



Curriculum Overview

Lifetime Activities

Course Description

Lifetime Activities will consist of activities that students can continue throughout their lives, either individually, or with a partner/small group. Units in the course may include, but are not limited to Yoga, Pilates, Zumba, Dance, Step Aerobics, Taebo, Kickboxing, Water Aerobics, Spikeball, Golf, Pickleball, Badminton, Ping Pong, Yard Games, Fitness Walking, etc.

Enduring Understandings

Students will understand...

- Enjoyable activities promote individual self-expression.
- To overcome obstacles one must identify barriers to succeeding.
- Peer evaluation allows for improved performance.
- Analyzing how to perform the activity safely, can lead to a safer experience.
- Identifying and applying stress management strategies, can lead to a more balanced lifestyle.
- One has to explore and evaluate activities in their own community to know what is available to them.
- Applying strategies and tactics when performing activities can increase the competition in gameplay.
- Trying new and different activities allows one to explore self-enjoyment.

Essential Questions

- What is important to know before starting a new activity?
- How can I find what's available to me in the community?
- How can I use my tools correctly to improve my own performance?
- Why are stress managing strategies important in creating balance?
- What strategies can be used in different types of game play?
- How do I enjoy being active?

Units of Study

- Tennis
- Pickleball
- Golf
- Biking
- Yard Games

- Snow Shoeing
- Fitness
- Dance
- Community Opportunities

Primary Resources

- Shapeamerica.org
- Pecentral.org
- Peuniverse.org
- Movement Matters by Michael Beringer
- PhysEdgames.org
- GopherPEblog.org
- Polargofit.com
- Thepespecialist.com
- Youtube.com
- Tedtv.com
- Activities that Teach, Tom Jackson
- More Activities That Teach, Tom Jackson
- Project Adventure
- <https://www.rei.com/learn/expert-advice/>
- Cdc.gov