



HORNET TARGETS

“CAN I?”



HIGH SCHOOL TEAM SPORTS PE

Discover · Explore · Practice · Create

Target #	Target	Can I?'s
TS.1	I CAN demonstrate competency in multiple movement skills in 2 or more lifetime activities such as; volleyball, badminton, slow-pitch softball etc.	<ul style="list-style-type: none"> • Demonstrate skills involved in a variety of team and dual sports?
TS.2	I CAN use strategies and tactics effectively in various sport units.	<ul style="list-style-type: none"> • Demonstrate multiple ways to play offense and defense in multiple games? • Understand how gameplay begins for multiple games?
TS.3	I CAN stay in my heart rate in the target zone, using a heart rate monitor.	<ul style="list-style-type: none"> • Demonstrate my ability to stay in my THRZ for a given time? • Demonstrate knowledge how THR is related to intensity of exercise?
TS.4	I CAN show respect for others and teamwork while engaging in physical activity.	<ul style="list-style-type: none"> • Demonstrate sportsmanship to others in the class? • Demonstrate the ability to follow classroom procedures?
TS.5	I CAN solve problems in gameplay both as an individual and in groups.	<ul style="list-style-type: none"> • Demonstrate the ability to solve common issues that occur in a physical activity setting? (Teams, offense/defensive, spacing) • Demonstrates the ability solve the problems related to scoring in various game play? (plays, movement, strategies)