

Course Title: Adventure Education and Sport

Board Approval Date: 2/11/13

Credit / Hours: .25 credit

Course Description:

This course focuses on mastery of the PA Academic Standards for Health, Safety and Physical Education. Students will participate in a variety of outdoor and recreational activities. Through these activities the students will learn to participate in non-traditional school activities in order to promote lifelong physical activity.

***This course will be offered in the summer only**

Learning Activities / Modes of Assessment:

Group Activities/Tasks
Field Trips

Instructional Resources:

Community Resources

Course Pacing Guide

Course: **Adventure Education and Sport**

Course Unit (Topic)

Length of Instruction (Days/Periods)

1. Adventure Education and Sport

10 Days

DAYS TOTAL

10 Days

Topic: 1. Adventure Education and Sport

Days: 10

Subject(s): Physical Education

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

Know:

Understand:

Do:

10.3.12.A – Compact

Assess the personal and legal consequences of unsafe practices in the home, school or community.

- loss of personal freedom
- personal injury
- loss of income
- impact on others
- loss of motor vehicle operator's license

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.D – Important

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

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

Regular participation in outdoor recreational activities and team sports can enhance and promote an individuals mental, social, and physical well-being.

10.3.12.A – Compact

Assess the personal and legal consequences of unsafe practices in the home, school or community.

- loss of personal freedom
- personal injury
- loss of income
- impact on others
- loss of motor vehicle operator's license

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.

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.

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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.

10.4.12.F – Important

Assess and use strategies for enhancing adult group interaction in physical activities.

- shared responsibility
- open communication
- goal setting

10.5.12.C – Important

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

10.5.12.D – Essential

Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.

10.4.12.F – Important

Assess and use strategies for enhancing adult group interaction in physical activities.

- shared responsibility
- open communication
- goal setting

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.B – Important

Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.

- open and closed skills
- short-term and long-term memory
- aspects of good performance

10.5.12.C – Important

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

10.5.12.D – Essential

Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.

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

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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.F – Important

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

- individual
- team
- lifetime
- outdoor

13.1.D – Important

Evaluate school-based opportunities for career awareness/preparation, such as, but not limited to: Career days, Career portfolio, Community service, Cooperative education, Graduation/senior project, Internship, Job shadowing, Part-time employment, Registered apprenticeship and School-based enterprise.