

Recreational Activities (Grades: 11, 12)

Prerequisite: B or better in Health Enhancement;
teacher approval

Credit: 1 year, 1 credit

Course Overview:

Upper classmen have an opportunity to stay active in a variety of games and fitness activities, participate in weight lifting, and explore good nutritional habits and planning. Appropriate field trips may be arranged to enhance classroom activities. The content of the SD6 Recreational Activities curriculum is aligned with the National Standards for H/PE and the Montana Content Standards and Benchmarks for Health Enhancement.

Standard 1: Students will demonstrate competency in performance and application of concepts in a variety of movement forms. (HECS—2-5, 7)

Benchmarks

1.1 Students will expand knowledge and application of weight training. (2.12.1, 3.12.1-3, 4.12.1-4, 5.12.3-6, 7.12.1-5)

Students will:

	Essential Learnings	Assessment	Map
1.1.1	understand weight training principles.	V, W, O	D for all.
1.1.2	develop and understand individual lifting programs.	V, W, O	
1.1.3	apply terminology.	O	
1.1.4	identify muscle groups.	V, W, O	
1.1.5	identify appropriate exercises for different muscle groups.	V, W, O	
1.1.6	demonstrate correct and safe lifting form on all lifts.	V, O	
1.1.7	demonstrate appropriate equipment respect and care.	V, O	
1.1.8	expand lifetime activity.	V	

1.2 Students will expand knowledge and application of archery. (2.12.1, 3.12.1-3, 4.12.1-2, 7.12.1-5)

Students will:

	Essential Learnings	Assessment	Map
1.2.1	demonstrate advanced shooting skills.	V, O	D for all.
1.2.2	demonstrate shooting skill from a variety of distances.	V, O	
1.2.3	apply terminology.	V, O	
1.2.4	display knowledge of equipment (e.g., variety of bows, parts of the arrow).	V, W, O	

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1.2.5	demonstrate appropriate equipment respect and care.	V, O	
1.2.6	understand choice of equipment and use for all.	V, O	
1.2.7	display knowledge of scoring and rules.	V, W, O	
1.2.8	demonstrate extreme safety techniques and guidelines.	V, O	
	a) follow range commands (e.g., fire, cease fire, retrieve arrows).		
	b) understand no one in front of shooter.		

1.3 Students will develop knowledge of horsemanship. (2.12.1, 3.12.1-3, 4.12.1-2, 7.12.1-5)

Students will:

Essential Learnings		Assessment	Map
1.3.1	understand basic horsemanship skills.	V, O for all.	I, D, for all.
1.3.2	observe application of horsemanship skills.		
1.3.3	comprehend basic terminology.		
1.3.4	discuss local opportunities for practicing horsemanship.		
1.3.5	understand horsemanship as a lifetime activity.		

1.4 Students will develop knowledge of eco-challenge racing. (2.12.1, 3.12.1-3, 4.12.1-2, 7.12.1-5)

Students will:

Essential Learnings		Assessment	Map
1.4.1	understand eco-challenge race structure and goals.	V	I for all.
1.4.2	observe eco-challenge races.	V, O	
1.4.3	understand eco-challenge training and skill needs.	V	
1.4.4	comprehend basic terminology.	V	
1.4.5	organize, implement, and participate in a mini eco-challenge race.	V	
1.4.6	demonstrate safety techniques and guidelines.	V	
1.4.7	emphasize lifetime activity.	V	

1.5 Students will develop knowledge of hiking. (2.12.1, 3.12.1-3, 4.12.1-2, 7.12.1-5)

Students will:

Essential Learnings		Assessment	Map
1.5.1	recognize and discuss the aerobic benefits of hiking.	O	I, D for all.
1.5.2	prepare for and participate in an appropriate hike in the surrounding area.	V, O	
1.5.3	comprehend basic terminology.	V, W, O	
1.5.4	understand choice of equipment and use for all (e.g., shoes, clothing, packs).	V, O	
1.5.5	demonstrate appropriate equipment respect and care.	O	
1.5.6	demonstrate safety techniques and guidelines.	O	
1.5.7	discuss local opportunities for hiking.	V	
1.5.8	emphasize lifetime activity.	V	

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- 1.6** Students will expand knowledge and application of softball. (2.12.1, 3.12.1-3, 4.12.1-2, 7.12.1-5)

Students will:

