**Recreational Games: Week at a Glance October 3-7**

**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.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 |
| 10/3/22 | I can play a game of volleyball using the rules | Student can play a game of volleyball | Opening: Locker room  Work Session: Teacher will explain rules  Closing:  Cool-down & rehydrate |
| 10/4/22 | I can explain the game Speed Ball  I can play a game of speed ball using the rules and game strategy | Student can explain the rules of speedball and play a game | Opening: Locker room  Work Session: Teacher will explain rules of speed ball and demonstrate various strategies to use  Closing: rehydrate, cool-down |
| 10/5/22 | Same as previous day for basketball tournament | Same as previous day for basketball | Same as previous day for basketball tournament |
| 10/6/22 | Student Holiday | N/A | N/A |
| 10/7/22 | Asynchronous Learning | N/A | Students should go outside and be physically active doing an activity they enjoy |