

BHS Rec Games

GRADING:

NAME _____

PERIOD _____

PERS/SOC RESP/SAFETY (20)	/4	/4	/4	/4	/4	
SKILL (12/24):			APPLICATION 2 (4):			
APPLICATION 1 (4):			APPLICATION 3 (4):			
KNOWLEDGE (6)						
TOTAL (50):						

SKILL 1: OFFENSIVE SKILLS: In drills and lead up activities:

- Demonstrates basic fundamentals of passing.
- Demonstrates basic fundamentals of receiving a pass.
- Demonstrates movement for correct body positioning

SKILL 2: DEFENSIVE SKILLS – in drills and lead-up activities:

- Sets up in correct defensive positioning.
- Demonstrates basic defensive guarding and/or goalkeeping skills
- Ability to defend a player away from the ball.

SKILL 3: OFFENSIVE PLAY- in game situations:

- Demonstrates basic fundamentals of passing.
- Demonstrates basic fundamentals of receiving a pass.
- Demonstrates movement for involvement in play

SKILL 4: DEFENSIVE PLAY- in game situations:

- Sets up in correct defensive positioning.
- Demonstrates basic defensive guarding and/or goalkeeping skills.
- Ability to defend a player away from the ball.

TOTAL SKILL: /12-24

APPLICATION 1:

- 4** Students apply effective skills with few, if any, observable errors in technique. Students can consistently and effectively defend and use offensive skills in the presence of defensive pressure.
- 3** Students apply effective skills with some errors in technique. Students are inconsistent in defending and/or in using offensive skills in the presence of defensive pressure.
- 2** Students perform some skills showing a few elements of correct technique, but application is inconsistent and ineffective.
- 1** Students attempt skills but technique is not yet sufficient, resulting in consistently ineffective performance.

APPLICATION 2:

- 4** Students consistently apply effective strategic play, maintain proper spacing, and make decisive decisions to effectively adjust to game situations. Students transition smoothly between offensive and defensive roles.
- 3** Students apply appropriate offensive and defensive strategies in relation to other players, but seem hesitant or indecisive when reacting to game situations.
- 2** Students use some offensive and defensive skills appropriately, but show little contribution to team offense or defense.
- 1** Students use movements that are inconsistent with basic game strategy, and do not contribute to offense or defense.

APPLICATION 3:

- 4** Students apply rules, conventions of play, and terminology without hesitation or observable errors. Students announce the score correctly before restarting play after a goal or when asked.
- 3** Students apply major rules, conventions of play and terminology correctly, but make minor errors and/or seek confirmation from others. Students announce the score correctly before restarting play after a goal or when asked.
- 2** Students demonstrate a general understanding of the game, but need assistance from others to correctly apply rules, conventions, terminology and/or scoring.
- 1** Students consistently demonstrate incorrect application of rules, conventions of play, terminology and/or scoring. Students rely on direction from others to play correctly.

TOTAL APPLICATION: /12

Team Handball:

Rules of the Game:

Handball combines the elements of soccer and basketball, as six players move the ball down a floor that is larger than a basketball court and try to score by throwing the ball past a goalkeeper into the net. A successful scoring attempt results in the award of a single point. Typical final scores in this action-packed game run in the mid twenties.

Players are allowed to:

- Dribble the ball for an unlimited amount of time
- Run with the ball for up to three steps before and after dribbles
- Hold the ball without moving for three seconds.
- Steal the dribble from an opponent.

Players are not allowed to:

- Endanger an opponent with the ball.
- Pull, hit, or punch the ball out of the hands of an opponent.
- Contact the ball below the knees.
- Enter inside the 9m line with or without the ball (except the goalie).

Soccer/Basketball Vocabulary

DRIBBLING – A skill used to control the ball, using the hands or feet.

TRAPPING – The skill of stopping and controlling ball movement

PASSING – Controlled movement of the ball between teammates

ZONE DEFENSE – A defensive strategy where defensive players cover an area of the playing field.

MAN DEFENSE – A defensive strategy where defensive players cover/guard a specific offensive player.

PENALTY / FOUL – An infraction of the rules of the game, can be committed by either offense or defense

Ultimate Frisbee

OFFENSIVE RULES:

1. The offensive team must complete their throws to maintain possession.
2. A player is allowed 3 steps with the Frisbee in their possession and may pivot on a pivot foot.
3. The offensive player has 10 seconds to throw the disc.
4. A score is made when the Frisbee is caught by an offensive player in the endzone.
(The Frisbee cannot be carried or run into the endzone.)
5. Offensive players are not allowed to “block” or “pick”.

DEFENSIVE RULES:

1. Defender must have a distance of an arm’s length away from offensive player with Frisbee.
2. Defenders may block or intercept throws.
3. No contact is allowed with offensive players or a foul occurs, resulting in a free throw.

GAME RULES

1. Throw-Off- to start the game or after a score the Frisbee is thrown from the goalline.
2. Throws must be caught by the offensive team to maintain possession.
3. Teams switch ends after each score.

