Project USE Level 1

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 risk-taking in a safe environment.

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

Individuals can learn more effectively by working through problems rather than being given solutions.

Experiencing dilemmas', stresses and problems in a healthy, partially controlled environment provides skills needed to prepare for life's situations.

Essential Questions

What techniques are used to secure solutions?

What is done to ensure all opinions are heard and valued?

With varied body sizes, skill abilities and cognitive functions, how does the team operate?

How will these situations help in real life?

Content

Vocabulary

Trust, guidance, cooperation, consideration, leadership, fun, compromise, adventure, problems solving, examining, trial and error, resolving, experimenting, initiatives, communication.

Learning Objectives

Demonstrate cooperation and consideration while searching for solutions to scenarios.

Compare and contrast “brawn vs. brain” as solutions to problems.

Use trial and error techniques to detect and correct errors preventing solutions.

Determine the part each person must play to actively secure a solution .

Determine and explore how a leader emerges and what problems, occur with too many leaders.

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.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.