

# Unit 5: Lifetime/Cooperative Activities

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

## Unit Overview

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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

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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

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## Understandings

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

## Essential Questions

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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**

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### **Students will know...**

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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...**

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Following simple rules for an activity/game.

Participating in group activities.

Displaying proper sportsmanship during group activities.

## **Academic Vocabulary**

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Personal space

general space

sportsmanship

## **Learning Goal 1**

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

HPE.2.5.4.A.2	Use body management skills and demonstrate control when moving in relation to others, objects, and boundaries in personal and general space.
HPE.2.5.4.A.4	Correct movement errors in response to feedback and explain how the change improves performance.
HPE.2.5.4.B.1	Explain and demonstrate the use of basic offensive and defensive strategies (e.g., player positioning, faking, dodging, creating open areas, and defending space).
HPE.2.5.4.B.2	Acknowledge the contributions of team members and choose appropriate ways to motivate and celebrate accomplishments.
HPE.2.5.4.C.1	Summarize the characteristics of good sportsmanship and demonstrate appropriate behavior as both a player and an observer.
HPE.2.5.4.C.2	Apply specific rules and procedures during physical activity and explain how they contribute to a safe active environment.

## **Target 1**

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

## **Target 2**

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TLW: explore personal/general space

## **Learning Goal 2**

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Apply skills in increasingly complex games/activities.

HPE.2.5.4.A.4	Correct movement errors in response to feedback and explain how the change improves performance.
HPE.2.5.4.C.1	Summarize the characteristics of good sportsmanship and demonstrate appropriate behavior as both a player and an observer.
HPE.2.5.4.C.2	Apply specific rules and procedures during physical activity and explain how they contribute to a safe active environment.

## **Target 1**

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

## **Summative Assessment**

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Self assessment

Paper/pencil assessment

## **21st Century Life and Careers**

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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.

WORK.K-4.9.1.4.1	The ability to recognize a problem and apply critical thinking and problem-solving skills to solve the problem is a lifelong skill that develops over time.
WORK.K-4.9.1.4.1	Collaboration and teamwork enable individuals or groups to achieve common goals with greater efficiency.
WORK.K-4.9.1.4.1	Brainstorming activities enhance creative and innovative thinking in individual and group goal setting and problem solving.
WORK.K-4.9.1.4.A.1	Recognize a problem and brainstorm ways to solve the problem individually or collaboratively.
WORK.K-4.9.1.4.A.2	Evaluate available resources that can assist in solving problems.
WORK.K-4.9.1.4.A.5	Apply critical thinking and problem-solving skills in classroom and family settings.
WORK.K-4.9.1.4.B.1	Participate in brainstorming sessions to seek information, ideas, and strategies that foster creative thinking.

## **Formative Assessment and Performance Opportunities**

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Peer assessment

Teacher monitoring

## **Differentiation/Enrichment**

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

repetition.

## **Unit Resources**

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polyspots

cones

jump ropes

beanbags

various size/weighted balls

scooters

scarves

various pieces of equipment