

Course Title:	Lifetime Activities
Grade(s):	10-12

Course Description
This course is for students who want to participate in a variety of lifelong physical activities and wellness practices—such as walking, badminton, yoga, pilates, relaxation techniques, tennis, fitness and weight room exercises, pickleball, and frisbee—to promote healthy lifestyle choices beyond graduation.
Approved Curricular Materials/Textbook(s)

Unit Title	Unit Description (Include Unit Objectives)	Unit Pacing
Unit 1: Walking Unit	Students will participate in various walking activities as they learn about the benefits each brings to their health. During the unit, students will be able to: • Demonstrate locomotor walking patterns, adjusting speed and stride efficiently as they learn different styles of walking and varied terrains. • Follow all safety protocols and rules (proper hydration, appropriate attire, awareness of surroundings) to ensure a safe environment for themselves and their classmates. • Explain the health benefits of regular fitness walking, including how it reduces the risk of chronic diseases and improves mental well-being. • Reflect on their experiences to identify opportunities for social interaction and self-expression through physical activity, recognizing its overall contribution to a healthy lifestyle.	2 weeks (September)

Unit 2: Lawn Games	Students will learn various lawn games they can play with friends and family. Some of these games include kan jam, bocce, spikeball, and cornhole. Students will run their own tournaments in class. Students will be able to: • Demonstrate proper techniques and scoring when playing kan jam, bocce, spikeball, and cornhole. • Demonstrate a positive attitude while learning and participating with a teammate or against an opponent during various lawn games. • Cooperate & communicate in a positive and respectful manner.	1 week (September)
Unit 3: Tennis	Students will learn the rules and skills needed to play tennis, a fun and lifelong activity that can be played in the future. Students will be able to: • Demonstrate how to use the forehand and backhand hits during a rally. • Demonstrate how to execute an overhand serve in the correct service box. • Follow the rules and proper scoring to complete a set against an opponent. • Demonstrate respect for others during a match.	2 weeks (October)
Unit 4: Ultimate Frisbee	Students will participate in a fast-paced, non-contact team sport that allows them to use throwing and catching skills. This game allows teams to work together to build a strategy to be successful. Students will be able to: • Demonstrate knowledge of rules, scoring, and tactics. • Demonstrate proper skills related to throwing, catching, and defense. • Understand strategies related to ultimate frisbee, including spacing, passing, and defense.	1 week (October)
Unit 5: Weight Room Workout	Students will understand safety rules, etiquette, reps, sets, and rest as it relates to working out at a gym. Students will be able to create their own workout, which targets the main muscle groups: chest, back, biceps, triceps, shoulders, and legs.	2 weeks (October- November)

	Students will be able to: • Write a workout with exercises that relate to the muscle groups they are focusing on. • Perform exercises correctly with effort that will allow you to get the benefit from the workout. • Include a proper warm-up and cool-down in the workout. • Be respectful to students' different abilities when performing the workouts.	
Unit 6: Badminton	Students will learn various skills used to implement strategy into their game of badminton. Students learn the proper scoring and have a chance to play with a variety of people and compete in a tournament during class. Students will be able to: • Demonstrate the proper hits used in badminton, such as the clear, smash, drop, drive, and serve. • Participate in a game while showing understanding of the rules, scoring, and strategy. • Demonstrate understanding of game play by calling out the scores before serving, knowing who is serving, and acknowledging who scores the point after the rally. • Demonstrate respect and good sportsmanship during games played against opponents.	2 weeks (November)
Unit 7: Yoga	Students will learn basic yoga poses and sun salutations, and have an opportunity to create their own routines to share with their peers. Students will be able to: • Understand the benefits of incorporating yoga, mindfulness, and savasana into their lifestyle. • Demonstrate various breathing techniques that are used in yoga or mindfulness. • Demonstrate a variety of yoga poses with control of the body. • Be respectful of individual differences and a quiet space when performing yoga routines.	2 weeks (December)

Unit 8: Pilates	Students will understand the six core principles of pilates, identify the benefits of pilates, and learn how it can improve their overall fitness. Students will demonstrate basic pilate exercises with correct form and breathing. Students will be able to: • Perform a pilates routine while focusing on their form and breathing pattern. • Create a pilates routine they can perform in class.	2 weeks (December- January)
Unit 9: Pickleball	Students will learn various skills used to implement strategy into their game of pickleball. Students learn the proper scoring and have a chance to play with a variety of people and compete in a tournament during class. Students will be able to: • Demonstrate the proper hits used in pickleball, such as the dink, lob, volley, and serve. • Participate in a game while showing understanding of the rules, scoring, and strategy. • Demonstrate respect for opponents by calling out scores clearly before serving and acknowledging when the ball is out.	2 weeks (January)