

Participation Skills and Techniques

In this course, students will understand the multifaceted benefits of physical activity including enjoyment, challenge, self-expression and interaction.

- I. Forms of Movement
 - a. Create and implement loco motor, non-loco motor and manipulative skills.
 - b. Create and implement skills during lead-up games.
 - c. Create and implement common elements in various manipulative skills.
- II. Motor Skill Development
 - a. Create spatial concepts in a variety of games.
 - b. Transfer basic manipulative skills and concepts to specialized sport skills.
 - c. Create and implement sequences of movement skills in selected activities.
- III. Lifestyle
 - a. Create personal fitness and set goals.
 - b. Participate in a variety of health-promoting activities.
 - c. Practice the relationship between proper nutrition and physical activity.
 - d. Continue to apply the concepts of exercise frequency, intensity, time and type.
 - e. Develop a fitness program to measure and improve motor skills in at least three lifetime activities.
- IV. Responsible Behavior
 - a. Demonstrate sensitivity and the ability to resolve conflicts.
 - b. Create an environment showing respect for differences among people.
 - c. Identify inclusive and exclusive behavior.
 - d. Participate in activities with different genders, abilities, skills and cultures.
 - e. Conduct yourself in a way that ensures the physical and emotional safety of all students.
- V. Literacy
 - a. Use internet resources to create reports on activity, nutrition, and lifelong wellness.



DAVIS ESSENTIAL SKILLS & KNOWLEDGE