Essential Learnings	Assessment	Map
1.6.1 demonstrate ball handling skills (e.g., throwing, catching).	O	D
1.6.2 demonstrate batting skills.	O	D
1.6.3 apply terminology.	O	D
1.6.4 demonstrate knowledge of game strategies and skills.	O	M
1.6.5 display knowledge of scoring and rules.	O	M
1.6.6 demonstrate appropriate equipment respect and care.	O	D
1.6.7 demonstrate appropriate safety techniques and guidelines.	O	D
1.6.8 expand lifetime activity.	V	D

- 1.7** Students will develop knowledge of llama packing. (2.12.1, 3.12.1-3, 4.12.1-2, 7.12.1-5)

Students will:

Essential Learnings	Assessment	Map
1.7.1 understand basic llama packing skills.	V	I, D for all.
1.7.2 observe application of llama packing skills.	O	
1.7.3 comprehend basic terminology.	V	
1.7.4 discuss local opportunities for llama packing.	V	
1.7.5 understand llama packing as a lifetime activity.	V	

- 1.8** Students will develop roller blading knowledge and skills. (2.12.1, 3.12.1-3, 4.12.1-2, 7.12.1-5)

Students will:

Essential Learnings	Assessment	Map
1.8.1 demonstrate basic roller blading skills.	O	I, D for all.
1.8.2 recognize and discuss the aerobic benefits of roller blading.	V	
1.8.3 comprehend basic terminology.	V	
1.8.4 plan and participate in a roller blade outing on the local bike path.	V, O	
1.8.5 understand choice of equipment and use for all (e.g., roller blades, clothing, protective gear).	V	
1.8.6 demonstrate appropriate equipment respect and care.	O	
1.8.7 demonstrate appropriate safety techniques and guidelines.	O	
1.8.8 expand lifetime activity.	V	

- 1.9** Students will develop mountain biking knowledge and skills. (2.12.1, 3.12.1-3, 4.12.1-2, 7.12.1-5)

Students will:

Essential Learnings	Assessment	Map
1.9.1 demonstrate basic mountain biking skills.	O	I, D for all.
1.9.2 recognize and discuss the fitness benefits of mountain biking.	V	
1.9.3 comprehend basic terminology.	V, W, O	

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1.9.4	plan and participate in a mountain bike outing in the surrounding area.	O	
1.9.5	understand choice of equipment and use for all (e.g., roller blades, clothing, protective gear).	V, O	
1.9.6	demonstrate appropriate equipment respect and care.	V, O	
1.9.7	demonstrate appropriate safety techniques and guidelines.	V, O	
1.9.8	discuss local opportunities for mountain biking.	V	
1.9.9	expand lifetime activity.	V	

1.10 Students will expand knowledge and application of cross country skiing. (2.12.1, 3.12.1-3, 4.12.1-2, 7.12.1-5)

Students will:

Essential Learnings		Assessment	Map
1.10.1	demonstrate cross country skiing skills.	O	D for all.
1.10.2	recognize and discuss the aerobic benefits of cross country skiing.	V	
1.10.3	apply terminology.	O	
1.10.4	plan and participate in a cross country outing in the local area.	O	
1.10.5	understand choice of equipment and use for all (e.g., skis, boots, poles, clothing, protective gear).	V	
1.10.6	demonstrate appropriate equipment respect and care.	O	
1.10.7	demonstrate appropriate safety techniques and guidelines.	O	
1.10.8	discuss local opportunities for cross country skiing.	V	
1.10.9	expand lifetime activity.	V	

1.11 Students will develop knowledge and application of downhill skiing and snowboarding skills. (2.12.1, 3.12.1-3, 4.12.1-2, 7.12.1-5)

Students will:

Essential Learnings		Assessment	Map
1.11.1	demonstrate basic downhill skiing and/or snowboarding techniques.	O	D for all.
1.11.2	recognize and discuss the fitness benefits of downhill skiing and/or snowboarding.	V	
1.11.3	comprehend basic terminology.	V	
1.11.4	plan and participate in a skiing/snowboard outing to the local ski area.	O, V	
1.11.5	understand choice of equipment and use for all (e.g., skis, boots, poles, snowboards, clothing, protective gear).	V	
1.11.6	demonstrate appropriate equipment respect and care.	O	
1.11.7	demonstrate appropriate safety techniques and guidelines.	O	
1.11.8	discuss local opportunities for skiing/snowboarding.	V	
1.11.9	expand lifetime activity.	V	

