

PE Unit 8: Recreational Games 2

Content Area: **Health & PE**
Course(s): **Health 1, Driver's Ed, PE 2, Health 4, PE 4, PE 3**
Time Period: **Generic Time Period**
Length: **Varies**
Status: **Published**

Unit Introduction

Students will learn various life long activities. These activities can be organized and executed in a variety of different environments. Students will learn to work independantly or with a team towards a common goal.

Standards

HE.9-12.2.1.12.A.1	Analyze the role of personal responsibility in maintaining and enhancing personal, family, community, and global wellness.
HE.9-12.2.5.12.A.1	Explain and demonstrate ways to transfer movement skills from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball).
HE.9-12.2.5.12.A.2	Analyze application of force and motion (weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.
HE.9-12.2.5.12.B.1	Demonstrate and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies.
HE.9-12.2.5.12.B.2	Apply a variety of mental strategies to improve performance.
HE.9-12.2.5.12.B.3	Analyze factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness.
HE.9-12.2.5.12.C.1	Analyze the role, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance and behavior.
HE.9-12.2.5.12.C.3	Determine the current impact of globalization and technology on the development of, participation in, and viewing of games, sports, dance, and other movement activities, and predict future impact.

Essential Questions

Why are leisure activities a critical dimension of the quality of life for all people?

To what extent does strategy influence performance in competitive games and recreational activities?

How does physical activity improve performance and reduce stress?

Content / Skills

Supplementary materials includes but not limited to:

- Frisbees
- Cans
- Bocce balls
- Cornholes and bean bags
- Horse shoes and pegs
- Polo sticks
- Gator balls
- Plastic bowling balls
- Nets
- Washers and Washer Boxes
- Ladder golf ladders
- Hi-Li scoops and balls
- Mats