



SPRING GROVE AREA SCHOOL DISTRICT



PLANNED COURSE OVERVIEW

Course Title: Adventure Curriculum Grade Level(s): 10 - 12 Units of Credit: .50 Classification: Elective	Length of Course: 15 cycles Periods Per Cycle: 6 Length of Period: 43 minutes Total Instructional Time: 64.5 hours
---	---

Course Description

This coeducational course is designed to offer a variety of lifelong activities and to form strong relationships and bonds in the process. Students first learn how to work as a team and develop group dynamics. An essential part of all physical education is monitoring cardiovascular fitness. In this course students will use Heart Rate technology to monitor and assess student performance. Students learn about and participate in other lifetime outdoor activities including, but not limited to hiking, backpacking, archery, repelling, climbing, safe boating/kayaking, orienteering/geocaching, and mountain biking, that will help them to make healthy decisions and be healthy for life.

Instructional Strategies, Learning Practices, Activities, and Experiences

Bell Ringer Cooperative Learning	Check For Understanding Experiential Learning	Closure Fitness Technology
-------------------------------------	--	-------------------------------

Assessments

Practical Written Assessments

Materials/Resources

Project Adventure - Adventure Curriculum for Physical Education	Books Internet	Videos
---	-------------------	--------

Adopted:
Revised: 8/16/00; 8/21/06; 6/20/11; 5/16/16
Departmental Review: 10/2017

Team Building	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Ice Breaker Games	10.2.10.D - Examine and apply a decision-making process to the development of short and long-term health goals.
Name Games	10.2.10.E - Analyze the interrelationship between environmental factors and community health.
Initiative/Team Building Activities	10.3.10.C - Analyze the impact of violence on the victim and surrounding community.
<u>Related Vocabulary</u>	10.4.10.F - Assess and use strategies for enhancing adult group interaction in physical activities.
communicate	10.5.10.F - Analyze the application of game strategies for different categories of physical activities.
verbal	
non verbal	
teamwork	
safety - physical and emotional	

Leave No Trace	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Principle 1: Plan Ahead and Prepare Principle 2: Hike and Camp on Durable Surfaces Principle 3: Dispose of Waste Properly Principle 4: Leave What you Find Principle 5: Minimize Campfire Impacts Principle 6: Respect Wildlife Principle 7: Be Considerate of Other Visitors <u>Related Vocabulary</u> leave no trace (LNT) durable surface waste non-native species layering wildlife trail etiquette	10.2.10.A - Evaluate health care products and services that impact adult health practices. 10.2.10.B - Assess factors that impact adult health consumer choices. 10.3.10.A - Assess the personal and legal consequences of unsafe practices in the home, school or community.

Hiking/Backpacking	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Planning For a Hike Determining What Gear to Bring Proper Layering Trail Identification Proper Attire for Different Weather Situations <u>Related Vocabulary</u> trekking pole backpack hiking boots layering internal frame daypack trail blaze group gear stove	10.3.10.B - Analyze and apply strategies for the management of injuries. 10.3.10.D - Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities. 10.4.10.A - Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation. 10.4.10.B - Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. 10.4.10.C - Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity. 10.4.10.D - Evaluate factors that affect physical activity and exercise preferences of adults. 10.5.10.A - Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.

Orienteeing/Geocaching	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Reading a Compass</p> <p>Reading and Using a GPS</p> <p>Finding a Geocache Using Given Coordinates</p> <p>Create Your Own Geocaching</p> <p><u>Related Vocabulary</u> compass geocache global positioning system (GPS) magnetic north</p>	<p>10.3.10.D - Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.10.B - Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <p>10.4.10.F - Assess and use strategies for enhancing adult group interaction in physical activities.</p> <p>10.5.10.A - Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p>

Intro to Knot Tying and Climbing Equipment/Rappelling	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Knots Harness Use Belay Devices and Commands Different Types of Rope Rappel Setup Rappelling Down a Hillside Rappelling Down a Vertical Belaying Another Person While They Climb <u>Related Vocabulary</u> dynamic rope static rope harness helmet figure eight anchors bow line on a bite super eight backup knot	10.2.10.D - Examine and apply a decision-making process to the development of short and long-term health goals. 10.4.10.D - Evaluate factors that affect physical activity and exercise preferences of adults. 10.4.10.E - Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities. 10.5.10.A - Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation. 10.5.10.B - Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills. 10.5.10.C - Evaluate the impact of practice strategies on skill development and improvement. 10.5.10.E - Evaluate movement forms for appropriate application of scientific and biomechanical principles.

