



RECREATIONAL GAMES



Introductory Recreational Games 36.02700
Intermediate Recreational Games 36.03700
Advanced Recreational Games 36.04700

36.02700

Introductory Recreational Games

Course Description: Introduces recreational games for lifetime leisure activities which may include table tennis, shuffleboard, frisbee, deck tennis, new games, horseshoes, darts and croquet. Emphasizes the rules of each game and the skills necessary to play.

36.03700

Intermediate Recreational Games

Course Description: Enhances recreational game skills in table tennis, shuffleboard, frisbee, deck tennis, new games, horseshoes, darts, and croquet.

36.04700

Advanced Recreational Games

Course Description: Provides further skills development in a chosen area(s) of outdoor education activities.

The physically educated student has developmentally appropriate grade-level comprehension and application of the concepts and principles of fitness motor skills, movement patterns, tactics, and strategies which contribute to a physically literate and active lifestyle.

Motor Skills and Movement Patterns

PERG.1 The physically educated student demonstrates competency in a variety motor skills and movement patterns.

- a. Demonstrates competence while performing skills in a variety of recreational game settings and activities.
- b. Performs skills at a level of competence which contributes to health-related fitness.
- c. Demonstrates proper warm-up and cool-down protocol associated with different life time sport physical activities.

Movement Concepts and Principles

PERG.2 The physically educated student applies the knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- a. Integrates a variety of strategies, tactics, concepts, and skills during recreational games activities.
- b. Evaluates skills needed for recreational games and leisure activities.

Fitness

PERG.3 The physically educated student demonstrates knowledge and skills to help achieve and maintain a health-enhancing level of physical activity and fitness.

- a. Maintains or improves fitness level by using the results of the Georgia Fitness Assessment to guide changes in a personal program of physical activity.
- b. Uses technologies to assess, enhance, and maintain health-related and skill-related fitness.
- c. Analyzes the relationship between physical activity and longevity.

Personal and Social Behavior, Rules, Safety, and Etiquette

PERG.4 The physically educated student exhibits responsible personal and social behavior that respects self and others in physical activity settings.

- a. Displays the ability to design rules, procedures, and routines appropriate for the group.
- b. Demonstrates the ability to apply the rules and etiquette of various physical activities regardless of individual differences.
- c. Applies safe practices in the physical education setting.
- d. Describes safety protocol to avoid dehydration, overexertion, and hypo/hyperthermia during physical activity.

PERG.5 The physically educated student recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

- a. Explains why participation in activities is enjoyable and desirable either alone or in a group.
- b. Participates in activities designed to improve skills for personal challenge, enjoyment, and expression.

