

Time Frame: Quarter	Unit Title: Lawn games	Course Name: Lifetime Fitness and Games
Stage 1: Desired Results		
Established Goal(s)	Transferable Skills	
<p>Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.</p>	<p><i>Students will be able to independently use their learning to identify and maintain a healthy active lifestyle.</i></p>	
<p>Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.</p>	Meaning	
<p>Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</p> <p>Standard 4: The physically literate individual exhibits responsible personal and social behavior that</p>	<p>Understandings Students will understand that...</p> <ul style="list-style-type: none"> • participating in individual/partner settings promote tolerance, empathy, communication skills and accountability. • participating in competitive and recreational activities will help promote relationship building and lifelong fitness. • participating in individual physical activities improves the quality of one's life. <p>Acquisition</p> <ul style="list-style-type: none"> • basic rules and strategies for invasion games/lawn, net games, frisbee games etc.. • if you play by the rules, groups and partners can play together- even when outside of the school settings. • that games and sports can be a fun way to derive fitness benefits. • that, in recreational and practice settings, games/sports can be adapted to allow for players of different abilities to play together. 	<p>Essential Questions</p> <ul style="list-style-type: none"> • What skills will you acquire by participating in Lifetime and lawn games that will help you mentally and physically in life. <ul style="list-style-type: none"> • Many outdoor activities naturally help young children develop essential motor skills like coordination, agility, balance, and dexterity. Kids who are encouraged to explore outdoor environments will put their abilities to the test and constantly develop new skills through trial and error. • Grow socially, helping them to develop healthy ways of forming friendships, responding to physical interaction, and using their imaginations.

respects self and others.

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.