# Adventure Ed

Content Area: **Health & Phys Ed**
Course(s): **Physical Education 9-12**
Time Period: **Semester 1 & 2**
Length: **4 weeks**
Status: **Published**

## Standards

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|---|---|
| P.1 | Acting as responsible and contributing member of society |
| P.2 | Building and maintaining healthy relationships |
| P.3 | Communicating clearly and effectively (verbal and nonverbal) |
| P.4 | Resolving conflict |
| P.5 | Attending to personal health, emotional, social and physical well-being |
| P.6 | Engaging in an active lifestyle |
| P.7 | Making decisions |
| P.8 | Managing-self |

## Enduring Understanding

1. Adventure Education is the collaborative working capabilities of each student performing small and large group activities.

**HE.9-12.2.2.12.MSC** - Movement Skills and Concepts - [Core Idea] - Advanced technique and concepts will elevate student's confidence, performance, skills, and participation in physical activity (e.g., games, sports, aerobics, fitness activities).

2. Adventure Education is comprised of problem solving, trust building, character development, and risk-taking.

**HE.9-12.2.3.12.PS** - Personal Safety - [Core Idea] - Consideration of the short- and long-term impact of decisions can assist individuals in determining whether a choice is likely to result in healthy or unhealthy consequences.

3. Belaying techniques are taught and demonstrated on a daily basis and performed by all students.

**HE.9-12.2.2.12.MSC** - Movement Skills and Concepts - [Core Idea] - Advanced technique and concepts will elevate student's confidence, performance, skills, and participation in physical activity (e.g., games, sports, aerobics, fitness activities).

4. Activities are designed to enhance confidence and self-awareness, which translates to overall wellness.

**HE.9-12.2.2.12.LF** - Lifelong Fitness - [Core Idea] - Healthy habits and behaviors are created by personal learning experiences, knowledge, beliefs, and goals towards living and maintaining a healthy lifestyle of fitness, self-expression, social interaction, and enjoying movement in a safe and healthy environment (e.g., golf, tennis, badminton, martial arts, bowling, kayaking, ping-pong, cricket, hiking, biking, swimming).

5. Adventure education promotes environmental and safety awareness.

**HE.9-12.2.3.12.PS** - Personal Safety - [Core Idea] - Consideration of the short- and long-term impact of decisions can assist individuals in determining whether a choice is likely to result in healthy or unhealthy consequences.

## Essential Questions

1. What contributed to your success/lack of success in these activities?
2. What was your role in creating a safe environment and why is safety such an instrumental part of this course?

3. What were the risks associated with the multiple activities?

4. Did you practice Challenge by Choice?

5. Were you more prone to the leadership roles or  were you more of a team participant?

## Knowledge and Skills

Performance expectations are

- Create a group community within class **HE.9-12.2.2.12.MSC.4**
- Problem Solve Collaboratively to accomplish a goal or task **HE.9-12.2.3.12.PS.1**
- Take risks and express creativity **HE.9-12.2.2.12.PF.2**
- Emerge as Leaders and take directives from peers **HE.9-12.2.2.12.LF.4**
- Experience Low and High Elements **HE.9-12.2.2.12.MSC.1**
- Master the Belay Technique **HE.9-12.2.2.12.MSC.2**

## TRANSFER GOALS

1. Students will be able to independently develop communication skills, promoting people skills and positive working relationships.

2. Students will build character and leadership skills that will help them to become productive members of society while ensuring the safety of their peers.

3. Students will be able to partake in activities beyond their comfort zones, which builds confidence, hence preparing them to succeed in the real world.

## Resources

- Silver Bullets Adventure Education Manual
- Adventure in the Classroom Curriculum Manual
- Project Adventure https://www.pa.org/
- PE Central website utilized by PE teachers to share and collaborate on specific lesson plan ideas: https://www.pecentral.org/

- Open Physical Education homepage is an organization that provides creative and unique lesson plans and ideas for all grade levels and activities: https://openphysed.org/

## Assessments

https://docs.google.com/document/d/1z90hu2-lCXoUTewriJPJTl5846tUuXMFSuMHD8is0yI/edit

## Modifications for Diverse Learners

https://docs.google.com/document/d/1cUIE1QRfV7jJNjgU2NdcW1x91UAyDENe/edit