09 Project Adventure

Content Area: **Health and Physical Education**
Course(s):
Time Period: **Marking Period 2**
Length: **3 Weeks**
Status: **Published**

Brief Summary of Unit

This unit will help to develop team play principles, sportsmanship, and cooperative learning in the activities throughout the unit of project adventure. Emphasis will be placed on problem solving, decision making, communication, team building, and goal setting.

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Standards

2.2.12.MSC.1	Explain and demonstrate ways to apply movement skills from one game, sport, aerobics, or recreational activity to another including striking skills (e.g., tennis, badminton, ping pong, racquetball, pickle ball).
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.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.PF.3	Design and implement a personal fitness plan, using evidence and evaluate how that reflects knowledge and application of fitness-training principles (FITT) and the components of skill related fitness.
2.2.12.PF.4	Determine the role of genetics, age, nutrition, sleep, the environment, and exercise type on body composition and personal health (e.g., anabolic steroids, human growth hormones, stimulants).
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.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.

Essential Questions

-To what extent does strategy influence performance in completing a collaborative problem solving task?

-How does team building translate to traditional sports and physical activity?

Students Will Know/ Students Will Be Skilled At

-Students will know the safety rules of each activity

-Students will know the long term psychological benefits of participation in adventure activities

-Students will knowhow to identify and display factors that promote positive self image

-Students will be skilled at related components of fitness involved in adventure activities

-Students will be skilled at the decision making skills of appropriate goal setting, risk taking, and problem solving through adventure learning

Learning Plan

-Explain and outline the requirements needed to participate in the group activity

-Discuss ways to practice good sportsmanship.

-Discuss the effectiveness of staying active for a lifetime.

-Review the goals and objectives for student learning and performance through project adventure

-Discuss the idea of challenge by choice and how it will apply throughout the unit

-Review the safety rules, policies, and procedures for use of all equipment

-Discuss strategies for success in group activities

Evidence/ Performance Tasks

-Teacher observation of skills and participation

-Student demonstrations of skills

Materials

-Gymnasium

-Music

-Various Sports Equipment

-a-frame

-rings fingers

-game frame

-trolleys

-wildside kit

-rock wall

-pipe line kit

-fleece balls

-key punch kits

-connectiles

-island sets

Suggested Strategies for Modifications

-Explanation and demonstration through kinesthetic, visual, and auditory manners.

-Skill Presentations

-Cooperative Learning Groups

-Differentiated Instruction