

# Unit 06: Adventure Education

Content Area: **Health & PE**  
Course(s): **PE 01**  
Time Period: **Generic Time Period**  
Length: **3 weeks**  
Status: **Published**

## Unit Introduction

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Adventure Education will include activities that include teamwork, character building, and problem solving.

## Standards

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HPE.2.2.12.C.2	Judge how individual or group adherence, or lack of adherence, to core ethical values impacts the local, state, national, and worldwide community.
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.B.1	Demonstrate and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies.
HPE.2.5.12.B.2	Apply a variety of mental strategies to improve performance.
HPE.2.5.12.B.3	Analyze factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness.

## Essential Questions

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How will the use of team work effect every day life?

How will problem solving group activities effect everyday life?

How will character building activities effect every day life?

How can we improve our social and emotional learning?

## Content / Skills

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- social skills
- problem solving
- leadership

