**2022-23: Recreational Games: Week at a Glance October 17-21**

**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 |
| 10/17/22 | I can play a game of using various skills, techniques, and strategies  | Students utilizing techniques and skills covered by coach and utilizing strategies with teammates or as individuals to participate in games | Opening: Warm-up Walk & Locker roomWork Session: Students will be provided balls to participate in various activities: basketball, volleyball, footballClosing:Cool-down & rehydrate |
| 10/18/22 | Same as previous day | Same as previous day | Opening: Locker roomWork Session: Same as previous dayClosing: rehydrate, cool-down |
| 10/19/22 | Same as previous day for basketball tournament | Same as previous day for basketball  | Same as previous day for basketball tournament |
| 10/20/22 | Same as previous day | Same as previous day | Same as previous day |
| 10/21/22 | N/A | N/A | Freestyle Friday: Students are free to participate in whatever activities they want based on the equipment provided by Coaches |