

AREA Lifetime Recreation and Leisure

Grade	Skills	Knowledge	Physical Activity	Fitness	Responsible Behavior	Intrinsic Value
K	<ul style="list-style-type: none"> <li>• Walk, jog, dance / rhythms</li> <li>• Frisbee golf</li> <li>• Lead-up activities</li> <li>• Bowling</li> <li>• Playground</li> </ul>	<ul style="list-style-type: none"> <li>• Classroom rules and listening, follow directions, safety, control, enjoy moving around – physical activity</li> <li>• Body awareness</li> <li>• Playground safety/rules</li> </ul>	<ul style="list-style-type: none"> <li>• Performs a variety of locomotor, simple games with continuous movement</li> </ul>	<ul style="list-style-type: none"> <li>• Explain why you sweat</li> <li>• Why you breathe harder during exercising</li> </ul>	<ul style="list-style-type: none"> <li>• Plays fairly</li> <li>• Verbalizes rules and procedures</li> <li>• Shares</li> <li>• Cooperative language</li> <li>• Proper use of equipment</li> <li>• Social skills</li> </ul>	<ul style="list-style-type: none"> <li>• Smiles</li> <li>• Verbal and nonverbal indicators of enjoyment</li> <li>• Participates readily in a variety of physical activities</li> <li>• Learns to value cooperation</li> </ul>
1	<ul style="list-style-type: none"> <li>• Dance</li> <li>• Frisbee golf</li> <li>• Lead-up activities</li> <li>• Bowling</li> <li>• Playground games – hopscotch, four square, football, basketball</li> </ul>	<ul style="list-style-type: none"> <li>• Classroom rules and listening, follow directions, safety, control, enjoy moving around – physical activity</li> <li>• Body awareness</li> <li>• Identify movement patterns</li> </ul>	<ul style="list-style-type: none"> <li>• Simple games</li> <li>• Travel through space</li> <li>• Moves continuously</li> <li>• Bend and twisting</li> <li>• Performs a variety of locomotor skills</li> </ul>	<ul style="list-style-type: none"> <li>• Sustain moderate to vigorous activity for a short period of time</li> </ul>	<ul style="list-style-type: none"> <li>• Complies to rules and procedures</li> <li>• Shares space</li> <li>• Plays safe</li> </ul>	<ul style="list-style-type: none"> <li>• Interact positively with others</li> <li>• Demonstrate ability to play in a diverse setting</li> </ul>
2	<ul style="list-style-type: none"> <li>• Dance</li> <li>• Deck tennis</li> <li>• Frisbee golf</li> <li>• Lead-up activities</li> <li>• Bowling</li> </ul>	<ul style="list-style-type: none"> <li>• Classroom rules and listening, follow directions, safety, control, enjoy moving around – physical activity</li> <li>• Body awareness</li> </ul>	<ul style="list-style-type: none"> <li>• Travel through space avoiding obstacles</li> <li>• Locomotor skills in a variety of pathways</li> <li>• Basic ball skills</li> <li>• Eye-hand skills</li> </ul>	<ul style="list-style-type: none"> <li>• Engages in continuous activity during physical education class that increases heart rate and breathing</li> <li>• Knows that heart rate is related to work</li> </ul>	<ul style="list-style-type: none"> <li>• Apply rules</li> <li>• Practice conflict resolution skills</li> </ul>	<ul style="list-style-type: none"> <li>• Try new skills and games</li> <li>• Encourages other</li> <li>• Gain friendships</li> </ul>
3	<ul style="list-style-type: none"> <li>• Dance</li> <li>• Frisbee golf</li> <li>• Lead-up activities</li> <li>• Jump rope</li> <li>• Rollerblade</li> <li>• Bocce ball</li> <li>• Croquet</li> <li>• Horizontal climbing wall</li> </ul>	<ul style="list-style-type: none"> <li>• Classroom rules and listening, follow directions, safety, control, enjoy moving around – physical activity</li> <li>• Body awareness</li> </ul>	<ul style="list-style-type: none"> <li>• Dance sequence</li> <li>• Throw overhand</li> <li>• Tag games</li> </ul>			<ul style="list-style-type: none"> <li>• Personal motivation</li> </ul>

