

Pocono Mountain School District New Games & Adventures (Design) Syllabus



Prerequisite:

None

Description:

This course provides students the opportunity to participate in activities that traditionally have not been available in physical education. The course is designed for all students. The strategies and skills for each activity will be introduced and reviewed. The focus of this course is to show new ways to be physically active. Students will participate in and learn activity principles for snow shoeing, hiking, Frisbee golf, cooperative games & activities, Kin ball, team building, aquatic activities and low ropes course elements. Students will also have the opportunity to create their own new games and activities using principles from other games and/or sports.

Objectives:

- The students will be able to apply knowledge from various physical activities to create new ways to be physically active.
- The students will be able to incorporate knowledge of motor skill development concepts to create new ways to be physically active.
- The students will evaluate game strategies for different categories of physical activities to create new ways to be physically active.

PA State Standards:

10.5.12.A: Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.

10.5.12.B: Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.

- open and closed skills
- short-term and long-term memory
- aspects of good performance

10.5.12.F: Analyze the application of game strategies for different categories of physical activities.

- individual
- team
- lifetime
- outdoor

Concepts Taught:

Outdoor Team Building
Cooperative Games
Indoor Team Building

Team Activities/Games
Aquatic Activities
Lifetime Activities

Sample Class Activities:

Snow Shoeing
Hiking
KinBall
Toxic River
Low Ropes Course Elements

Frisbee Golf
Cooperative Games
Human Knot
Water Games
Scavenger Hunts

Assessments:

Concept Common Worksheet
Game Creation Common Project
Cognitive Assessments
Affective Assessments

