

# Unit 1 - Cooperative Activities

Content Area: **Unified Arts**  
Course(s): **Physical Education 8**  
Time Period: **September**  
Length: **All Year**  
Status: **Published**

## Unit Summary

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Throughout the school year, cooperative games and activities are played to foster a positive environment in the gym as well as to nurture teamwork, and leadership. Activities promoting positive social skills allow the students to have fun, while learning the importance of eye contact, shaking hands and listening. More activities are used to promote critical thinking and teamwork.

## Standards

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HPE.2.5.6.B.3	Analyze individual and team effectiveness in achieving a goal and make recommendations for improvement.
HPE.2.5.8	All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
HPE.2.5.8.A	Movement Skills and Concepts
HPE.2.5.8.A.1	Explain and demonstrate the transition of movement skills from isolated settings (i.e., skill practice) into applied settings (i.e., games, sports, dance, and recreational activities).
HPE.2.5.8.B	Strategy
HPE.2.5.8.B.2	Assess the effectiveness of specific mental strategies applied to improve performance.
HPE.2.5.8.C	Sportsmanship, Rules, and Safety
HPE.2.6.8.A	Fitness and Physical Activity
HPE.2.6.8.A.5	Use the primary principles of training (FITT) for the purposes of modifying personal levels of fitness.
CAEP.9.2.8.B.3	Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.
TECH.8.1.8.D.CS2	Demonstrate personal responsibility for lifelong learning.

## Student Learning Objectives

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- Students will learn to use eye contact while practicing it in a non-threatening environment.
- Students will learn how to execute a "good" handshake with eye contact.
- Students will learn about first impressions and what they are made of.
- Students will learn how to be a leader, listener, and planner within groups.

## Essential Questions

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First Day of School

- How does creating a positive learning environment in the beginning of the school year, using character education concepts through physical activity, increase rapport and adherence to Physical Education rules and protocols?
- Why is a positive learning environment important to the success of a Physical Education program?

### **Combatives and Cooperatives**

- Why are team/cooperative activities important?
- What skills can I use in other settings?

## **Enduring Understandings**

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- Students will understand that a positive learning environment establishes a "class philosophy", which engages and inspires students to work together to achieve a common goal.
- Students will understand that teamwork and cooperation are skills necessary to attain goals in the classroom individually as well as in groups; this attitude and practice carry over in to real life situation.
- Students will understand that "Two or three heads, are better than one."
- Students will understand that not all groups are created equal and that choice of groups should be considered.

## **Application**

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- Students will be able to independently use their learning in their present classes, and future educational experiences as well in future group projects, either as a career or personal endeavors.

## **Skills**

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Students will be skilled at:

- Assigning roles within groups.
- Listening to peers and suggestions.
- Experimenting with different methods to reach the same goal.
- Breaking down the skills that are necessary to attain the goal.