



SCHOOL DISTRICT OF MONROE

Preparing for the Future, One Child at a Time

Recreational Games II

Course Description:

The curriculum for this course is developed from the [Wisconsin State Physical Education Standards](#). Recreational games 2 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 the 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
Unit Title: Basketball <u>Essential Questions:</u> <ul style="list-style-type: none">What are the rules, skills, and game strategies involved in basketball?	Students will learn the game of basketball and the teamwork that goes along with the game. <u>Learning Targets:</u> <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 skills
Unit Title: Angel ball <u>Essential Questions:</u> <ul style="list-style-type: none">What are the benefits of playing group games?	Students will develop the knowledge and awareness of physical fitness values through integrated activities. <u>Learning Targets:</u> <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.
Unit Title: Floor hockey	Students will develop eye-hand coordination, balance, agility, and

<p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> • What are the rules, skills, and game strategies involved in floor hockey? • How does participation in floor hockey improve physical fitness? 	<p>physical fitness. It also requires teamwork.</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • Include passing, receiving passes, shooting, stickhandling (dribbling), defensive skills and goaltending. • Students will know the scoring and safety with floor hockey. • Implementing the following concepts to improve our game strategy: positions, team play, offense and defense. • Practice good sportsmanship in group games and in skill games.
<p>Unit Title: Speedball</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> • What different ways can the body move given a specific purpose? • How can I move effectively and efficiently? 	<p>Students will be able to understand rules, strategies, and positions related to the speedball during the unit.</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • Explain the different ways to pass the soccer ball. • Explain the different conversions used in speedball. • Understand and explain the different scoring options. • Cooperate with teammates and sportsmanship.
<p>Unit Title: Badminton</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> • How can physical activity/sports provide a wide range of lifelong benefits? • What concepts and skills are essential for successful participation in these lifelong activities? 	<p>Students will gain an understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, and recreational activities.</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • Perform specific badminton related skills, serving, forehand and backhand shots • Demonstrate how to increase racquet and body control when performing Badminton skills. • Demonstrate the use of offensive, defensive, and cooperative strategies in badminton
<p>Unit Title: Nitro ball</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> • How does this activity increase cardiovascular skills, endurance, and agility? 	<p>Students will encourage cooperation, collaboration, movement, fitness, fundamentals, and fun all through this activity.</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • Develops hand-eye coordination • Builds teamwork and tolerance • Develops strategic thinking abilities
<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.

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| | <ul style="list-style-type: none">• The student will demonstrate an understanding of the importance of warm up and cool down routines. |
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