

## 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 cardiovascular and fitness-related activities, as well as physical skills, while participating in cardiovascular and individual-centered activities. Students will also acquire the practical experiences and knowledge required to establish a healthy lifestyle, both as an adolescent and a maturing adult. For this Lifetime Activities class, students will need to provide their own transportation for activities that are off campus.

### Textbook:

N/A

### Required Resources:

N/A

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

N/A

### Student Choice:

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

No

### **Success Criteria:**

- Students can explain the rules and scoring of the game accurately.
- Students can perform necessary skills for the game with control and accuracy.
- Students demonstrate the ability to use basic strategies in game scenarios.
- Students exhibit positive sportsmanship and teamwork during play.
- Students complete a self-reflection on their performance and set goals for improvement.

### **Essential Learning Intentions:**

1. Understand the basic rules and scoring system.
2. Develop fundamental skills necessary to play the game.
3. Learn and apply strategies for play.
4. Demonstrate sportsmanship and teamwork in a competitive setting.
5. Reflect on personal skill development and set goals for improvement.