

Outdoor Pursuits

Curriculum/Content Area: Physical Education	Course Length: 9 Weeks
Course Title: Outdoor Pursuits	Date last reviewed: May 2016
Prerequisites: PE 9 and Junior/Senior status	Board approval date: August 16, 2016
Primary Resource:	

Desired Results

Course description and purpose:

Outdoor Pursuits offers classroom and field experience in the areas of archery, team building, canoeing, fishing, rock climbing, frisbee golf, mountain biking, scuba diving, survival skills, rope tying and outdoor living. Activities are designed to teach students lifetime physical and recreational skills, providing an understanding of and respect for the environment in which these activities occur. ***The class will participate in several out of school field trips which require fees. These field trips are designed to enhance the students' experience in the course.**

<p>Enduring Understandings (EUs):</p> <ol style="list-style-type: none"> 1. Proficient movement skills provide competency in all physical activities. 2. There are necessary psychological and physical skills that will help support continued lifetime physical fitness. 3. Being active throughout life promotes a healthy lifestyle, and participating in a wide range of physical activities promotes personal health and wellness. 4. Demonstrating responsible and respectful behavior promotes positive personal and social success. 5. Everyone benefits from collaboratively working towards improved health and wellness 6. Physical activity promotes social, emotional, and physical well being of self and the community interaction. 	<p>Essential Questions (EQs):</p> <ol style="list-style-type: none"> 1. What different ways can the body move given a specific purpose? 2. How will you help a team be successful? 3. What does it mean to be an effective leader? 4. How can we move effectively and efficiently? 5. How do you determine whether a strategy is effective? 6. What can we do to be physically active and why is this important? 7. How do you assess risks? 8. How do we interact with others during physical activity? 9. How will physical activity help us now and in the future?
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Assessment Evidence

<p><i>Performance assessments include but are not limited to:</i></p> <ol style="list-style-type: none">1. FITNESSGRAM Pacer2. FITNESSGRAM Exercise Tests3. SMART Goal4. Argumentative Writing5. Common Unit Assessment (Rubric)	<p><i>Other assessments may include:</i> Classroom formative and summative assessments aligned to standards.</p>
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Unit Title: Sportsmanship
Topics: <ul style="list-style-type: none">• Daily Expectations
Standards:
<p>WI.PE.Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.</p> <p>A. Contributes to establishing a positive physical activity learning environment</p> <p>WI.PE.Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.</p> <p>A. Values physical activity as part of a healthy lifestyle.</p> <p>B. Incorporates opportunities for self-expression and social interaction.</p>
Learning Targets:
1. I can apply correct rules and procedures in all physical activity settings.

Unit Title: Transportation
Topics: <ul style="list-style-type: none">• Cross Country Skiing• Kayaking• Stand-up Paddleboarding• Snowshoeing
Standards:
<p>WI.PE.Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.</p>

- A. Demonstrates skill development.
- B. Demonstrates advanced skill application.

WI.PE.Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

- B. Applies and analyzes scientific principles of physical activity

WI.PE.Standard 3: Participates regularly in physical activity.

- A. Chooses to be physically active.
- B. Sets goals for a physically active lifestyle.

WI.PE.Standard 4: Achieves and maintains a health-enhancing level of physical fitness.

- A. Assesses and manages personal health behaviors.

WI.PE.Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

- A. Contributes to establishing a positive physical activity learning environment

WI.PE.Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

- A. Values physical activity as part of a healthy lifestyle.

Learning Targets:

1. I am able to demonstrate AND explain several motor skills and movement patterns needed to perform a variety of physical activities.
2. I can apply correct rules and procedures in all physical activity settings.
3. I can explain the benefits of participation in a variety of activities in competitive and recreational settings.

Digital Tools and Supplementary Resources:

Heart Rate Monitors

Unit Title:Target Sports

Topics:

- Ice Fishing
- Fishing
- Archery
- Frisbee Golf

Standards:

WI.PE.Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

- C. Demonstrates skill development.
- D. Demonstrates advanced skill application.

WI.PE.Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

- C. Applies and analyzes scientific principles of physical activity

WI.PE.Standard 3: Participates regularly in physical activity.

- A. Chooses to be physically active.
- B. Sets goals for a physically active lifestyle.

WI.PE.Standard 4: Achieves and maintains a health-enhancing level of physical fitness.

- B. Assesses and manages personal health behaviors.

WI.PE.Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

- A. Contributes to establishing a positive physical activity learning environment

WI.PE.Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

- A. Values physical activity as part of a healthy lifestyle.

Learning Targets:

1. I am able to demonstrate AND explain several motor skills and movement patterns needed to perform a variety of physical activities.
2. I can apply correct rules and procedures in all physical activity settings.
3. I can explain the benefits of participation in a variety of activities in competitive and recreational settings.

Unit Title: Aquatics and H2O Safety

Topics:

- Swimming
- Snorkeling/SCUBA

Standards:

WI.PE.Standard 1: Demonstrates competency in motor skills and movement patterns needed

to perform a variety of physical activities.

B. Demonstrates advanced skill application.

WI.PE.Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

B. Applies and analyzes scientific principles of physical activity

WI.PE.Standard 3: Participates regularly in physical activity.

A. Chooses to be physically active.

B. Sets goals for a physically active lifestyle.

WI.PE.Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

A. Contributes to establishing a positive physical activity learning environment

WI.PE.Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

A. Values physical activity as part of a healthy lifestyle.

Learning Targets:

1. I am able to demonstrate AND explain several motor skills and movement patterns needed to perform a variety of physical activities.
2. I can apply correct rules and procedures in all physical activity settings.
3. I can explain the benefits of participation in a variety of activities in competitive and recreational settings.

Unit Title: Survival Skills

Topics:

- Fire building
- Orienteering
- Snow Shelters
- Lean-to
- Orienteering

Standards:

WI.PE.Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

B. Applies and analyzes scientific principles of physical activity

WI.PE.Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

A. Contributes to establishing a positive physical activity learning environment

WI.PE.Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

A. Values physical activity as part of a healthy lifestyle.

B. Incorporates opportunities for self-expression and social interaction.

Learning Targets:

1. I am able to demonstrate AND explain several motor skills and movement patterns needed to perform a variety of physical activities.
2. I can apply correct rules and procedures in all physical activity settings.