**2022-23: Recreational Games: Week at a Glance November 14-18**

**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 |
| 11/14/22 | Students will make-up fitness-gram assessments that have not been completed | Students utilizing techniques and skills covered by coach to complete fitness gram assessments (push-ups, curl ups, pacer test) | Opening: Warm-up Walk & Locker room  Work Session:  -Coach will call students down that need to complete makeup assignments.  -Coach will review grading scales/healthy standards for gender and age  -Students will complete fitness gram assessments to recover grades  -Coach will provide basketball & volleyball to students once makeups are complete  Closing:  Cool-down & rehydrate |
| 11/15/22 | Same as previous day | Same as previous day | Opening: Locker room  Work Session:  Same as previous day  Closing: rehydrate, cool-down |
| 11/16/22 | I can play as a team player and use various techniques to participate in volleyball | Students play together as a team and use techniques to compete in volleyball | Opening: Warm-up walk & Locker room  Work Session:  -Students participate in volleyball  Closing: cool down & rehydrate |
| 11/17/22 | Free play  I can free play with peers using proper etiquette and school rules and regulations | Students will play basketball or volleyball with peers while using game rules and respecting one another | Opening: Walk  Work Session:  Coach will provide equipment for free play  Closing: cool down & rehydrate 5 minutes prior to bell sounding |
| 11/18/22 | n/a | n/a | Freestyle Friday: Students are free to participate in whatever activities they want based on the equipment provided by Coaches |