

# Outdoor Recreational Games

Content Area: **Physical Education and Health**  
Course(s): **Physical Education 9, Physical Education 10, Physical Education 11, Physical Education 12**  
Time Period: **School Year**  
Length: **8 blocks**  
Status: **Published**

## **Transfer**

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

## **Enduring Understandings**

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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 can recreational games be modified to accommodate a variety of skill levels?

How do I improve my level of performance?

How does knowledge of the game score influence strategy?

To what extent does strategy influence performance?

## **Content**

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## Vocabulary

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

## Activities

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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, mathletics, indoor thera band activities, dice fitness games, bocce ball, horseshoes, ultimate frisbee, minature golf

## Learning Objectives

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Develop cardiovascular fitness through recreational activities.

Recognize different activities that use limited resources in modified settings.

Refine gross and fine motor skills including: throwing, catching, hand eye coordination.

Develop social interaction skills, sportsmanship, and cooperation through competitive activities.

## Standards

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HPE.2.5.12	All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
HPE.2.5.12.A	Movement Skills and Concepts
HPE.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).
HPE.2.5.12.B	Strategy
HPE.2.5.12.B.1	Demonstrate and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies.

## **Assessments**

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active participation

Formative: Other Evidence:Performance: Authentic Task

proper demonstration of skills, strategy, and rules

Formative: Other Evidence:Performance: Skill Demonstration

class discussions

Formative: Other Evidence:Oral: Discussion

written quizzes and tests

Formative: Other Evidence:Test: Written

teacher observation

Summative: Transfer Tasks:Other: Teacher Observation