Recreational Games

Content Area: **Health & Phys Ed**
Course(s): **Physical Education 9-12**
Time Period: **Semester 1**
Length: **3 weeks**
Status: **Published**

Standards

2.1.12.PGD	Personal Growth and Development The decisions one makes can influence an individual's growth and development in all dimensions of wellness.
2.2.12.MSC.2	Analyze application of force and motion (e.g., weight transfer, power, speed, agility, range of motion) and modify movement to impact performance. The quality of feedback from others, self-assessment as well as effort and repetition influences movement skills, concepts, and performance.
2.2.12.MSC.3	Design, lead and critique rhythmic and physical activity that includes variations in time, space, force, flow, and relationships (e.g., creative, cultural, social, aerobics dance, fitness).
2.2.12.MSC.4	Analyze etiquette, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance, participation, and behavior.
2.2.12.MSC.5	Develop rule changes to existing games, sports, and activities that enhance participation, safety, and enjoyment.
2.2.12.PF.1	Compare the short- and long-term benefits of physical activity and the impact on wellness associated with physical, mental, emotional fitness through one's lifetime.
2.2.12.PF.2	Respect and appreciate all levels of ability and encourage with care during all physical activities.
2.2.12.LF.1	Apply and share a movement and physical fitness vocabulary that is intrinsic to motivate oneself, to impact family, and others in a community.
2.2.12.LF.2	Develop a sense of openness and willingness when participating in physical fitness activity to share and learn experiences from your own and other cultures.
2.2.12.LF.3	Examine building to a level of fitness to successfully participate in a range of different physical activities during a lifetime.
2.2.12.LF.4	Exhibit responsible social behavior by including and cooperating with classmates of all skill levels, assisting when needed, and collaborating respectfully to solve problems in groups, teams, and in pairs during physical activity.
2.2.12.LF.5	Describe the social benefits gained from participating in physical activity (e.g., meeting someone, making friends, team work, building trust, experiencing something new).
2.2.12.LF.8	Identify personal and community resources to explore career options related to physical activity and health.

Enduring Understandings

1. Recreational games will enable students to interact physically, socially and competitively throughout their lifetime. **HE.9-12.2.2.12.LF** - [*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).

2. Physical and cognitive skills are necessary to participate in a variety of recreational activities. **HE.9-12.2.2.12.PF** - *[Core Idea] - Physical and emotional growth often relies on taking personal responsibility for developing and maintaining physical fitness levels that also provide opportunities for self-expression, enjoyment, and emotional satisfaction.*
3. To develop positive teamwork while competing in game situations. **HE.9-12.2.2.12.MSC.3** - *[Core Idea] - Individual and team execution requires interaction, respect, effort, and positive attitude.*
4. Understanding how recreational games and related activities can affect and benefit the overall individual. **HE.9-12.2.2.12.LF** - *[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. The ability to utilize decision making skills and goal setting fosters well rounded individuals. **HE.9-12.2.1.12.PGD** - *[Core Idea] - The decisions one makes can influence an individual's growth and development in all dimensions of wellness.*

Essential Questions

1. How can developing an understanding of rules and strategies improve your ability to particpate successfully in activities?
2. How can recreational games increase the fitness level of each individual?
3. Why is it important to perform well in groups with respect and good sportsmanship?
4. Why is it important to develop a love and understanding of physical activity?

Knowledge and Skills

Peformance Expectations Are:

- practice and perform basic to mid-level game skills (throwing, receiving, fleeing, dodging, evading). **HE.9-12.2.2.12.MSC.2**
- demonstrate acquisition of skills through game play as well as skill based assessment. **HE.9-12.2.2.12.MSC.2**
- utilize safe, efficient, and effective movement to develop and maintain a healthy active lifestyle. **HE.9-12.2.2.12.MSC.5**
- develop proper safety procedures, team play, and the ability to work well with others. **HE.9-12.2.2.12.LF.4**

Transfer Goals

1. Students will be able to independently transition to life long fitness activities through the engagement of recreation sports.

2. Students will be able to independently incorporate teamwork, work ethic, accountability, and character education into everyday living.
3. Students will be able to identify stressors and develop stress management plans through the use of cooperative game play.

Resources

Tennis for Beginners - https://www.youtube.com/watch?v=xERca-uM4kE

How to Play Kickball - https://www.youtube.com/watch?v=vvukFoXudy4

How to Play Wiffle Ball - https://www.youtube.com/watch?v=RIc5Ld_oSRM

How to Play Ultimate Frisbee - https://www.youtube.com/watch?v=2xAm6R33iQ0

Assessments

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

Modifications for Diverse Learners

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