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1.12 Students will develop knowledge and application of Tai-Bo. (2.12.1, 3.12.1-3, 4.12.1-2, 7.12.1-5)

Students will:

Essential Learnings	Assessment	Map
1.12.1 demonstrate fundamental Tai-Bo skills (e.g., martial arts, boxing punches).	O	D for all.
1.12.2 apply Tai-Bo skills through participation in structured class workouts.	O	
1.12.3 comprehend basic terminology.	V, W, O	
1.12.4 recognize and discuss the fitness benefits of Tai-Bo.	V	
1.12.5 understand choice of equipment and use for all (e.g., shoes, clothing, protective gear).	V, O	
1.12.6 demonstrate appropriate equipment respect and care.	O	
1.12.7 demonstrate appropriate safety techniques and guidelines.	O	
1.12.8 expand lifetime activity.	V	

1.13 Students will develop knowledge and application of step aerobics. (2.12.1, 3.12.1-3, 4.12.1-2, 7.12.1-5)

Students will:

Essential Learnings	Assessment	Map
1.13.1 demonstrate fundamental step aerobic skills.	O	D for all.
1.13.2 apply step aerobic skills through participation in structured class workouts.	O	
1.13.3 comprehend basic terminology.	V, O	
1.13.4 recognize and discuss the fitness benefits of step aerobics.	V	
1.13.5 understand choice of equipment and use for all (e.g., shoes, clothing, protective gear).	V	
1.13.6 demonstrate appropriate equipment respect and care.	O	
1.13.7 demonstrate appropriate safety techniques and guidelines.	O	
1.13.8 expand lifetime activity.	V	

1.14 Students will develop knowledge and application of bowling. (2.12.1, 3.12.1-3, 4.12.1-2, 7.12.1-5)

Students will:

Essential Learnings	Assessment	Map
1.14.1 demonstrate fundamental bowling skills (e.g., approach, release)	O	D for all.
1.14.2 apply bowling skills through participation in class bowling activities.	O	
1.14.3 comprehend basic terminology.	V	
1.14.4 recognize and discuss the fitness benefits of bowling.	V	
1.14.5 display knowledge of scoring and rules.	O	
1.14.6 understand choice of equipment and use for all (e.g., shoes, ball).	V, O	
1.14.7 demonstrate appropriate equipment respect and care.	O	

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1.14.8 demonstrate appropriate safety techniques and guidelines.	O	
1.14.9 expand lifetime activity.	V	

1.15 Students will develop knowledge and application of swimming. (2.12.1, 3.12.1-3, 4.12.1-2, 7.12.1-5)

Students will:

Essential Learnings	Assessment	Map
1.15.1 demonstrate fundamental swimming skills (e.g., form, various strokes).	O	D for all.
1.15.2 apply swimming skills through participation in class swimming activities.	O	
1.15.3 comprehend basic terminology.	V	
1.15.4 recognize and discuss the fitness benefits of swimming.	V	
1.15.5 demonstrate appropriate safety techniques and guidelines.	O	
1.15.6 expand lifetime activity.	V	

1.16 Students will develop knowledge and application of speed walking. (2.12.1, 3.12.1-3, 4.12.1-2, 7.12.1-5)

Students will:

Essential Learnings	Assessment	Map
1.16.1 demonstrate fundamental speed walking skills.	O	D for all.
1.16.2 apply speed walking skills through participation in class workouts.	O	
1.16.3 comprehend basic terminology.	V, O	
1.16.4 recognize and discuss the fitness benefits of speed walking.	V	
1.16.5 understand choice of equipment and use for all (e.g., shoes, clothing).	V, O	
1.16.6 demonstrate appropriate equipment respect and care.	O	
1.16.7 demonstrate appropriate safety techniques and guidelines.	O	
1.16.8 expand lifetime activity.	V	

1.17 Students will develop knowledge of fly fishing. (2.12.1, 3.12.1-3, 4.12.1-2, 7.12.1-5)

Students will:

Essential Learnings	Assessment	Map
1.17.1 understand basic fly fishing skills.	V, O	I, D for all.
1.17.2 observe and demonstrate application of fly fishing skills (e.g., proper casting).	O	
1.17.3 comprehend basic terminology.	V, O	
1.17.4 understand choice of equipment and use for all (e.g., gear, clothing).	V	
1.17.5 demonstrate appropriate equipment respect and care.	O	
1.17.6 demonstrate appropriate safety techniques and guidelines.	O	
1.17.7 discuss local opportunities for fly fishing.	O	
1.17.8 understand fly fishing as a lifetime activity.	V	

