

ASD Academic Plan

Physical Education: Recreational Games

Grade Level: 9-12 grade

Length: Semester

Prerequisites: None

Repeatable for additional credits: Unlimited

Course Description: The purpose of this course is to offer a variety of activities to the student who enjoys the fun of games. The games will be recreational in nature. These activities may include: speedball, ultimate Frisbee, floor hockey and non-contact lacrosse. Each activity will be a maximum of two weeks in length. In addition, this course will provide opportunities to improve physical fitness, acquire knowledge of fitness concepts, practice positive personal and social skills and gain an understanding of how a wellness lifestyle affects one's health, fitness and physical performance.

Learning Outcomes At a Glance

QUARTERS 1 and 2

1-2 weeks each of Lacrosse, Floor Hockey, Speedball, and Ultimate Frisbee and/or any variety non-contact recreational games. There is no specific order. Available teaching space, equipment, and weather conditions will vary the choices.

Demonstrate basic skills associated with team recreation games and tactics.

Demonstrate the ability to perform several offensive and defensive strategies.

Utilize and apply the knowledge of recreation games' rules, terminology, and scoring procedures.

Demonstrate proper court etiquette and good sportsmanship.

Identify opportunities for participation in team recreation games 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 team recreation games.

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

Assess each team recreation game in terms of fitness value.

Identify and apply injury prevention principles related to team recreation games.

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.