Lifetime/Recreational Activities

Content Area: **Physical Education and Health**
Course(s): **Phys Ed 6, Phys Ed 7, Phys Ed 8**
Time Period: **June**
Length: **3 Weeks**
Status: **Published**

Transfer

Cooperation, Work Ethic, Skills Development, Physical Fitness

Enduring Understandings

Physical activity promotes personal growth, goal setting and enjoyment.

Pursuing physical activities promotes self-expression and provides opportunities for social and group interaction.

Essential Questions

Why is one activity more enjoyable than another?

How can we actively encourage others to pursue physical activities through our actions and positive experiences?

How can we identify individual movement and health-related fitness skills that require improvement?

Content

Fitness, Lifetime Skill Set, Spotters, Golf Terminology, Fishing Terminology, Ropes Course Terminology

Learning Objectives

Why is one activity more enjoyable than another?

How can we actively encourage others to pursue physical activities through our actions and positive experiences?

How can we identify individual movement and health-related fitness skills that require improvement?

Resources

Golf Clubs

Golf Balls

Golf Holes

Fishing Poles

Ropes

Hooks

Saftey Gear

Standards

HPE.2.1.8.A.CS1	Developing and maintaining wellness requires ongoing evaluation of factors impacting health and modifying lifestyle behaviors accordingly.
HPE.2.5.6.B.3	Analyze individual and team effectiveness in achieving a goal and make recommendations for improvement.
HPE.2.5.8.A	Movement Skills and Concepts
HPE.2.5.8.A.1	Explain and demonstrate the transition of movement skills from isolated settings (i.e., skill practice) into applied settings (i.e., games, sports, dance, and recreational activities).
HPE.2.5.8.A.2	Apply the concepts of force and motion (weight transfer, power, speed, agility, range of motion) to impact performance.
HPE.2.5.8.A.3	Create, explain, and demonstrate, as a small group, a planned movement sequence that includes changes in rhythm, tempo, and musical style (creative, cultural, social, and fitness dance).
HPE.2.5.8.A.4	Detect, analyze, and correct errors and apply to refine movement skills.
HPE.2.5.8.A.CS1	Movement skill performance is primarily impacted by the quality of instruction, practice, assessment, feedback, and effort.
HPE.2.5.8.B.1	Compare and contrast the use of offensive, defensive, and cooperative strategies in a variety of settings.
HPE.2.5.8.B.2	Assess the effectiveness of specific mental strategies applied to improve performance.
HPE.2.5.8.C.1	Assess player behavior for evidence of sportsmanship in individual, small-group, and team activities.
HPE.2.5.8.C.2	Summarize types of equipment, products, procedures, and rules that contribute to the safety of specific individual, small-group, and team activities.

HPE.2.5.8.C.3	Analyze the impact of different world cultures on present-day games, sports, and dance.
HPE.2.6.8.A.1	Summarize the short- and long-term physical, social, and emotional benefits of regular physical activity.
HPE.2.6.8.A.CS1	Knowing and applying a variety of effective training principles over time enhances personal fitness level, performance, and health status.