

**Course Title:** Lifetime Sports and Activities

**Board Approval Date:** 11/18/13

**Credit / Hours:** .25 credit

**Course Description:**

*This course focuses on mastery of the PA Academic Standards for Health, Safety and Physical Education. Students participate in activities that can be continued throughout their lifetime. Activities may include: Golf—Lawn Games—Weights/Fitness—Volleyball. The program includes systematic and effective instruction and practice time provided to ensure student achievement. Emphasis is also placed upon strategy/tactics, patterns of play, and the contributions to personal and cultural life, as well as skill development.*

**Learning Activities / Modes of Assessment:**

Large group instruction	Tests and Quizzes
Individual Activities/Tasks	Checklists / Teacher Observation
Small group work	

**Instructional Resources:**

Discovery Ed Streaming  
Various Videos  
P.E. Equipment

## Course Pacing Guide

Course: **Lifetime Sports and Activities**

<b>Course Unit (Topic)</b>	<b>Length of Instruction (Days/Periods)</b>
1. Golf	9 days
2. Lawn Games	6 days
3. Strength Training	12 days
4. Volleyball	12 days
5. Archery	<u>3 days</u>
<b>DAYS TOTAL</b>	<b>42 Days</b>

Topic: 1. Golf

Days: 9

Subject(s):

Grade(s):

Know:

Understand:

Do:

**10.4.12.B – Important**

Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.

- social
- physiological
- psychological

**10.4.12.D – Important**

Evaluate factors that affect physical activity and exercise preferences of adults.

- personal challenge
- physical benefits
- finances
- motivation
- access to activity
- self-improvement

**10.4.12.E – Essential**

Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

Engaging in golf results in numerous physical, mental, and social health benefits.

**10.4.12.D – Important**

Evaluate factors that affect physical activity and exercise preferences of adults.

- personal challenge
- physical benefits
- finances
- motivation
- access to activity
- self-improvement

**10.4.12.E – Essential**

Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

**10.5.12.A – Essential**

Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.

**10.5.12.E – Important**

Evaluate movement forms for appropriate application of scientific and biomechanical principles.

- efficiency of movement
- mechanical advantage
- kinetic energy
- potential energy
- inertia
- safety

**10.3.12.D – Important**

Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.

**10.4.12.C – Important**

Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.

- aging
- injury
- disease

Topic: 1. Golf

Days: 9

Subject(s):

Grade(s):

Know:

Understand:

Do:

**10.5.12.E – Important**

Evaluate movement forms for appropriate application of scientific and biomechanical principles.

- efficiency of movement
- mechanical advantage
- kinetic energy
- potential energy
- inertia
- safety

**10.3.12.D – Important**

Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.

**10.4.12.C – Important**

Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.

- aging
- injury
- disease

**10.5.12.C – Important**

Evaluate the impact of practice strategies on skill development and improvement.

**10.5.12.C – Important**

Evaluate the impact of practice strategies on skill development and improvement.

**10.5.12.F – Important**

Analyze the application of game strategies for different categories of physical activities.

- individual
- team
- lifetime
- outdoor

**10.4.12.A – Essential**

Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.

Topic: 1. Golf

Days: 9

Subject(s):

Grade(s):

Know:

Understand:

Do:

**10.5.12.F – Important**  
Analyze the application of game strategies for different categories of physical activities.

- individual
- team
- lifetime
- outdoor

Topic: 2. Lawn Games

Days: 6

Subject(s):

Grade(s):

Know:

Understand:

Do:

**10.4.12.B – Important**

Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.

- social
- physiological
- psychological

**10.4.12.D – Important**

Evaluate factors that affect physical activity and exercise preferences of adults.

- personal challenge
- physical benefits
- finances
- motivation
- access to activity
- self-improvement

**10.4.12.E – Essential**

Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

**10.4.12.C – Important**

Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.

