

# Unit: Recreational Activities 9-10

Content Area: **Physical Education**  
Course(s): **Physical Education I, Physical Education II**  
Time Period: **3 weeks**  
Length: **1 Marking Period**  
Status: **Published**

## Unit Overview

---

Recreational activities include a wide variety of individual and large group activities. These activities develop movement, skills, and strategies that will help identify the importance of lifetime activity. Teamwork, cooperation, and good sportsmanship behaviors enhance game play resulting in more enjoyable and successful movement experiences for all. Participating in an individual sport will help promote one's overall well-being by improving their overall fitness level in the following fitness areas: cardiorespiratory endurance, muscular strength, muscular endurance, and flexibility.

## Transfer

---

Students will be able to independently use their learning to...

- continue participating in recreational activities to benefit their physical, social, and mental well-being.
- understand how movement concepts are essential to continued self-correction and improvement.
- encourage them to participate in an recreational activities outside of the PE class.

---

For more information, read the following article by Grant Wiggins.

[http://www.authenticeducation.org/ae\\_bigideas/article.lasso?artid=60](http://www.authenticeducation.org/ae_bigideas/article.lasso?artid=60)

## Meaning

---

## **Understandings**

---

Students will understand...

- how to compare and contrast offensive and defensive strategies with teammates during a game.
- how to demonstrate proper sportsmanship and cooperation during the game.
- safety issues associated with recreational activities.
- the social aspect of participating in recreational activities.

## **Essential Questions**

---

Students will keep considering...

- How can participating in recreational activities contribute to overall wellness?
- How can understanding movement concepts improve my skill performance?
- What does good sportsmanship and teamwork look like and how does it positively affect game play?

## **Application of Knowledge and Skill**

---

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

---

Students will know...

- the rules of each recreational activity that will promote good sportsmanship to provide a positive atmosphere.
- historical and cultural influences on the different recreational activities.
- movement skills and error detections to improve the various skills used.

- transfer of movement skill concepts from one activity to another.
- using movement concepts to enhance performance- center of gravity/ base of support, weight transference.

### **Students will be skilled at...**

---

Students will be skilled at...

- applying the rules, safety, and score keeping during game play.
- use the proper throwing mechanics in each recreational activity.
- explaining the history of each recreational sport.
- applying offensive and defensive strategies during game play.

### **Academic Vocabulary**

---

- \* Underhand Toss
- \* Overhead Toss
- \* Kan Jam Terminology
  - Dinger
  - Deuce
  - Bucket
- \* Jackal

### **Learning Goal 1**

---

Utilize motor skills safely and efficiently for effective movement in recreational activities.

- Utilize motor skills safely and efficiently for effective movement in recreational activities.

HPE.2.5.12.A.1	Explain and demonstrate ways to apply movement skills from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball).
HPE.2.5.12.A.2	Analyze application of force and motion (weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.
HPE.2.5.12.A.4	Critique a movement skill/performance and discuss how each part can be made more interesting, creative, efficient, and effective.
HPE.2.5.12.A.CS1	Movement skill performance is primarily impacted by the quality of instruction, practice, assessment, feedback, and effort.
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.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 1**

---

Students will be able to demonstrate proper technique for various skills used including the grip, underhand toss, throwing an object while participating in a variety recreational games and activities.

- Students will be able to demonstrate proper technique for various skills used including the grip, underhand toss, throwing an object while participating in a variety recreational games and activities.

### **Target 2**

---

Students will demonstrate proper non-locomotive/locomotive movement while participating in an individual/large group activity.

- Students will demonstrate proper non-locomotive/locomotive movement while participating in an individual/large group activity.

### **Target 3**

---

Students will be able to perform the skills for recreational activities in a controlled and safe manner.

- Students will be able to perform the skills for recreational activities in a controlled and safe manner.

### **Learning Goal 2**

---

Demonstrate the importance of applying weight transference to enhance performance and improve success.

- Demonstrate the importance of applying weight transference to enhance performance and improve success.

HPE.2.5.12.A.2	Analyze application of force and motion (weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.
HPE.2.5.12.B.3	Analyze factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness.
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.

## **Target 1**

---

Students will be able to implement movement skills in isolated and applied settings.

- Students will be able to implement movement skills in isolated and applied settings.

## **Learning Goal 3**

---

Differentiate when to use competitive and cooperative strategies in games, sports, and other movement activities.

- Differentiate when to use competitive and cooperative strategies in games, sports, and other movement activities.

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.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.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 1**

---

Students will be able to apply effective offensive and defensive strategies during game play keeping in consideration the opponent's strengths and weaknesses.

- Students will be able to apply effective offensive and defensive strategies during game play keeping in consideration the opponent's strengths and weaknesses.

## **Target 2**

---

Students will be able to respect different levels of individual skill while participating in activity.

- Students will be able to respect different levels of individual skill while participating in activity.

## **Summative Assessment**

---

### \* Skill Performance

- > Teacher Observation
- > Skill Checklist

### \* Participation Performance

- > Teacher Observation
- > Self and Peer assessments

### \* Written Assessment

- > Open-ended questions

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

---

CRP.K-12.CRP1	Act as a responsible and contributing citizen and employee.
CRP.K-12.CRP3	Attend to personal health and financial well-being.
CRP.K-12.CRP12	Work productively in teams while using cultural global competence.

## **Formative Assessment and Performance Opportunities**

---

During drills and game play:

- Teacher observation
- Class participation
- Skill performance
- Self and peer assessments
- Open-ended questions

## **Differentiation/Enrichment**

---

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

## **Unit Resources**

---

- \* Plastic Garbage Cans for Kan Jam (Modified)
- \* Frisbees
- \* Sets of Washers
- \* Sets of Ladder Ball
- \* Sets of Bocci Ball
- \* Hockey Sticks
- \* Hockey Nets
- \* Floor Hockey Balls
- \* Mats
- \* Playground Balls
- \* Variety of equipment that will enhance student performance