**2022-23: Recreational Games: Week at a Glance Jan. 9-13, 2023**

**\*BLOCK SCHEDULE\***

**Standard:**

**PERG.1 The physically educated student demonstrates competency in a variety of 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.

**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

**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

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| Date | Learning Target | Criteria for Success | Opening, Work Session, Closing |
| 1/9/23  Periods  (1,2,5,3) | 1. Students will be able to determine the following   Max HR (heart rate)  Resting HR  Current HR   1. Students will use proper technique to perform circuit exercise with the goal of getting HR to at least 35-40% of Max HR | 1. Students utilizing techniques and skills covered by coach to complete exercises  2.Student use steps given by coach to determine various HR | Opening: Static & Dynamic Stretches  Work Session:  -Coach will discuss how to determine Maximum Heart rate, resting HR, and how to determine percentage of maximum HR (for HR goals/target)  -Students will be called to demonstrate the various exercises in the circuit  -Students will be called in groups to complete circuit training (30 seconds for each exercise)  **Circuit Workout (3-5) students per exercise)-those not participating will walk**   1. Push-ups 2. Squats 3. Tricep dips (chair or bleachers) 4. Standing lunges 5. Jump & jacks 6. High knees   -Volleyball skills & competition  Closing:  Cool-down & rehydrate |
| 1/10/23  Periods  (4,6,5,7) | Same as previous day for other periods | Same as previous day | Opening: Locker room  Work Session:  Same as previous day  Closing: rehydrate, cool-down |
| 1/11/23  Periods  (1,2,5,3) | I can play as a team player and use various techniques to participate in volleyball  -same as Monday | Students play together as a team and use techniques to compete in volleyball  -Same as Monday | Same as Monday |
| 1/12/23  Periods  (4,6,5,7) | Same as previous day | Students will play basketball or volleyball with peers while using game rules and respecting one another | Same as previous day |
| 1/13/23  Regular | n/a | n/a | Freestyle Friday: Students are free to participate in whatever activities they want based on the equipment provided by Coaches |