



Leisure PE - Unit 1 - Lawn Games

Unit Focus

Students will be introduced to the theme of this course which is focused on developing skills to participate in a variety of leisure activities that can be pursued throughout a lifetime to support physical, emotional, and social well-being. Students will learn activity-specific movements, rules, and etiquette for a variety of games and activities to make them comfortable joining in or proposing an activity. Emphasis will be placed on the importance of lifelong physical activity and opportunities to be social, both of which contribute to mental and emotional health. During this unit, students will engage in a variety of activities that can be done in a backyard or open space such as a field. The activities include but are not limited to frisbee games, golf, and small-sided cooperative precision games. Connecticut State Fitness Testing will take place during this unit.

Stage 1: Desired Results - Key Understandings

Standard(s)	Transfer	
Connecticut Comprehensive K–12 School Counseling Framework (2020) Counseling: 9-10 - Develop skills to balance and manage life events, personal issues, and school success (S/ E4.3) Healthy and Balanced Living Curriculum Framework Health Education 9-12 - Demonstrate healthy practices and behaviors to improve the health of oneself and others (SM 7.3.12) Physical Education 9-12 - Demonstrates competency and/or refines activity-specific movement skills in two or more lifetime activities (outdoor pursuits, individual performance activities, aquatics, net/wall games or target games). (S1.H1.L1) - Demonstrates the ability to apply the terminology associated with exercise and participation in selected individual performance activities, dance, net/wall games, target games, aquatics, and/or outdoor pursuits appropriately. (S2.H1.L1) - Demonstrates the ability to evaluate activities that can be pursued in the local environment according to their benefits, social support network and participation requirements. (S3.H4.L1) - Demonstrates the ability to use communication skills and strategies that promote team or group dynamics. (S4.H3.L1)	<i>Students will be able to independently use their learning to...</i> T1 Evaluate and identify mutually supportive group and individual relationships for the development of a positive and healthy self. T2 Demonstrate improved physical performance in skills and movement patterns.	
	Meaning	
	Understanding(s)	Essential Question(s)
	<i>Students will understand that...</i> U1 Students identify personal likes and dislikes and allot time to pursue their interests. U2 Individuals engage in stress reducing activities in order to maintain a balanced lifestyle. U3 Students demonstrate various strategies when making decisions to enhance health. U4 engaging in leisure activities is often beneficial to a person's overall health and well-being as physical and social activity can relieve stress, keep a body healthy and create a network of friends.	<i>Students will keep considering...</i> Q1 What are my unique strengths, weaknesses likes and dislikes? Q2 What control do I have over the path my life takes? Q3 How can I support and maintain my overall health and well-being? Q4 What strategies do I have to make health-enhancing decisions?
	Acquisition of Knowledge and Skill	
	Knowledge	Skill(s)
	<i>Students will know...</i> K1 respectful communication involves verbal, nonverbal and active listening.	<i>Students will be skilled at...</i> S1 refining activity-specific movements for lifetime leisure lawn games so that they can participate with a degree of competency in order to maintain lifelong

Stage 1: Desired Results - Key Understandings

- 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 selfselected physical activity (S5.H1.L1)
- Chooses an appropriate level of challenge to experience success and desire to participate in a self-selected physical activity. (S5.H2.L2)
- Demonstrates the ability to identify the opportunity for social support in a selfselected physical activity or dance. (S5.H4.L1)

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Product Creation: Effectively use a medium to communicate important information. (POG.3.2)

K2 how to use communication skills to structure their own gameplay.
K3 that when playing games, rules create the challenge and the challenge creates the fun.
K4 the mechanisms to throw a frisbee.
K5 the rules of various backyard games that they can participate in for a lifetime.
K6 how to access backyard games that they enjoy in their environment.

physical activity and social interactions for their overall health and well-being.
S2 participating in and developing activities that can be pursued in the local environment according to their benefits, social support network and participation requirements.
S3 using communication skills and strategies that promote team or group dynamics.
S4 choosing an appropriate level of challenge to experience success and desire to participate in a self-selected physical activity and creating an activity that allows others to self-select a desired level of challenge.
S5 demonstrates the ability to identify the opportunity for social support in a selfselected physical activity or dance.
S6 effectively applying understanding of lawn games and their benefits when creating and teaching a lawn game.