- aging
- injury
- disease

Engaging in lawn games results in numerous physical, mental, and social health benefits.

**10.4.12.D – Important**

Evaluate factors that affect physical activity and exercise preferences of adults.

- personal challenge
- physical benefits
- finances
- motivation
- access to activity
- self-improvement

**10.4.12.E – Essential**

Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

**10.4.12.C – Important**

Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.

- aging
- injury
- disease

**10.5.12.A – Essential**

Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.

**10.5.12.E – Important**

Evaluate movement forms for appropriate application of scientific and biomechanical principles.

- efficiency of movement
- mechanical advantage
- kinetic energy
- potential energy
- inertia
- safety

**10.5.12.C – Important**

Evaluate the impact of practice strategies on skill development and improvement.

Topic: 2. Lawn Games

Days: 6

Subject(s):

Grade(s):

Know:

Understand:

Do:

**10.5.12.E – Important**

Evaluate movement forms for appropriate application of scientific and biomechanical principles.

- efficiency of movement
- mechanical advantage
- kinetic energy
- potential energy
- inertia
- safety

**10.5.12.C – Important**

Evaluate the impact of practice strategies on skill development and improvement.

**10.5.12.F – Important**

Analyze the application of game strategies for different categories of physical activities.

- individual
- team
- lifetime
- outdoor

**10.3.12.D – Important**

Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.

**10.5.12.F – Important**

Analyze the application of game strategies for different categories of physical activities.

- individual
- team
- lifetime
- outdoor

**10.3.12.D – Important**

Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.

**10.4.12.A – Essential**

Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.

## Topic: 3. Strength Training

Days: 12

Subject(s):

Grade(s):

## Know:

**10.3.12.D – Important**

Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.

**10.4.12.B – Important**

Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.

- social
- physiological
- psychological

**10.4.12.C – Important**

Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.

- aging
- injury
- disease

**10.4.12.D – Important**

Evaluate factors that affect physical activity and exercise preferences of adults.

- personal challenge
- physical benefits
- finances
- motivation
- access to activity
- self-improvement

## Understand:

Engaging in strength training results in numerous physical, mental, and social health benefits.

## Do:

**10.3.12.D – Important**

Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.

**10.4.12.C – Important**

Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.

- aging
- injury
- disease

**10.4.12.D – Important**

Evaluate factors that affect physical activity and exercise preferences of adults.

- personal challenge
- physical benefits
- finances
- motivation
- access to activity
- self-improvement

**10.4.12.E – Essential**

Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

**10.5.12.A – Essential**

Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.

**10.5.12.C – Important**

Evaluate the impact of practice strategies on skill development and improvement.



## Topic: 3. Strength Training

Days: 12

Subject(s):

Grade(s):

## Know:

## Understand:

## Do:

**10.4.12.E – Essential**

Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

**10.5.12.C – Important**

Evaluate the impact of practice strategies on skill development and improvement.

**10.5.12.E – Important**

Evaluate movement forms for appropriate application of scientific and biomechanical principles.

- efficiency of movement
- mechanical advantage
- kinetic energy
- potential energy
- inertia
- safety

**10.5.12.F – Important**

Analyze the application of game strategies for different categories of physical activities.

- individual
- team
- lifetime
- outdoor

**10.5.12.E – Important**

Evaluate movement forms for appropriate application of scientific and biomechanical principles.

- efficiency of movement
- mechanical advantage
- kinetic energy
- potential energy
- inertia
- safety

**10.5.12.F – Important**

Analyze the application of game strategies for different categories of physical activities.

- individual
- team
- lifetime
- outdoor

**10.4.12.A – Essential**

Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.

Topic: 4. Volleyball

Days: 12

Subject(s):

Grade(s):

Know:

**10.3.12.D – Essential**

Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.

**10.4.12.B – Essential**

Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.

- social
- physiological
- psychological

**10.4.12.C – Important**

Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.

