**Motor Skills and Movement Patterns**

**PELS.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 lifetime sports 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**

**PELS.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 lifetime sport

activities.

b. Evaluates skills needed for lifetime sports and lifetime leisure activities

**Fitness**

**PELS.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**

**PELS.4The 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.

**PELS.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.

Lifetime Sports & Rec Games

Week 1: phases of workout, corn hole & hole in one

Week 2: same as other fitness classes: flexibility, strength and 5 components of fitness

Week 3: video of 3 phases of workout & 5 components of fitness

Week 4: Mon & Wednesday (fitness & pickleball video & ping pong video) – Tuesday & Thursday (rec games rotations- focused on ping pong (holding paddle & different hits)

Learning Targets:

A. I can demonstrate my understanding of Pickleball and use strategy and team play to compete with peers while following rules

B. I can use the proper form & technique for various upper & lower body exercises

1. Get out computer or tablet and Go to my teacher’s page
2. Go to Lifetime Sports & Rec Games 2025
3. Click on the link
   1. <https://richmondcountyschool.padlet.org/thomada5/breakout-link/eo1R47M3bWWmqZDL-OPZ4XKLWDQ6dvqg1>
4. Wait for further instructions
5. Complete Asynchronous Work (use teacher’s page for instructions)
6. Pickleball Video:

<https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2FJMwKyO4-WYU%3Fsi%3Dp0LjKQ86NL6Xr4ZY&data=05%7C02%7CThomaDa%40BOE.richmond.k12.ga.us%7C1ce46f522364435ad3d908dd3ecfb2a4%7C30b22d4073624f1783a92530927b6f65%7C0%7C0%7C638735783970193484%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=tdGlmgB30Thj84%2BbBJIgq16JZkh0pPys8HraOEaoP%2F4%3D&reserved=0>