Unit 8 Recreational Activities

Content Area: **Physical Education and Health**
Course(s): **Physical Education/Health**
Time Period: **May**
Length: **4 weeks**
Status: **Published**

Enduring Understandings

Recreational activities use skills such as gross and fine motor, manipulative, and striking skills.

Recreational activities maintain muscular endurance.

Recreational activities maintain cardiovascular endurance.

Essential Questions

What recreational activities can I participate in to improve my muscular endurance?

Will recreational games maintain my cardiovascular endurance?

Skills

Demonstrate muscular endurance through recreational activities.

Demonstrate cardiovascular endurance through recreational activities.

Apply previous skills to recreational activities.

Standards

HPE.2.5.2	All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
HPE.2.5.2.A	Movement Skills and Concepts
HPE.2.5.2.A.1	Explain and perform movement skills with developmentally appropriate control in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).
HPE.2.5.2.A.2	Demonstrate changes in time, force, and flow while moving in personal and general space at different levels, directions, ranges, and pathways.
HPE.2.5.2.A.4	Correct movement errors in response to feedback.
HPE.2.5.2.A.CS1	Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.
HPE.2.5.2.B	Strategy
HPE.2.5.2.B.1	Differentiate when to use competitive and cooperative strategies in games, sports, and other movement activities.
HPE.2.5.2.B.CS1	Teamwork consists of effective communication and other interactions between team members.

Assessments

Observation of both fine & gross motor skills
Formative: Other Evidence:Other: Teacher Observation