



SCHOOL DISTRICT OF MONROE

Preparing for the Future, One Child at a Time

Recreational Games I

Course Description:

The curriculum for this course is developed from the [Wisconsin State Physical Education Standards](#). Recreational games 1 is an elective class that sophomores through seniors may take. Recreational games meets everyday for one trimester. Students will be exposed to a variety of team sports that will provide lifetime carry over value. Besides team sports, students will also be participating in fitness activities such as the fitness center, weight room, and functional fitness training. Students will apply the five components of fitness (muscular strength, muscular endurance, flexibility, body composition, and cardiovascular endurance) along FITT principle with different activities. Students will participate in fitness testing (height, weight, PACER test, sit ups, push ups, body row, and sit n reach) twice in a trimester. Participation in the class will help achieve and maintain a lifetime of physical wellness.

Mastery Standards:

Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities (1:4:A2, A3, A5, A7, B1)

Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities(2:4:A4, B1, & B7)

Participates regularly in physical activity(3:4:A1, A2,A3,& A4)

Achieves and maintains a health-enhancing level of physical fitness.(4:4:A2, A5, A6, A9, & A10)

Exhibits responsible personal and social behavior that respects self and others in physical activity settings (5:4:A1, A2, A3, & A4)

Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.(6:4:A1, A2, A3, B2, & B4)

Unit	Description of Unit and Learning Targets
<p>Unit Title: Flag Football</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> What are the basic skills needed to play football and how can I improve on these skills? 	<p>Students will be exposed to a variety of different strategies with both offense and defense. Each encouraging them to participate in the game and encouraging one another.</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> To encourage and motivate their classmates to work hard while completing interval workout. Motivate and encourage teammates during a game of flag football while following all the rules and showing good sportsmanship. Work within a team setting to figure out offensive and defensive strategies needed to be successful in flag football.
<p>Unit Title: Soccer</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> What skills are required to participate in the game of soccer? 	<p>Students will be able to develop and enhance the skills necessary to enjoy the benefits of soccer as a lifetime physical activity</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> Gently tapping the ball using the inside of the foot between the laces and big toe. Keep the ball close to your body when dribbling.

	<ul style="list-style-type: none"> • Demonstrate the proper techniques of dribbling, passing, and trapping with a partner.
<p>Unit Title: Volleyball</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> • Why are teamwork and communication important in volleyball? 	<p>Students will develop skills that include focusing on the development of serving, bumping, setting, volleyball rules and safety. Gaining more comfort level to participate in a lifetime activity.</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • Explain and demonstrate the transition of volleyball skills from a drill into a volleyball game. • Discuss how the principles of force and motion impact the quality of each volleyball skill. • Analyze how volleyball skills and games allow for teamwork. • Apply rules and procedures for volleyball and describe how they enhance participation and safety.
<p>Unit Title: Sabakiball</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> • What skills are used in sabakiball and are also used in other sports? 	<p>Students will find an enjoyable way for children of all ability levels to learn the sport together. Sabakiball offers a great form of physical fitness, but it also helps children to develop the skills needed in traditional sports.</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • Work on eye hand coordination and striking objects. • Passing to teammates and playing the game. • Work on cardiovascular endurance during drills and playing.
<p>Unit Title: Fitness Testing</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> • Why is it important to be physically fit and how can we stay fit? 	<p>Students will explain how the health related components of fitness affect performance when participating in physical activity. Students will recognize the benefits derived from regular, moderate, and vigorous physical activity</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • Complete as many correct push ups as possible. • Complete as many sit ups as possible in the time allowed.
<p>Unit Title: Fitness Center, Weight Room, and Functional Fitness</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> • What are the most effective ways to improve your fitness levels through strength training? 	<p>Students will be participating in ongoing strength training and conditioning promotes a healthy balance of overall fitness.</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • The proper use of safety equipment and spotting techniques decreases the likelihood of injury. • Proper care and use of equipment increases safety and longevity of the equipment. • The student will demonstrate an understanding of the importance of warm up and cool down routines.
<p>Unit Title: Basketball</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> • <i>What are the rules, skills, and game strategies involved in basketball?</i> 	<p>Students will learn the game of basketball and the teamwork that goes along with the game.</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • Apply the concepts of body awareness, time, space, direction, and force to movement. • Value physical activity and its contribution to lifelong health and well-being. • Demonstrate different types of passes and dribbling skill
<p>Unit Title: Angle ball</p>	<p>Students will develop the knowledge and awareness of physical fitness values through integrated activities.</p>

<p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> • What are the benefits of playing group games? • What individual skills and strategies can be utilized to improve team performance? 	<p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • Develop a sense of cooperation, fair play and sportsmanship through participation in and observation of class activities. • Develop an understanding of safety and first aid procedures unique to equipment used and skills acquired.
<p>Unit Title: Team Handball</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> • What type of defensive strategy is used in team handball? • What are some of the different offensive strategies used when you are the player without the ball? 	<p>Students will practice dribbling with both the dominant and non-dominant hand during a variety of practice tasks along with practice the lead pass off the dribble using correct form.</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • Can demonstrate good positioning, team communication and team support. • Can demonstrate the correct position for defensive and offensive coverage. • Can participate in activities to improve or maintain my fitness levels. • I can document my aerobic and flexibility work for the length of this unit.