- aging
- injury
- disease

**10.4.12.D – Essential**

Evaluate factors that affect physical activity and exercise preferences of adults.

- personal challenge
- physical benefits
- finances
- motivation
- access to activity
- self-improvement

Understand:

Engaging in volleyball results in numerous physical, mental, and social health benefits.

Do:

**10.3.12.D – Essential**

Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.

**10.4.12.C – Important**

Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.

- aging
- injury
- disease

**10.4.12.D – Essential**

Evaluate factors that affect physical activity and exercise preferences of adults.

- personal challenge
- physical benefits
- finances
- motivation
- access to activity
- self-improvement

**10.4.12.E – Essential**

Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

**10.5.12.A – Essential**

Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.

**10.5.12.C – Compact**

Evaluate the impact of practice strategies on skill development and improvement.

Topic: 4. Volleyball

Days: 12

Subject(s):

Grade(s):

Know:

Understand:

Do:

**10.4.12.E – Essential**

Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

**10.5.12.A – Essential**

Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.

**10.5.12.C – Compact**

Evaluate the impact of practice strategies on skill development and improvement.

**10.5.12.E – Important**

Evaluate movement forms for appropriate application of scientific and biomechanical principles.

- efficiency of movement
- mechanical advantage
- kinetic energy
- potential energy
- inertia
- safety

**10.5.12.E – Important**

Evaluate movement forms for appropriate application of scientific and biomechanical principles.

- efficiency of movement
- mechanical advantage
- kinetic energy
- potential energy
- inertia
- safety

**10.5.12.F – Essential**

Analyze the application of game strategies for different categories of physical activities.

- individual
- team
- lifetime
- outdoor

**10.4.12.A – Essential**

Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.

Topic: 4. Volleyball

Days: 12

Subject(s):

Grade(s):

Know:

Understand:

Do:

**10.5.12.F – Essential**  
Analyze the application of game strategies for different categories of physical activities.

- individual
- team
- lifetime
- outdoor

Topic: 5. Archery

Days: 3

Subject(s):

Grade(s):

Know:

Understand:

Do:

**10.4.12.B – Important**

Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.

- social
- physiological
- psychological

**10.4.12.D – Important**

Evaluate factors that affect physical activity and exercise preferences of adults.

- personal challenge
- physical benefits
- finances
- motivation
- access to activity
- self-improvement

**10.4.12.E – Essential**

Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

**10.4.12.C – Important**

Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.

- aging
- injury
- disease

Engaging in archery results in numerous physical, mental, and social health benefits.

**10.4.12.D – Important**

Evaluate factors that affect physical activity and exercise preferences of adults.

- personal challenge
- physical benefits
- finances
- motivation
- access to activity
- self-improvement

**10.4.12.E – Essential**

Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

**10.4.12.C – Important**

Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.

- aging
- injury
- disease

**10.5.12.E – Important**

Evaluate movement forms for appropriate application of scientific and biomechanical principles.

- efficiency of movement
- mechanical advantage
- kinetic energy
- potential energy
- inertia
- safety

**10.5.12.C – Important**

Evaluate the impact of practice strategies on skill development and improvement.

Topic: 5. Archery

Days: 3

Subject(s):

Grade(s):

Know:

Understand:

Do:

**10.5.12.E – Important**

Evaluate movement forms for appropriate application of scientific and biomechanical principles.

- efficiency of movement
- mechanical advantage
- kinetic energy
- potential energy
- inertia
- safety

**10.5.12.C – Important**

Evaluate the impact of practice strategies on skill development and improvement.

**10.5.12.F – Important**

Analyze the application of game strategies for different categories of physical activities.

- individual
- team
- lifetime
- outdoor

**10.3.12.D – Important**

Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.

**10.5.12.F – Important**

Analyze the application of game strategies for different categories of physical activities.

- individual
- team
- lifetime
- outdoor

**10.3.12.D – Important**

Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.

**10.5.12.A – Essential**

Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.

