

# Unit 07: Low Ropes

Content Area: **Health & PE**  
Course(s): **PE 01**  
Time Period: **Generic Time Period**  
Length: **2 weeks**  
Status: **Published**

## Unit Introduction

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Students will use the various equipment available on the low ropes course. Students will work collectively as well as individuals.

## Standards

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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.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.
HPE.2.5.12.C.2	Develop rule changes to existing games, sports, and activities that enhance safety and enjoyment.

## 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?

## Content / Skills

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- Problem Solving
- Teamwork

