

Murrieta Valley Unified School District
High School Course Outline
2003

- Department:** Physical Education
- Course Title:** Recreational and Lifetime Activities
- Course Number:** 2840
- Grade Level(s):** 10-12
- Length of Course:** 1 year
- Prerequisite(s):** Successful completion of one year of Physical Education 9.

Brief Course Description:

Recreational and Lifetime Activities meets the second year of District graduation requirements for Physical Education or upper class elective credit. This course is designed for students interested in participating in popular recreational activities such as aquatics, tennis, archery, golf, frisbee, over the line, pickle ball, table tennis, and other recreational activities. Basic skills and techniques along with rules and strategies for each activity will be covered. Daily participation in exercises that improve flexibility, muscle strength, and cardiovascular endurance will emphasize the benefits of lifetime health and fitness. This course will also focus on the development of movement skills and movement knowledge, self image and personal growth, and social development. Instructional and assessment strategies will include cooperative learning, guided practice, interactive learning, demonstration, lecture, performance based assessment, authentic assessment, tests, and projects.

I. Goals

The students will:

- A. Apply the fundamental movement skills in individual and dual sports and outdoor education.
- B. Create a variety of offensive/defensive strategies for a new individual/dual game.
- C. Analyze the rules and strategies for an activity of choice.
- D. Analyze movement performance using application of levers to learn and improve movement skills.
- E. Incorporate an activity of choice into their personal fitness plan.
- F. Assess personal fitness, compare their fitness standard, and set goals for improvement or maintenance.
- G. Explain the relationship between the development of the sensory system and selection of developmentally appropriate activities.

- H. Participant in activities of choice and strive for individual excellence.
- I. Discover and value a variety of movement-related performances.
- J. Demonstrate appropriate interpersonal skills in movement-related experiences.
- K. Explore the history and evolution of an elective activity as it relates to the 20th century.
- L. Analyze physical education and sport based on the impact of American democracy, economics and consumer education.

II. Instructional Materials

- A. *Moving for Life*, Spindt, Monti, Hennessy, Kendall Hunt Publishing Co.
- B. *Backpacking Magazine*
- C. Video camera and monitor, computer software