Unit 6: PT- Indoor Recreational Games

Content Area: **Physical Education and Health**
Course(s): **Physical Education 9, Physical Education 10, Physical Education 11, Physical Education 12**
Time Period: **February**
Length: **15 blocks**
Status: **Published**

Enduring Understandings

This program provides action, trust, bonding, intriguing challenges and an atmosphere of positive social interaction.

Essential elements of cooperation, communication & trust develop in scenarios' of fun.

This program will emphasize the importance of participating in life long physical fitness activities and the benefits these activities will have on health and well being.

Essential Questions

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How do I know if I am progressively getting physically fit?

How does physical fitness impact one's sense of wellbeing?

What personal behaviors allow one to maintain fitness for a lifetime?

How does one balance everyday life activities with fitness activities to maintain fitness for a lifetime?

How does following directions make one successful?

How does one get and stay fit?

What are the components of lifelong health?

Content

cooperation, consideration, leadership, fun, communication, life long fitness, cardiovascular fitness, recreational activities

knockout, 3 on 3 basketball, horse, 21, four square, baggo, washers, indoor horseshoes, ladder golf, shuffle

board, badminton, bowling, pin bombardment, card fitness games, hula hoop activities, Marching, fitness games, bocce ball, horseshoes, ultimate frisbee, minature golf, indoor soccer. handball, pole ball

Skills

Big Idea: Cooperation, Work Ethic, Skills Development, Physical Fitness

Resources

Basketball, Pickle Ball, Badminton, Floor Hockey, Ultimate Frisbee, Triple Threat.

Pearson, Introduction to the Navy Junior Reserve Officer Training Corps, Wellness, Fitness and First Aid, Unit 5 - Chapters 1-10, Google Slides, Google Classroom, Google Docs,https://www.njrotc.navy.mil/curriculum.html

Standards

0xHPE.2.5.12	All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
0xHPE.2.5.12.A	Movement Skills and Concepts
0xHPE.2.5.12.A.1	Explain and demonstrate ways to apply movement skills from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball).
0xHPE.2.5.12.B	Strategy
0xHPE.2.5.12.B.1	Demonstrate and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies.
0xHPE.2.5.12.B.3	Analyze factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness.