

2016-2017 Curriculum Map

Unit: Cooperative Games/Rock Wall/High Ropes

Grade: 9-10

Skilled Play Content Focal Points	Character Focal Points	Individual Enjoyment Focal Points	Life Skill Development Focal Points	Health Related Fitness Focal Points
<ul style="list-style-type: none"> • The physically literate student will consistently participate in the activity and challenge themselves to higher levels of performance • The physically literate student will use movement concepts to successfully complete activity challenges 	<ul style="list-style-type: none"> • The physically literate student will demonstrate respect for diversity and individual difference by solving problems and thinking critically in physical activity, both as an individual and in groups. (S4.H4.L1) 	<ul style="list-style-type: none"> • Participate in a variety of team/group activities that provide opportunities for social-interaction and self-expression. 	<p>The physically literate student will describe why soft drinks are not as effective as water to hydrate.</p>	<p>The physically literate student will define maximum heart rate and target heart rate. Calculate target heart rate (S3.H10.L1).</p>

SP- Vocab/Definition	Character-Vocab/Def	Ind. Enjoy-Vocab/Def	LifeSkill Dev-Vocab/Def	HRF-Vocab/Def
<ul style="list-style-type: none"> • Cooperation- A willingness to work with others to produce a common goal. • Followership- The capacity or willingness to follow a leader. • Initiative- Making a start or a beginning. • Risk-Taking- To take a chance. • Character - The inherent complex of attributes that determines a person's moral and ethical actions and reactions; the aggregate of features and traits that form the individual nature of some person or thing; moral or ethical quality: a person of fine, honorable character; 	<ul style="list-style-type: none"> • Acceptance-The action or process of being received as adequate or suitable, typically to be admitted into a group. • Tolerance-The ability or willingness to tolerate something, in particular the existence of opinions or behavior that one does not necessarily agree with. 	<ul style="list-style-type: none"> • Social interaction: participating, cooperating and communicating with others in a positive way. Enjoying physical activity alone and/or with others • Social Support- assistance and help Received from others in various situations. 	<ul style="list-style-type: none"> • Hydrate: to drink liquids • Rehydrate: to drink liquids to replace those lost during physical activity 	<ul style="list-style-type: none"> • Maximum heart rate: the age related maximum number of beats per minute of the heart • Target heart rate: a specific pulse rate or range to be maintained during aerobic exercise to ensure optimal cardiovascular function