



Lifetime Pursuits - Unit 1 - Community-Based Activities

Unit Focus

Oftentimes, there are adult leagues or clubs in the community that promote health and fitness through a specific activity or sport. Students will engage in team activities that they could theoretically continue to engage in as an adult in their community in order to maintain a health-enhancing level of physical fitness as well as social-emotional well-being throughout their lifespan.

Stage 1: Desired Results - Key Understandings

Standard(s)	Transfer	
Connecticut Comprehensive K–12 School Counseling Framework (2020) Counseling: 11-12 <ul style="list-style-type: none">Prepare to take charge of their own mental health as they transition to postsecondary education and/or work (S/E4.5) Healthy and Balanced Living Curriculum Framework Health Education 9-12 <ul style="list-style-type: none">Analyze the role of individual responsibility in enhancing personal health. (SM 7.1.12) Physical Education 9-12 <ul style="list-style-type: none">Demonstrates the ability to discuss the benefits of a physically active lifestyle as it relates to college or career productivity. (S3.H1.L1)Demonstrates the ability to apply rates of perceived exertion and pacing. (S3.H3.L2)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 analyze the impact of life choices, economics, motivation and accessibility on exercise adherence and participation in physical activity in college or career settings. (S3.H5.L2)Demonstrates appropriate technique on resistance training machines and with free weights (S3.H7.L1)Demonstrates the ability to analyze the components of skill-related fitness in relation to life and career goals and designs an appropriate fitness program for those goals (S3.H12.L2)	<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 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 Students demonstrate various strategies when making decisions to enhance health. U3 Individuals select from a variety of strategies to use in order to reduce stress in applicable situations. U4 Individuals engage in stress reducing activities in order to maintain a balanced lifestyle. U5 Humans seek opportunities within their communities to improve upon the quality of their life and the lives of others.	<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 What strategies do I have to make health-enhancing decisions? Q4 Do my actions and/or decisions have a negative or positive impact on my self or others?
	Acquisition of Knowledge and Skill	
	Knowledge	Skill(s)
	<i>Students will know...</i> K1 the importance of participating in activities that promote lifelong fitness in order to improve their overall health and social-emotional well-being.	<i>Students will be skilled at...</i> S1 discussing the role of individual responsibility in enhancing personal health and the benefits of a physically active lifestyle as it relates to college or career productivity.

Stage 1: Desired Results - Key Understandings

- Demonstrates the ability to use communication skills and strategies that promote team or group dynamics. (S4.H3.L1)
- 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)
- 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 select and participate in physical activities or dance that meet the need for self-expression and enjoyment (S5.H3.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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- Product Creation: Effectively use a medium to communicate important information. (POG.3.2)

K2 the options that are typically available to people in their community and how to seek out opportunities to participate.

K3 that choosing activities that are enjoyable will help to increase the chances of participation.

K4 social engagement can occur in activities that are collaborative and cooperative but also can be done as an individual in a group setting.

K5 Vocabulary: TRX, isometric, concentric, eccentric, static, proprioceptive neuromuscular facilitation (PNF), dynamic, range of motion.

K6 that safety is paramount when choosing what physical activities to engage in and that many activities can be modified to fit a person's appropriate level of challenge.

S2 demonstrating the ability to evaluate, select and participate in physical activities or dance that meet the need for social interaction and support as well as self-expression and enjoyment.

S3 demonstrating ability to use communication skills and strategies that promote team or group dynamics, assume leadership roles and accept others' ideas, cultural diversity and body types by engaging in cooperative and collaborative activities.

S4 identifying types of strength exercises (isometric, concentric, eccentric) and stretching exercises (static, proprioceptive neuromuscular facilitation (PNF), dynamic) for personal fitness development (e.g., strength, endurance, range of motion).

S5 applying best practices for participating safely in physical activity by choosing an appropriate level of challenge to experience success and desire to participate in a self-selected physical activity.