



High School Lifetime Sports

The following learning targets represent the major concepts studied and assessed in this course.

Semester Class:

Course Objectives:

- Participates several times a week in a self-selected lifetime activity, dance or fitness activity outside of the school day. (S3.H6.L1)
- Applies best practices for participating safely in physical activity, exercise and dance (e.g., injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protection). (S4.H5.L1)
- Refines activity-specific movement skills in one or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games or target games). (S1.H1.L2)
- Apply appropriate tactics and strategies in various activities (S2.H5.L1)
- Selects and REGULARLY participates in physical activities or dance that meet the need for self-expression, personal meaning and enjoyment. (S5.H3.L2)
- Provides support and positively receives social interaction while engaged in physical activity. (S5.H4.L2)

Unit 1: Personal, Safety and Social Domain

- I can safely use all facilities and equipment appropriately.
- I can demonstrate proper social etiquette in all activities.
- I can accurately describe the equipment and its purpose within the space provided.
- Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance.

Unit 2: Outdoor Recreational (walking, hiking, orienteering, geocaching)

- Students will be able to differentiate between landscapes in the outdoors and

determine energy expenditure used to complete the task

- Students will be able to follow guidelines to navigate to different points of interest
- Students will be able to properly utilize a compass/geocaching app to complete tasks

Unit 3: Disc Games

- Students will be able to throw with the correct technique
- Students will be able to pass with the correct technique
- Students will be able to understand the basic rules of frisbee golf, and saucer slam

Unit 4: Golf

- Students will be able to hold a golf club with the correct technique
- Students will be able to keep score in the game of golf
- Students will be able to differentiate between the clubs and the purpose of each
- Students will be able to assess different range of shots and determine the best practice for each

Unit 5: Recreational Games (washers, cornhole, horseshoes, Ladder Golf, Kan-Jam, etc)

- Students will be able to understand throwing technique as it applies to each recreational sport
- Students will be able to understand scoring in each sport/activity.
- Students will be able to apply different techniques and concepts for each activity as it applies.

Unit 6: Net Games (pickleball, Badminton, tennis)

- Students will be able to serve with the correct technique
- Students will be able to understand the basic rules of table tennis, and badminton
- Students will be able to understand offensive and defensive strategies of table tennis, badminton, rohlf ball, pickleball
- Students will be able to perform the forehand and backhand shots with the correct technique

Unit 7: Aerobic Fitness

- Students will be able to define aerobic exercise
- Students will be able to discuss the benefit of aerobic exercise
- Students will be able to participate in yoga/pilates, cardio drumming, walking, aerobics, dance, etc
- Students will be able to differentiates between different types of aerobic exercise

Unit 8: Bowling

- Students will be able to understand the proper way to score each frame
- Students will be able to record scores during a bowling game
- Students will be able to perform proper technique for rolling a bowling ball
- Students will be able to roll a bowling ball within the boundaries of the lane
- Students will be able to properly set up the pin formation

Unit 9: Spikeball

- Students will understand the basic rules of spikeball
- Students will be able to understand the offensive and defensive strategies used for spikeball
- Students will be able to serve with the correct technique
- Students will understand scoring for spikeball

Unit 10: Virtual Sports

- Students will be able to apply basic concepts and movements of sports in a virtual experience