

Introduction to PE: Recreational and Leisure Activities

ESTABLISHED GOALS:		
<u>Competencies:</u> - Students will demonstrate the ability to recognize that physical activity provides opportunities for enjoyment, challenge, self-expression, improved self-confidence and positive social interaction in order to lead a healthy lifestyle. - Students will demonstrate the ability to analyze and summarize text and integrate knowledge to make meaning of discipline-specific materials. - Students will demonstrate the ability to produce coherent and supported writing in order to communicate effectively for a range of discipline-specific tasks, purposes, and audiences. - Students will demonstrate the ability to speak purposefully and effectively by strategically making decisions about content, language use, and discourse style. <u>Content Standards:</u> - SHAPE.1 Develops a variety of motor skills. - SHAPE.2 Applies knowledge related to movement and fitness concepts. - SHAPE.3 Develops social skills through movement. - SHAPE.4 Develops personal skills, identifies personal benefits of movement, and chooses to engage in physical activity.	Transfer	
	Students will be able to independently use their learning to identify and maintain a healthy lifestyle.	
	Meaning	
	ENDURING UNDERSTANDINGS Students will understand that... - participating in team settings promote tolerance, empathy, communication skills and accountability. - participating in competitive and recreational activities will help promote relationship building and lifelong fitness. - participating in individual physical activities, improves the quality of one's life.	ESSENTIAL QUESTIONS Does the exercise value change if the competitive aspect changes?
	Acquisition	
	Students will know... - that recreational and leisure activities promote social, emotional and physical well-being. - that participating in recreational and leisure activities will help promote relationship building and lifelong fitness. - that many activities can be pursued in the local environment. - that effective self management can overcome barriers. - that there is etiquette and specific rules for recreational and leisure activities. - that there are specific safety precautions required in leisure and recreational activities. - that recreational and leisure activities can meet the need for self-expression and enjoyment. - the rules and techniques of recreational and leisure activities including but not limited to: Archery, Horseshoes, Boccee, 4 square, cornhole, can jam, spinning plates, juggling, diabolo,	Students will be skilled at... - demonstrating competency and/or refines activity-specific movement skills in two or more lifetime activities. - demonstrating competency in 1 or more specialized skills in health-related fitness activities. - applying the terminology associated with exercise and participation in selected activities appropriately. - using movement concepts and principles to analyze and improve performance of self and/ or others in a selected skill. - creating a practice plan to improve performance for a self selected skill. - evaluating – according to their benefits, social support network and participation requirements – activities that can be pursued in the local environment. - evaluating risks and safety factors that might affect physical activity preferences throughout their life

	<i>bowling, walking</i> <u>vocabulary:</u> <i>Knock, draw, anchor, release, quiver, leaner, ringer, throwing shoe,</i>	<i>cycle.</i> ● <i>participating several times a week in a self–selected lifetime activity outside of the school day.</i> ● <i>employing effective self management skills to analyze barriers and modify physical activity patterns appropriately, as needed.</i> ● <i>exhibiting proper etiquette, respect for others while engaging in physical activity.</i> ● <i>applying best practices for participating safely in physical activity, exercise.</i> ● <i>analyzing the health benefits of a self-selected physical activity.</i> ● <i>selecting and participating in physical activities that meet the need for self-expression and enjoyment.</i> ● <i>identifying the opportunity for social support in self selected physical activity.</i>
Content Area Literacy Standards		21st Century Skills
RST.9-10.1 Cite specific textual evidence to support analysis of science and technical texts, attending to the precise details of explanations or descriptions. RST.9-10.2 Determine the central ideas or conclusions of a text; trace the text's explanation or depiction of a complex process, phenomenon, or concept; provide an accurate summary of the text. RST.9-10.4 Determine the meaning of symbols, key terms, and other domain-specific words and phrases as they are used in a specific scientific or technical context relevant to <i>grades 9-10 texts and topics</i>. <u>WHST.9-10.4</u> Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.		● <i>Be self directed learner</i> ● <i>Manage goals and time</i> ● <i>Interact effectively with others</i>

<i>Evaluative Criteria</i>	<i>Assessment Evidence</i>
	PERFORMANCE TASK(S):
	OTHER EVIDENCE:

<i>Summary of Key Learning Events and Instruction</i>	
<i>Language Arts Integration</i>	<i>Mathematics Integration</i>
1.OA.1 Use	1.OA.1 Use
<i>Technology Integration</i>	<i>District Materials</i>
1.OA.1 Use	