

## ASD Academic Plan

### Physical Education: Native Games

<b>Grade Level: 9-12 grade</b>	<b>Course Description:</b> The purpose of this course is to promote the cultural tradition of Alaska Native Youth Olympic events as well as other Native games. In addition to participation in a variety of Native game activities, this course provides students with opportunities to improve physical fitness, acquire knowledge of fitness concepts and practice positive personal and social skills. Students will gain an understanding of how a wellness lifestyle affects one's health, fitness and physical performance.
<b>Length: Semester</b>	
<b>Prerequisites: None</b>	
<b>Repeatable for additional credits: Unlimited</b>	

### Learning Outcomes At a Glance

QUARTER 1	QUARTER 2
<p>Demonstrate an understanding of the mechanics of the 10 Alaskan Native Youth Olympic events.</p> <p>Is able to describe the cultural significance of each of the 10 Native Youth Olympic events.</p> <p>Demonstrate an understanding of and participate in selected Native/Indian World Game events and other Native cultural games.</p> <p>Demonstrate an understanding of community resources and opportunities related to Native Youth Olympics and/or Native Culture.</p> <p>Assess current personal fitness levels.</p>	<p>Assess Native games activities and skills in terms of lifelong fitness.</p> <p>Demonstrate an understanding of health-related fitness components: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.</p> <p>Willingly participates in native games as a component of an active lifestyle.</p> <p>Assess current personal fitness levels.</p> <p>Identify the major muscle groups and their application to Native games.</p> <p>Improve personal fitness through participation in aerobic, muscular strength, muscular endurance, and flexibility activities.</p> <p>Have a basic understanding of nutritional practices as related to health and physical performance.</p>