**Recreational Games: Week at a Glance September 26-30**

**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 |
| 9/26/22 | I can play a game of kickball using the rules | Student can play a game of kickball | Opening: Locker room  Work Session: Teacher will explain rules  Closing:  Cool-down & rehydrate |
| 9/27/22 | 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 |
| 9/28/22 | Same as previous day for dodgeball | Same as previous day for dodgeball | Same as previous day for dodgeball |
| 9/29/22 | Same as previous | Same | Same as previous day |
| 9/30/22 | Students can follow the rules/expectation for Westside High School and RCBOE | N/A | Students are able to engage in various activities/sports typically those that they are most interested  Teacher will conference will students and possibly make parent phone calls/contact as needed |