

Unit 4- Lifetime/ Recreational Activities

Content Area: **Basic Skills**
Course(s):
Time Period: **September**
Length: **1**
Status: **Published**

Enduring Understandings:

- Increase in physical fitness and sport-specific skills Foster new friendships and social inclusion among classmates
- Advance social and leadership competencies
- Being physically fit enhances quality of life.
- Deepen understanding of activity/game/sport rules and strategies
- Opportunities to develop movement confidence and competence in a variety of physical activities/activity settings
- Participating in lifetime/recreational activities can improve my personal level of fitness
- Rules are an essential element in ensuring safety, fairness, and enjoyment of lifetime/recreational activities

Essential Questions:

- How do you realize age- appropriate fitness?
- In what ways does participation in lifetime/recreational activities improve my personal level of fitness?
- What are specific skills that allow for successful participation recreational activities?
- What are the rules associated with a lifetime/recreational activity?

Lesson Titles:

- Bocce Ball
- Can-Jam
- Corn Hole
- Frisbee
- Introduction/ Orientation to Unified PE Unit 4

Career Readiness, Life Literacies, & Key Skills:

CRP.K-12.CRP1.1

Career-ready individuals understand the obligations and responsibilities of being a member of a community, and they demonstrate this understanding every day through their interactions with others. They are conscientious of the impacts of their decisions on others and the environment around them. They think about the near-term and long-term consequences of their actions and seek to act in ways that contribute to the betterment of their teams, families, community and workplace. They are reliable and consistent in going beyond the minimum expectation and in participating in activities that serve the greater

good.

CRP.K-12.CRP3.1

Career-ready individuals understand the relationship between personal health, workplace performance and personal well-being; they act on that understanding to regularly practice healthy diet, exercise and mental health activities. Career-ready individuals also take regular action to contribute to their personal financial well-being, understanding that personal financial security provides the peace of mind required to contribute more fully to their own career success.

CRP.K-12.CRP12.1

Career-ready individuals positively contribute to every team, whether formal or informal. They apply an awareness of cultural difference to avoid barriers to productive and positive interaction. They find ways to increase the engagement and contribution of all team members. They plan and facilitate effective team meetings.

Inter-Disciplinary Connections:

Individual lifetime and recreational activities cross over into many aspects of life. Students will have the opportunity to learn about the development of the human body through time and science. They will also discuss job and career opportunities that effect a healthy lifestyle. Students will also participate in leisure activities outside of school walls and incorporate social skills.

LA.WHST.9-10.2

Write informative/explanatory texts, including the narration of historical events, scientific procedures/experiments, or technical processes.

VPA.1.1.12

All students will demonstrate an understanding of the elements and principles that govern the creation of works of art in dance, music, theatre, and visual art.

TECH.8.1.12.B

Creativity and Innovation: Students demonstrate creative thinking, construct knowledge and develop innovative products and process using technology.

Equity Considerations

Asian American Pacific Islander Mandate

Topic (Person and Contribution Addresses): Younghoe Koo, Asian American NFL field goal kicker.

Materials Used: https://www.espn.com/nfl/story/_/id/30588259/how-younghoe-koo-career-went-nfl-nightmare-pro-bowl

Addresses the Following Component of the Mandate:

- Economic
- Political
- Social

Climate Change

<https://www.commonwealthfund.org/publications/explainer/2022/may/impact-climate-change-our-health-and->

[health-systems](#)

This article shares the importance of being aware of climate change as it relates to physical and mental health. Being in good health, and being able to adapt to ever-changing weather conditions is a key part of living and long, healthy life.

LGBTQ and Disabilities Mandate

Topic (Person and Contribution Addresses): LGBTQ players in sport and the Stigmas they carry

Materials Used: <https://www.nbcnews.com/think/opinion/first-openly-gay-nfl-player-carl-nassib-could-be-turning-ncna1271896>

Addresses the Following Component of the Mandate: The first openly gay man to actively play for the NFL at the time of coming out was not until 2021.

- Economic
- Political
- Social

Holocaust Mandate

Topic: Equal pay for women in sports.

Materials Used: <https://www.nytimes.com/2022/02/22/sports/soccer/us-womens-soccer-equal-pay.html>

Addresses the Following Component of the Mandate:

- Bias
- Bigotry
- Bullying
- Holocaust Studies
- Prejudice

Amistad Mandate

Topic: Racism in Sports

Materials Used: <https://www.nbcnews.com/news/world/english-soccer-has-been-blighted-racism-also-leads-charge-against-n1274180>

Addresses the Following Component of the Mandate: There are implicit biases and stereotypes across all sports, especially soccer. This article shares how a black soccer player was criticized for playing the sport and mocked when making mistakes in games, regardless of the skills that got him to the professional level.

- Contributions of African Americans to Society
- Slavery in America
- Vestiges of Slavery in this country

Instructional Strategies, Learning Activities, and Levels of Blooms/DOK:

- Classwork
- Game play
- Individual progress fitness assessment
- Reflection
- Rules
- Skills, safety, sportsmanship
- Technique Introduction
- Tournament
- Warm up/ Stretches/ Squad Line

Modifications

Benchmark Assessment

Performance tasks

Project-based assignments

Problem-based assignments

Presentations

Reflective pieces

Concept maps

Case-based scenarios

Portfolio

Benchmark Assessment

Writing prompt

Skills based assessment

Reading response

Formative Assessment:

- Anticipatory Set
- Closure
- Demonstrate
- Game Play
- Question of the Day
- Skill Set
- Squad Warm ups
- Warm-Up

Summative Assessment:

- Alternate Assessment
- Benchmark
- Marking Period Assessment
- Quiz/ demonstration Boccee Ball
- Quiz/ demonstration Can Jam
- Quiz/demonstration Corn Hole
- Quiz/demonstration Frisbee

Resources & Materials:

- Articles

- bocce ball game
- can jam game
- corn hole game and bean bags
- frisbee
- Gym
- Study Guides