

# Nontraditional Sports and Activities

Patrick Johnston

[pjohnston@bigfork.k12.mt.us](mailto:pjohnston@bigfork.k12.mt.us)

[pjohnston@bfsd38.org](mailto:pjohnston@bfsd38.org)

## Course Overview

Nontraditional sports and activities is a course that is designed to give students experiences and physical activities that they wouldn't normally be able to do in an ordinary gym class or fitness class. Students will be introduced to new sports (rules and maintenance), balancing techniques and how there are other activities that you can do that will allow you to live a healthy lifestyle while also staying active and fit.

## Course Objective

After participating in this course, students will

- Develop an understanding for unique sports such as hiking, backpacking, mountain biking, climbing, rugby, slacklining, lacrosse, etc.
- Learn ways to support these activities and ways to give back to the community and others who partake in it
- Learn and understand the history of those sports and how they originated
- Have the skills and understandings on what it takes to live a healthy lifestyle

## Course Description

Students will be introduced to a new topic at the beginning of each week. This may include the history of the sport/activity, the vocabulary that is tied into the sport/activity and/or a few videos that demonstrate how people actively participate in it.

Students will then be expected to participate in those activities, but there will NOT be any physical contact during any sports that might have it (rugby or lacrosse for example). Instead we will learn the proper throwing techniques and methods on how the sport operates.

Students will be expected to go on a "weekly Wednesday walk" where we will leave campus and take part in a walk or run down the wild mile.

## Course Grading

Students will largely be graded on participation, NOT on their abilities to perform. As long as students support and are actively participating with the rest of the class this will be the majority of the grade. Additionally, there will be occasional classwork and/or projects given that students are expected to complete as well.

## Participation Grade

*Participation points can NOT be made up.* If a student is absent or are unable to participate (with a parent note), their lack of participation will not count against their grade.

Students will receive full participation if they receive no redirections on their attitude and/or their lack of participating. Students with 1 - 3 redirections will receive partial participation for the day.

Students who **get over three** redirections during class or their attitude and/or lack of participating, they will NOT receive any participation points for the day.

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## Student Information:

Name:

List any physical restrictions the student may have:

How would you describe your overall health and well being?

## Parent Information

Name:

Contact Number:

Contact Email:

I give my child, \_\_\_\_\_, permission to participate in walking field trips from the school during their scheduled class time.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_