

**Warren County School District**

**PLANNED INSTRUCTION**

**COURSE DESCRIPTION**

**Course Title:** Recreational Activities for Life

**Course Number:** 00624

**Course Prerequisites:** None

**Course Description:**

Recreational Activities for Life provides students with an opportunity to incorporate physical activity and lifelong leisure experiences into their lifestyle through game play and practice. Focus units include but are not limited to, Badminton, Kickball, Golf, Walking/Jogging, Volleyball and Tennis. Other team sports will be incorporated as non-competitive activities. Skills and common concepts of each lifelong activity will be presented and developed through practice and match play. Students of all skill and experience levels are encouraged to enroll in this course.

**Suggested Grade Level:** Grades 9-12

**Length of Course:**    ☒ One Semester                      ☐ Two Semesters                      ☐ Other

**Units of Credit:** .5 (Insert *None* if appropriate)

***PDE Certification and Staffing Policies and Guidelines (CSPG) Required Teacher Certifications:***  
**CSPG 47**

**Certification verified by WCSD Human Resources Department:** ☒ Yes    ☐ No

**TEXTBOOK AND SUPPLEMENTAL MATERIALS**

**Continue using Board approved textbook?** ☐ Yes    ☒ No (*If yes, then complete the information below.*)

**Board Approved Textbooks, Software, Supplemental Materials:**

**Title:**

**Publisher:**

**ISBN #:**

**Copyright Date:**

**Date of WCSD Board Approval:**

## **BOARD APPROVAL:**

**Date Written:** November 13, 2018

**Date Approved:** \_\_\_\_\_

**Implementation Date:** 2019-2020

## **SPECIAL EDUCATION AND GIFTED REQUIREMENTS**

The teacher shall make appropriate modification to instruction and assessment based on a student's Individual Education Plan (IEP) or Gifted Individual Education Plan (GIEP).

## **COURSE OVERVIEW**

### **Topics to be Covered:**

*Teams Sports*

*Dual/Individual Sport*

*Recreational Activities*

### **10.3.12 Safety and Injury Prevention**

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

### **10.4.12 Physical Activity**

- A.** Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.
- B.** Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.
- D.** Evaluate factors that affect physical activity and exercise preferences of adults.
- E.** Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.
- F.** Assess and use strategies for enhancing adult group interaction in physical activities.

### **10.5.12 Concepts, Principles and Strategies of Movement**

- A.** Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.
- B.** Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.
- C.** Evaluate the impact of practice strategies on skill development and improvement.
- F.** Analyze the application of game strategies for different categories of physical activities.

## ASSESSMENT

**Portfolio Assessment:** \_\_\_\_\_ Yes   X   No

**District-Wide Common Final Examination Required:** \_\_\_\_\_ Yes   X   No

**Course Challenge Assessment (Describe):** N/A

**WRITING TEAM:** Warren County School District Teachers

## WCSD STUDENT DATA SYSTEM INFORMATION

1. Is there a required final examination? \_\_\_\_\_ Yes   X   No  
*\*Warren County School District Policy 9741 and 9744 state, "All classes in grades 9-12 shall have a final exam."*
2. Does this course issue a mark/grade for the report card?   X   Yes \_\_\_\_\_ No
3. Does this course issue a Pass/Fail mark? \_\_\_\_\_ Yes   X   No
4. Is the course mark/grade part of the GPA calculation?   X   Yes \_\_\_\_\_ No
5. Is the course eligible for Honor Roll calculation?   X   Yes \_\_\_\_\_ No
6. What is the academic weight of the course?  
\_\_\_\_\_ No weight/Non credit        X   Standard weight      \_\_\_\_\_ Enhanced weight