
- Support my child in setting and achieving personal fitness goals by providing guidance and encouragement.
- Communicate with the instructor regarding any concerns or questions about my child's progress in the class.
- Ensure that my child attends class regularly and is prepared with the necessary attire and equipment for physical activity.

***By signing below, we acknowledge our understanding of the expectations for this class and agree to fulfill our respective roles to the best of our ability.***

Student's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*Please return this signed agreement to Coach Laymon by [specified date].*

***This is the only page that needs to be signed and returned to Coach Laymon.  
The first 2 pages are the student's/parents copy.***