

## ASD Academic Plan

### Physical Education: Individual Recreational Games

**Grade Level: 9-12 grade**

**Length: Semester**

**Prerequisites: None**

**Repeatable for additional credits: Unlimited**

**Course Description:** This course will offer students a variety of recreational activities in which they can participate on an individual basis and learn skills applicable for a lifetime. Activities may include, but are not limited to, in-line skating, cross-country skiing, snowshoeing, Frisbee, power walking, ice-skating, jogging, orienteering and biking. Safety equipment as well as equipment appropriate for each activity will be required and must be furnished by each student.

### Learning Outcomes At a Glance

#### QUARTERS 1 and 2

*1-2 weeks each of inline skating, x-country skiing, snowshoeing, ice skating, power walking/jogging, orienteering, biking and/or any variety of individual recreational activities.*

*There is no specific order. Available teaching space, equipment, and weather conditions will vary the choices.*

Demonstrate basic skills associated with individual recreational activities and techniques.

Utilize and apply correct terminology for equipment, skills & proper safety procedures for individual recreational activities.

Identify opportunities for participation in individual recreational activities in the community.

Demonstrate an understanding of health-related fitness components: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, body composition, and stress management.

Assess current personal fitness levels.

Identify the major muscle groups and their application to all individual recreational activities.

Improve personal fitness through participation in aerobic, muscular strength, muscular endurance, and flexibility activities.

Assess each individual recreational activity in terms of fitness value.

Identify and apply injury prevention principles related to individual recreational activities.

Understand and correctly apply biomechanical and physiological principles related to exercise and training.

Demonstrate an understanding of health problems associated with inadequate fitness levels.

Demonstrate an understanding of sound nutritional practices as related to health and physical performance.