

# Lifetime Activities (Physical Education Department)

Elective – Semester – 10/11/12

Prerequisites: Fitness & Wellness

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## **Course Description**

*This course is designed to develop a God-pleasing healthy, active lifestyle by focusing on individual and dual performance activities. It allows for students to enhance their personal fitness and team-building skills while participating in activities that are suitable across one's life span.*

## **Course Goals**

The Christian teacher will:

1. Provide opportunities for all students to begin and maintain an optimal level of lifetime physical fitness and wellness through a variety of activities.
2. Instill social skills, responsibility, cooperative attitudes, and the appreciation of the capacities and limitations of oneself and others.
3. Develop in students a desirable self-concept toward lifetime participation in physical activity.

## **Course Objectives**

The successful student will be able to demonstrate the following Society of Health and Physical Education (SHAPE) standards:

1. Demonstrate competency in a variety of motor skills and movement patterns.
2. Apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.
3. Demonstrate the knowledge and skills needed to achieve and maintain a health-enhancing level of physical activity and fitness.
4. Exhibit responsible personal and social behavior that respects self and others.
5. Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

## **Course Outline**

Units may include:

- I. *Team Building Activities*
- II. *Inline Skating*
- III. *Biking*
- IV. *Backyard Games*
- V. *Social Dance*
- VI. *Self Defense*
- VII. *Bowling*
- VIII. *Golf*

## **Instructional Strategies**

Instruction may occur in the classroom, gymnasium, or in an environment conducive to physical activity. Learning will take place through lectures and demonstrations presented by the teacher or by the students. Self-guided practice and learning will be utilized throughout the course. Guest speakers, field trips, and technology resources may also be used in the class.

## **Grading**

Cooperation and participation during activities will be considered in the evaluation process of the student. Students will receive 5 points a day for wearing proper attire and shoes for the activity; displaying an appropriate attitude; being prompt to class; and displaying their best effort during an activity. One point will be deducted for inappropriate attire, poor attitude, tardiness, or not listening/following directions. Students may be deducted multiple points for refusal to participate, putting the health and safety of others at risk, inappropriate language, or demonstrating more than one misbehavior from the previous list.

Students will also be assessed on the mastery of fundamental skills and content knowledge of each unit. Other assessments may include peer evaluations, quizzes/tests, entry slips, exit slips, skills tests, reports, and handwritten assignments.

If a student is absent for more than 5 days, they will receive a zero for participation. They will also receive a zero for any missing quizzes or assignments due that day. The students may complete a physical activity form to make up for any days missed. Excessive absence will jeopardize credit for the class.

In the situation where a student is limited in physical participation, such as injury or health problems, the student must have a note from a doctor, physical trainer, athletic trainer, or other medical professional to excuse them from certain activities. If a student is limited in physical participation for a prolonged period of time, the student may not receive credit for the class.

**Student Materials**

Appropriate clothing for activity  
Tennis Shoes  
Notebook

**Classroom Procedures**

Students will be given approximately five minutes to change attire at the beginning and end of each class period. If the five minutes have expired and students are unprepared for class, they will receive a tardy for that class period.

**Additional Information**

Students may have to pay additional costs for this course due to field trips, equipment rentals, and travel expenses.

Each student will be issued a lock during the semester. If a student loses the lock, the students will be assessed a \$5.00 fee.