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: **School Year**
Length: **8 blocks**
Status: **Published**

Transfer

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

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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Content

Vocabulary

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

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

Learning Objectives

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

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.
HPE.2.5.12.B.3	Analyze factors that influence intrinsic and extrinsic motivation and employ techniques to

enhance individual and team effectiveness.

Assessments

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