**10.4.12.A – Essential**

Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.

Topic: Lifetime Sports and Activities

Days: 3

Subject(s): Physical Education

Grade(s): 10th, 11th, 12th

Know:

**10.4.12.B – Important**

Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.

- social
- physiological
- psychological

**10.4.12.D – Important**

Evaluate factors that affect physical activity and exercise preferences of adults.

- personal challenge
- physical benefits
- finances
- motivation
- access to activity
- self-improvement

**10.4.12.E – Essential**

Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

**10.5.12.F – Important**

Analyze the application of game strategies for different categories of physical activities.

- individual
- team
- lifetime
- outdoor

Understand:

Engaging in lifetime sports results in numerous physical, mental, and social benefits.

Do:

**10.4.12.A – Essential**

Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.

**10.4.12.D – Important**

Evaluate factors that affect physical activity and exercise preferences of adults.

- personal challenge
- physical benefits
- finances
- motivation
- access to activity
- self-improvement

**10.4.12.E – Essential**

Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

**10.5.12.A – Essential**

Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.

**10.5.12.F – Important**

Analyze the application of game strategies for different categories of physical activities.

- individual
- team
- lifetime
- outdoor

Topic: Lifetime Sports and Activities

Days: 3

Subject(s): Physical Education

Grade(s): 10th, 11th, 12th

Know:

Understand:

Do:

**10.5.12.E – Important**

Evaluate movement forms for appropriate application of scientific and biomechanical principles.

- efficiency of movement
- mechanical advantage
- kinetic energy
- potential energy
- inertia
- safety

**10.3.12.D – Important**

Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.

**10.4.12.C – Important**

Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.

- aging
- injury
- disease

**10.5.12.C – Important**

Evaluate the impact of practice strategies on skill development and improvement.

10.4.12.B - Analyze the effects of regular participation in a self-selected program of

**10.5.12.E – Important**

Evaluate movement forms for appropriate application of scientific and biomechanical principles.

- efficiency of movement
- mechanical advantage
- kinetic energy
- potential energy
- inertia
- safety

**10.3.12.D – Important**

Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.

**10.4.12.C – Important**

Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.

- aging
- injury
- disease

**10.5.12.C – Important**

Evaluate the impact of practice strategies on skill development and improvement.

10.4.12.D - Evaluate factors that affect physical activity and exercise preferences of adults.

- personal challenge
- physical benefits
- finances
- motivation
- access to activity
- self-improvement

10.4.12.E - Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.



Topic: Lifetime Sports and Activities

Days: 3

Subject(s): Physical Education

Grade(s): 10th, 11th, 12th

Know:

Understand:

Do:

moderate to vigorous physical activities.

- social
- physiological
- psychological

10.5.12.F - Analyze the application of game strategies for different categories of physical activities.

- individual
- team
- lifetime
- outdoor

10.5.12.E - Evaluate movement forms for appropriate application of scientific and biomechanical principles.

- efficiency of movement
- mechanical advantage
- kinetic energy
- potential energy
- inertia
- safety

10.4.12.D - Evaluate factors that affect physical activity and exercise preferences of adults.

- personal challenge
- physical benefits
- finances
- motivation
- access to activity

10.5.12.A - Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.

10.5.12.F - Analyze the application of game strategies for different categories of physical activities.

- individual
- team
- lifetime
- outdoor

10.5.12.E - Evaluate movement forms for appropriate application of scientific and biomechanical principles.

- efficiency of movement
- mechanical advantage
- kinetic energy
- potential energy
- inertia
- safety

10.4.12.A - Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.

Topic: Lifetime Sports and Activities

Days: 3

Subject(s): Physical Education

Grade(s): 10th, 11th, 12th

Know:

Understand:

Do:

<ul style="list-style-type: none"><li>• self-improvement</li></ul> <p>10.4.12.E - Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>10.5.12.A - Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p>		
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