



Recreational Games Launch Unit - Team-Building

Unit Focus

The launch unit for Recreational Games will focus on the theme of the course: Developing lifelong personal fitness through social and collaborative activities and skills. During the first unit, students will learn about and experience the importance of collaboration and positive peer relations in teambuilding activities. Emphasis will also be placed on the importance of physical activity and how group activities promote positive social interaction and overall physical health. Additionally, students will regularly engage in games played in other countries as they learn about these games' history, traditions, and social interactions. Students will also participate in practice rounds of the required state fitness test to establish benchmark data. Students will then engage in physical activities to improve their benchmark data before taking the official tests later in the course. Students will then reflect on this data to determine if and how their participation in recreational games improved their performance.

Stage 1: Desired Results - Key Understandings

Standard(s)	Transfer	
Healthy and Balanced Living Curriculum Framework Physical Education 9-12 • Demonstrates the ability to calculate target heart rate and apply that information to a personal fitness plan. (S3.H10.L1) • Demonstrates the ability to adjust pacing to keep heart rate in the target zone, using available technology (e.g., heart rate monitor), to self-monitor aerobic intensity (S3.H10.L2) • Demonstrates the ability to employ effective self-management skills to analyze barriers and modify physical activity patterns appropriately, as needed (S4.H1.L1) • Demonstrates the ability to exhibit proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance (S4.H2.L1) • Demonstrates the ability to use communication skills and strategies that promote team or group dynamics. (S4.H3.L1) • Demonstrates the ability to assume a leadership role (e.g., task or group leader, referee, coach) in a physical activity setting. (S4.H3. L2) • Demonstrates the ability to solve problems and think critically in physical activity and/or dance settings, both as an individual and in groups (S4.H4.L1)	<i>Students will be able to independently use their learning to...</i> T1 Develop and maintain positive relationships through team building, sportsmanship, and compassionate and candid conversations. T2 Respectfully and responsibly communicate with others from a variety of backgrounds and perspectives.	
	Meaning	
	Understanding(s)	Essential Question(s)
	<i>Students will understand that...</i> U1 Individuals and groups have the responsibility to identify common rules, and ideas for change based on the greater good. U2 Students demonstrate effective communication which involves active listening, speaking, and recognizing nonverbal behavior. U3 People choose when to demonstrate cooperation, collaboration, compromise and negotiation to build and maintain healthy relationships. U4 People who respect individual rights and roles engage in respectful exchanges that allows others to understand what is being shared. U5 Regular exercise and physical activity supports overall health and well-being by reducing the risk of chronic diseases, improving mental health, and providing opportunities for socializing and being part of a community.	<i>Students will keep considering...</i> Q1 How do we continue to work together even when we disagree? Q2 How can I help my group be productive? Q3 Do my actions and/or decisions have a negative or positive impact on my self or others? Q4 How do I respect my rights and the rights of others? Q5 Why is physical fitness important? Q6 How can I improve my physical fitness?

Stage 1: Desired Results - Key Understandings

- Demonstrates the ability to accept others' ideas, cultural diversity, and body types by engaging in cooperative and collaborative movement projects. (S4.H4.L2)
- Demonstrates the ability to apply best practices for participating safely in physical activity, exercise, and dance (e.g., injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protection). (S4.H5.L1)
- Demonstrates the ability to analyze the health benefits of a self-selected physical activity (S5.H1.L1)
- Demonstrates the ability to identify the opportunity for social support in a self-selected physical activity or dance. (S5.H4.L1)
- Demonstrates the ability to evaluate the opportunity for social interaction and social support in a self-selected physical activity or dance. (S5.H4.L2)

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- Self-Awareness: Examining current performance critically to identify steps/strategies to persist. (POG.4.1)

Acquisition of Knowledge and Skill

Knowledge

Students will know...

K1 Increase emphasis on the social aspects of working in teams and groups
K2 Understand that important social skills such as cooperation, communication, and problem-solving are skills that carry over into other areas of life, such as school and relationships.
K3 Understanding that encouragement of other group members to offer ideas and points of view will help the group be more successful.
K4 Respect that a solution may require honoring and other points of view.
K5 that assertive communication is a preferred method of communication that requires active listening, and understanding.
K6 perspectives, thinking through the situation, and speaking clearly.
K7 effective communication involves using "I statements rather than "you statements" and stating a reason (need, want, feeling)/ perspective to prevent further conflict.
K8 that refusal skills involve stating a reason, using an assertive voice, identifying options, using "I statements" rather than "you statements."
K9 "I statements" involve using your feeling, wants, and needs.
K10 acronyms that help them with communication: I SAY NO, CONFLICTTS, I TELL YOU, SLIDE

Skill(s)

Students will be skilled at...

S1 Employing self-management behaviors in order to have the ability to regulate one's emotions, thoughts, and behaviors effectively in different situations.
S2 Communication and collaboration skills which will help them prepare for success inside and outside of the classroom.
S3 Teamwork which teaches essential communication and social skills, such as active listening and effective speaking.
S4 Improves self confidence, while encouraging further participation in group activities.
S5 Problem-solving skills which will give them the ability to identify problems, brainstorm and analyze answers, and implement the best solutions
S6 Use communication strategies and skills effectively to present ideas to others.
S7 Analyzing and reflecting upon ideas while paying attention and listening in a variety of situations.