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1.18 Students will expand knowledge and application of basketball. (2.12.1, 3.12.1-3, 4.12.1-2, 7.12.1-5)

Students will:

Essential Learnings	Assessment	Map
1.18.1 demonstrate ball handling skills (e.g., shooting, dribbling).	O	D
1.18.2 demonstrate and apply sound offensive and defensive skills.	O	M
1.18.3 apply terminology.	O	M
1.18.4 demonstrate knowledge of game strategies and skills.	O	M
1.18.5 display knowledge of scoring and rules.	O	M
1.18.6 demonstrate appropriate equipment respect and care.	O	M
1.18.7 demonstrate appropriate safety techniques and guidelines.	O	M
1.18.8 expand lifetime activity.	V	M

1.19 Students will develop knowledge of hockey. (2.12.1, 3.12.1-3, 4.12.1-2, 7.12.1-5)

Students will:

Essential Learnings	Assessment	Map
1.19.1 display fundamental hockey skills (e.g., form, slap shot).	O	D for all.
1.19.2 demonstrate knowledge of game strategies and skills.	O	
1.19.3 comprehend terminology.	V, O	
1.19.4 display knowledge of scoring and rules.	O	
1.19.5 demonstrate appropriate equipment respect and care.	O	
1.19.6 demonstrate appropriate safety techniques and guidelines.	O	
1.19.7 expand lifetime activity.	V	

1.20 Students will develop knowledge of wally ball. (2.12.1, 3.12.1-3, 4.12.1-2, 7.12.1-5)

Students will:

Essential Learnings	Assessment	Map
1.20.1 display fundamental wally ball skills (e.g., serve, spike, bump).	O	D for all.
1.20.2 demonstrate knowledge of game strategies and skills.	O	
1.20.3 comprehend terminology.	V, O	
1.20.4 display knowledge of scoring and rules.	O	
1.20.5 demonstrate appropriate equipment respect and care.	O	
1.20.6 demonstrate appropriate safety techniques and guidelines.	O	
1.20.7 expand lifetime activity.	V	

1.21 Students will develop knowledge of rock climbing. (2.12.1, 3.12.1-3, 4.12.1-2, 7.12.1-5)

Students will:

Essential Learnings	Assessment	Map
1.21.1 develop fundamental rock climbing skills.	V, O for all.	I, D for all.
1.21.2 demonstrate rock climbing skills on a climbing wall.		
1.21.3 comprehend terminology.		
1.21.4 demonstrate appropriate equipment respect and care.		

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1.21.5 demonstrate appropriate safety techniques and guidelines.		
1.21.6 expand lifetime activity.		

Standard 2: Students will demonstrate the ability to use critical thinking and decision making to enhance health. (HECS—1, 5, 6, 7)

2.1 Students will expand knowledge of nutrition. (1.12.1-5, 5.12.1-5, 7.12.4-5)

Students will:

Essential Learnings	Assessment	Map
2.1.1 identify essential nutrients.	V, W, P for all.	D for all.
2.1.2 understand nutritional needs.		
a) utilize the food pyramid.		
b) design complete diet for family, self, couple.		
c) understand society stresses (e.g., work schedule, eating disorders).		
2.1.3 recognize deficient diet.		
a) analyze fast foods (e.g., balanced fast foods, budget eating).		
2.1.4 recognize influence of alcohol, drug abuse.		
2.1.5 understand basal metabolic rate, calorie needs.		
a) demonstrate knowledge of individual calorie needs.		
b) recognize differences in activities and calories used.		
2.1.6 design healthy diet.		
a) demonstrate knowledge of personal caloric needs.		
b) record calories, fats, proteins, carbohydrates, proteins for five days.		
2.1.1 discuss enhancement of diet.		
2.1.2 pursue appropriate research project related to nutrition issues.		

2.2 Students will expand knowledge of self-esteem. (5.12.1, 5.12.6, 6.12.1-3)

Students will:

Essential Learnings	Assessment	Map
2.2.1 discuss appropriate mental development through junior/senior grade levels.	V, W for all.	D for all.
2.2.2 understand growth/maturity.		
2.2.3 review peer pressure and self-concept.		
2.2.4 discuss peer relationships.		
2.2.5 understand depression.		
2.2.6 practice positive communication of self and others within classroom group.		