

Lifetime Activities

RCAS Policies/Procedures:

Students will be required to follow all RCAS policies and procedures. To view the RCAS High School Student Handbook, click [handbook](#).

Course Description:

Students will experience a variety of coed activities to develop strength, speed, agility, balance, coordination, flexibility, muscular endurance, cognitive thinking skills, and strategies and rules of various games. Students will be taught sports and activities that can be used for a lifetime. Students will be expected to perform the basic skills used in each activity and pass a written test on rules and regulations. Students will be expected to demonstrate the attributes of good sportsmanship and perform the basic skills used in each sport or activity. Physical fitness testing is required to track growth and motivate students to improve. Health topics will be incorporated into the instruction throughout the course.

Textbook:

None

Required Resources:

“Limited Choice” Resources: (students will be asked to choose at least one title from this list)

Student Choice:

Will student be asked to choose additional reading material from the classroom or school library?

No

Essential Questions:

How do learners show their understanding of the game or activity, including the necessary equipment and space requirements, and how effectively do they apply this knowledge during participation?

How do learners ensure they are following the rules and regulations for each activity, and how do they demonstrate understanding of these guidelines?

In what ways do learners demonstrate safe participation during activities, and what practices do they employ to minimize risks and ensure their safety and the safety of others?

Essential Learning Intentions:

All learners can follow the rules and regulations for each activity.

All learners can safely participate in each activity.

All learners can demonstrate knowledge of the game, equipment needed, and place/area needed for the activity.

All learners can effectively demonstrate good teamwork with others.

All learners can identify the reasons the physical activity benefits them.