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4	<ul style="list-style-type: none"> <li>• Dance</li> <li>• Lead-up activities</li> <li>• Jump rope</li> <li>• Rollerblade</li> <li>• Circuit training</li> <li>• Weight training</li> <li>• Deck tennis</li> <li>• Horizontal climbing wall</li> </ul>	<ul style="list-style-type: none"> <li>• Understand that appropriate practice improves performance</li> <li>• Basic rules</li> </ul>	<ul style="list-style-type: none"> <li>• Runs ½ mile or mile</li> <li>• Dribbling balls</li> <li>• Bowling approach</li> <li>• Racquet skills</li> <li>• Modified games</li> <li>• Jump rope and variations</li> </ul>			
5	<ul style="list-style-type: none"> <li>• Bocce ball</li> <li>• Rollerblade</li> <li>• Cross country ski</li> <li>• Circuit stations</li> <li>• Dance</li> <li>• Croquet</li> <li>• Golf</li> <li>• Frisbee golf</li> <li>• Volleyball</li> <li>• Horizontal climbing wall</li> </ul>	<ul style="list-style-type: none"> <li>• Basic rules; stop, go, safety, classroom rules,</li> <li>• Bone and muscle function</li> <li>• Offense and defense strategy</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness circuit stations</li> <li>• Walk / jog 5-15 minutes</li> <li>• Bunts pitched ball</li> <li>• Jump rope and dance routine</li> <li>• Team games</li> <li>• Extra curricular activity</li> </ul>			
6	<ul style="list-style-type: none"> <li>• Bowling</li> <li>• Tennis</li> <li>• Volleyball</li> <li>• Golf</li> <li>• Dance</li> <li>• Badminton</li> <li>• Bocce ball</li> <li>• Rollerblade</li> <li>• Cross country ski</li> <li>• Running</li> <li>• Conditioning</li> <li>• Strength</li> <li>• Horizontal climbing wall</li> </ul>	<ul style="list-style-type: none"> <li>• Basic rules, skill</li> <li>• Team participation by position</li> <li>• Etiquette</li> </ul>	<ul style="list-style-type: none"> <li>• Detailed movement in activity</li> <li>• Proper technique in activity, refine skills</li> <li>• Extracurricular activity</li> </ul>			

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7	<ul style="list-style-type: none"> <li>• Aerobics</li> <li>• Walk</li> <li>• Tae Bo</li> <li>• Climbing wall</li> <li>• Weight training</li> <li>• Table tennis</li> <li>• Pickle ball</li> </ul>	<ul style="list-style-type: none"> <li>• Dance</li> <li>• Badminton</li> <li>• Run</li> </ul>	<ul style="list-style-type: none"> <li>• Understands basic skills, basic strategies, and basic rules</li> <li>• Assess own motor skills, bone and muscle function</li> </ul>	<ul style="list-style-type: none"> <li>• Moderate to vigorous activity in a variety of settings</li> <li>• Begin fitness planning</li> <li>• Fitness equipment</li> <li>• Muscle and cardio, 20 minutes</li> </ul>		
8	<ul style="list-style-type: none"> <li>• Run</li> <li>• Walk</li> <li>• Tae Bo</li> <li>• Aerobics</li> <li>• Weight training</li> <li>• Table tennis</li> <li>• Pickle ball</li> <li>• Badminton</li> </ul>	<ul style="list-style-type: none"> <li>• Climbing wall</li> </ul>	<ul style="list-style-type: none"> <li>• Understands basic skills, basic strategies, and basic rules</li> <li>• Assess motor skills</li> </ul>	<ul style="list-style-type: none"> <li>• Mile run</li> <li>• Increase activity 30-40 minutes</li> <li>• Fitness plan</li> <li>• Recreation / lifetime activities</li> </ul>		
9	<ul style="list-style-type: none"> <li>• Golf</li> <li>• Weight training</li> <li>• Circuit training</li> <li>• Dance</li> <li>• Swim</li> <li>• Walk</li> <li>• Badminton</li> <li>• Frisbee golf</li> </ul>	<ul style="list-style-type: none"> <li>• Run</li> </ul>	<ul style="list-style-type: none"> <li>• Rules, strategy</li> <li>• Offense and defense</li> <li>• Fitness plan</li> </ul>	<ul style="list-style-type: none"> <li>• Participate in outside activities</li> <li>• Demonstrate swimming skills, dance skills</li> <li>• Cooperation rather than competition</li> <li>• Fitness plan</li> </ul>	<ul style="list-style-type: none"> <li>• Cooperation rather than competition</li> </ul>	
10-12	<ul style="list-style-type: none"> <li>• Aerobics</li> <li>• Bocce ball</li> <li>• Softball</li> <li>• Volleyball</li> <li>• Running</li> <li>• Table tennis</li> <li>• Swimming</li> <li>• Weight training</li> <li>• Circuit training</li> <li>• Cardio box</li> <li>• Badminton</li> <li>• Frisbee golf</li> </ul>	<ul style="list-style-type: none"> <li>• Tennis</li> <li>• Croquet</li> <li>• Dance</li> <li>• Yoga</li> <li>• Pilates</li> <li>• Golf</li> <li>• Walking</li> <li>• Broom-ball</li> </ul>	<ul style="list-style-type: none"> <li>• Rules, strategy, tactics, analyze performance, keep score</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate advanced skills in chosen activity</li> <li>• Regulate physical activity</li> </ul>		