



SCHOOL DISTRICT OF MONROE

Preparing for the Future, One Child at a Time

Adventure Education (Grade 10-12)

Course Description:

The curriculum for this course is developed from the [Wisconsin State Physical Education Standards](#). Adventure Education is an elective class that meets everyday. The students enrolled in the Adventure Education class will progress through an experientially-based program that emphasizes interpersonal relationships and individual growth. This course encourages students to develop greater self-confidence and, at the same time, acquire a sense of trust and commitment in their classmates. Non-traditional sports skills and team building skills will be emphasized and learned by the end of the trimester.

Mastery Standards:

Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Demonstrates mature form while striking objects in a variety of racquet sports. 1:4:A3

Plays modified team sports using all the basic skills and strategies of the sport and some advanced skills. 1:4:A7

Acquires skills to participate in a lifetime activity outside of school. 1:4:A8

Standard 3: Participates regularly in physical activity.

Participates willingly in a variety of physical activities appropriate for maintaining or enhancing a healthy, active lifestyle.

3:4:A1

Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

Works with peers willingly, regardless of skill level and individual differences in partner and small group situations. 5:4:A3

Demonstrates consistent decisions to ensure the safety of self and others. 5:4:A5

Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Participates in activities outside of school for self-enjoyment. 6:4:A1

Demonstrates, through verbal and nonverbal behavior, cooperation with peers of different gender, race, and ethnicity in a physical setting. 6:4:B1

Unit	Description of Unit and Learning Targets
<p>Unit Title: 7 Stages of Adventure Education/Team Building</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> How does teamwork, sportspersonship, and work ethic help accomplish life goals? 	<p>Students will.....</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> Demonstrate understanding of the sequential order of the seven stages of adventure education Actively participates in activities that promote problem solving and working towards a common goal
<p>Unit Title: Fitness Center/Intentional Fitness</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> How does fitness affect my body and overall health? 	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> Actively participate in fitness circuits that promote knowledge of equipment use now and outside of school Create and utilize workout plans to enhance individual fitness
<p>Unit Title: Belaying/Climbing(Single, Team, Self)</p>	<p>Students will...</p>

<p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> • What knots, and belay techniques are used to safely belay students on different high element challenges? 	<p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • Demonstrate how to tie certified climbing knots to be utilized during our climbing unit • Demonstrate proper climbing techniques to successfully climb high elements • Utilize effective communication to ensure safety when belaying and climbing the high elements
<p>Unit Title: Circus Skills</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> • How can trying circus skills help build confidence in other performance based skills? 	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • Cooperate in learning new, or enhancing, skills; juggling, diabolo, unicycle • Create and perform circus routine
<p>Unit Title: Volleyball</p> <p><u>Essential Questions</u></p> <ul style="list-style-type: none"> • How do teamwork and sportspersonship affect gameplay? 	<p>Students will.....</p> <p><u>Learning Targets</u></p> <ul style="list-style-type: none"> • Exhibits understanding of rules of volleyball • Demonstrates proper biomechanics of serve, pass, set • Demonstrates sportsmanship to both team and opposing team
<p>Unit Title: Spikeball</p> <p><u>Essential Questions</u></p> <ul style="list-style-type: none"> • What spikeball skills are necessary for success? 	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • Demonstrate the teamwork necessary to be successful in a game of Spikeball • Demonstrate appropriate sportsmanship when playing Spikeball
<p>Unit Title: Badminton</p> <p><u>Essential Questions</u></p> <ul style="list-style-type: none"> • What concepts and skills are essential for successful participation in these lifelong activities? 	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • Demonstrate knowledge of badminton skills necessary to be successful while playing in a game • Understand how to score a badminton game
<p>Unit Title: Snowshoeing</p> <p><u>Essential Questions</u></p> <ul style="list-style-type: none"> • How can snowshoeing contribute to someone's lifelong fitness? 	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • Actively participate in a snowshoeing excursion • Learn how to put on snowshoes and use them efficiently
<p>Unit Title: Pickleball</p> <p><u>Essential Questions</u></p> <ul style="list-style-type: none"> • How does participation in pickleball improve physical fitness? 	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • Perform proper pickleball biomechanics in serve and volley • Exhibit understanding of rules during pickleball game • Demonstrate proper scoring for pickleball
<p>Unit Title: Peer Teaching</p> <p><u>Essential Questions</u></p> <ul style="list-style-type: none"> • What skills learned from peer teaching can make you a better student and adult? 	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • Demonstrate a deeper understanding of the 7 stages of Adventure Education • Actively participate and cooperate during peer teaching • Demonstrate leadership skills amongst peers

<p>Unit Title: Orienteering</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> • How do you use a map and compass to find your way around different areas? 	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • Demonstrate a basic understanding of how a compass works • Successfully follow a geocache map • Create navigation map utilizing compass
<p>Unit Title: Kanjam</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> • What are the rules, skills and strategies used in the game of kanjam? 	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • Demonstrate proper frisbee throwing technique • Score a game of Kanjam correctly • Utilize teamwork to accomplish a common goal