

Unit: Lifetime/Cooperative Activities

Content Area: **Physical Education**
Course(s): **Adaptive Physical Education**
Time Period: **8 weeks**
Length: **8 Weeks**
Status: **Published**

Unit Overview

Cooperative games emphasize participation, challenge, and fun rather than defeating someone. The emphasis is on play rather than competition but sportsmanship is an integral part of the lesson. Individual and team physical activity options are addressed, specifically ones that can be undertaken at any age, such as bowling, golf, yolf, and other lifelong activities and cooperative games.

Transfer

Students will be encouraged to think how these lifelong/cooperative games are the foundation for a healthy lifestyle-"why" are we participating in these activities?

Meaning

Understandings

Be able to move in a safe and controlled manner while demonstrating body awareness, confidence, and sportsmanship.

Essential Questions

How can strategies improve and develop improvement and enjoyment in activities and sports?

How can you acknowledge the contributions of others?

Application of Knowledge and Skill

Students will know...

The rules for the specific game or activity that is being played.

How to participate in group activities.

Apply previously taught mechanics when participating in sport specific games.

Students will be skilled at...

Following simple rules for an activity/game.

Participating in group activities.

Displaying proper sportsmanship during group activities.

Academic Vocabulary

Personal space

general space

sportsmanship

Learning Goal 1

Participate in group activities while following directions and maintaining their own personal space.

- Participate in group activities while following directions and maintaining their own personal space.

Target 1

TLW: follow simple rules for an activity and participate in group activities.

- TLW: follow simple rules for an activity and participate in group activities.

HE.K-12.2.5	All students will learn and apply movement concepts and skills that foster participation in physical activities throughout life.
HE.K-12.2.5.1	Access environments within home, school and the community for a variety of purposes.
HE.K-12.2.5.2	Perform, combine, and modify movement to participate in games, sports, and lifetime recreational pursuits.
HE.K-12.2.5.3	Choose and participate in physical activities for recreation.
HPE.2.5.12.B.CS1	Individual and team execution in games, sports, and other activity situations is based on the interaction of tactical use of strategies, positive mental attitudes, competent skill levels, and teamwork.
HPE.2.5.12.C.1	Analyze the role, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance and behavior.
HPE.2.5.12.C.2	Develop rule changes to existing games, sports, and activities that enhance safety and enjoyment.
HPE.2.5.12.C.CS1	Self-initiated behaviors that promote personal and group success include safety practices, adherence to rules, etiquette, cooperation, teamwork, ethical behavior, and positive social interaction.

Target 2

TLW: explore personal/general space

- TLW: explore personal/general space

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HPE.2.5.12.C.2	Develop rule changes to existing games, sports, and activities that enhance safety and enjoyment.
HPE.2.5.12.C.CS1	Self-initiated behaviors that promote personal and group success include safety practices, adherence to rules, etiquette, cooperation, teamwork, ethical behavior, and positive social interaction. Increasing mobility can promote access to various environments within the home, school and the community. Participation in recreational activities that involve movement skills can provide opportunities for students to identify activities that they enjoy and that promote good health.

Learning Goal 2

Apply skills in increasingly complex games/activities.

- Apply skills in increasingly complex games/activities.

Target 1

TLW: demonstrate mechanically efficient patterns of skills needed for cooperative games/activities

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HE.K-12.2.5.3	Choose and participate in physical activities for recreation.
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.CS1	Individual and team execution in games, sports, and other activity situations is based on the interaction of tactical use of strategies, positive mental attitudes, competent skill levels, and teamwork.
HPE.2.5.12.C	Sportsmanship, Rules, and Safety
HPE.2.5.12.C.1	Analyze the role, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance and behavior.
HPE.2.5.12.C.2	Develop rule changes to existing games, sports, and activities that enhance safety and enjoyment.
HPE.2.5.12.C.CS1	Self-initiated behaviors that promote personal and group success include safety practices, adherence to rules, etiquette, cooperation, teamwork, ethical behavior, and positive social interaction.

Summative Assessment

Self assessment

Paper/pencil assessment

21st Century Life and Careers

Students are introduced to 21st Century Life Skills that are critical, for personal, academic and social development. They are also introduced to career awareness information and to basic personal

financial literacy skills.

Formative Assessment and Performance Opportunities

Peer assessment

Teacher monitoring

Differentiation/Enrichment

Each student is provided an opportunity to be successful through the use of equipment and repetition.

Unit Resources

polyspots

cones

jump ropes

beanbags

various size/weighted balls

scooters

scarves

various pieces of equipment