

Stanberry R-II School District

Lifetime Sports

Time: 6th Period

Instructor: Shane Hilton

Office Hours: 4TH

Course Description:

This class will promote individual, and team sports, which can be continued and enjoyed throughout a life. This class will teach the proper rules and techniques for lifelong games and activities, such as golf, tennis, badminton, etc. This class will also promote the importance of weight training and conditioning as a lifelong activity. This class will teach proper techniques and reasons for lifting and conditioning. Students in this class will also learn the muscles of the body and which ones are used on each exercise.

Objective:

The main objective of this course is to provide the student with the necessary skills to promote an understanding of activities and exercises that can be continued through out life to achieve a healthy lifestyle.

1. The students will demonstrate a willingness interact with classmates, and create a positive and healthy classroom environment.
2. The students will attain knowledge that will allow them to live a full and healthy life.
3. The student will demonstrate an understanding of the skills they have learned, including games, activities, and exercises.

Evaluation

Participation	=45%
Proper attire	= 45%
Tests & Quizzes	=10%