Mountain Biking	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Safety Equipment</p> <p>Sizing a Bike</p> <p>Bike Maintenance</p> <p>Riding Hills, Flats, Trails and Obstacles</p> <p><u>Related Vocabulary</u> helmet brakes gear shift tire</p>	<p>10.3.10.A - Assess the personal and legal consequences of unsafe practices in the home, school or community.</p> <p>10.3.10.B - Analyze and apply strategies for the management of injuries.</p> <p>10.3.10.D - Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.10.A - Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>10.4.10.B - Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <p>10.4.10.C - Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <p>10.4.10.D - Evaluate factors that affect physical activity and exercise preferences of adults.</p> <p>10.4.10.E - Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>10.5.10.B - Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <p>10.5.10.C - Evaluate the impact of practice strategies on skill development and improvement.</p> <p>10.5.10.D - Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.</p> <p>10.5.10.E - Evaluate movement forms for appropriate application of scientific and biomechanical principles.</p>

Snowshoeing	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>History of Snowshoes</p> <p>Locomotion with Snowshoes</p> <p>Identification of Parts of a Snowshoe</p> <p>Hiking With Snowshoes</p> <p>Trip Planning</p> <p>Group/Trip Safety</p> <p>Cardiovascular and Metabolic Rate While Snowshoeing</p> <p><u>Related Vocabulary</u> binding decking flotation tail layering</p>	<p>10.4.10.C - Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <p>10.4.10.D - Evaluate factors that affect physical activity and exercise preferences of adults.</p> <p>10.5.10.A - Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>10.5.10.B - Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <p>10.5.10.C - Evaluate the impact of practice strategies on skill development and improvement.</p> <p>10.5.10.D - Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.</p> <p>10.5.10.E - Evaluate movement forms for appropriate application of scientific and biomechanical principles.</p>

Kayak and Boat Safety	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Boat and Canoe Entry and Exit	10.3.10.D - Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.
Proper Boats, Personal Flotation Devices (PFDs), and Paddles for Each Situation	10.4.10.A - Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.
Safe Reentry	10.5.10.A - Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.
Trip Preparation	10.5.10.B - Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.
Paddling Technique	10.5.10.C - Evaluate the impact of practice strategies on skill development and improvement.
Boat Emptying	10.5.10.E - Evaluate movement forms for appropriate application of scientific and biomechanical principles.
<p><u>Related Vocabulary</u></p> <ul style="list-style-type: none"> bilge bulkhead capsize center of gravity cockpit coaming hatch professional flotation device (PFD) paddle skirt 	

Team Strategy Games	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Students work in teams to perform physical challenges that involve preplanning.</p> <p>Include, but not limited to:</p> <ul style="list-style-type: none"> • Capture the Flag • Ultimate Frisbee • Dodge Ball • Goldrush <p><u>Related Vocabulary</u> strategy preplanning group think</p>	<p>10.2.10.D - Examine and apply a decision-making process to the development of short and long-term health goals.</p> <p>10.3.10.D - Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.10.F - Assess and use strategies for enhancing adult group interaction in physical activities.</p>

Archery	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Basic Skills of Archery</p> <p>Local and National Resources Available to Students In Archery</p> <p>Safety Procedures of Archery</p> <p><u>Related Vocabulary</u> arrow bow draw aim round release nock anchor quiver</p>	<p>10.3.9.B - Describe and apply strategies for emergency and long-term management of injuries.</p> <p>10.3.9.C - Analyze and apply strategies to avoid or manage conflict and violence during adolescence.</p> <p>10.3.9.D - Analyze the role of individual responsibility for safety during organized group activities.</p> <p>10.4.9.A - Analyze and engage in physical activities that are developmentally/ individually appropriate and support achievement of personal fitness and activity goals.</p> <p>10.4.9.B - Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.</p> <p>10.4.9.C - Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.</p> <p>10.4.9.D - Analyze factors that affect physical activity preferences of adolescents.</p> <p>10.4.9.E - Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.</p> <p>10.4.9.F - Analyze the effects of positive and negative interactions of adolescent group members in physical activities.</p> <p>10.5.9.A - Describe and apply the components of skill-related fitness to movement performance.</p> <p>10.5.9.B - Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.</p> <p>10.5.9.C - Identify and apply practice strategies for skill improvement.</p> <p>10.5.9.D - Identify and describe the principles of training using appropriate vocabulary.</p>

Archery (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
	<p>10.5.9.E - Analyze and apply scientific and biomechanical principles to complex movements.</p> <p>10.5.9.F - Describe and apply game strategies to complex games and physical activities.</p> <p>10.3.12.D - Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12.A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>10.4.12.B - Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <p>10.4.12.C - Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <p>10.4.12.D - Evaluate factors that affect physical activity and exercise preferences of adults.</p> <p>10.4.12.E - Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>10.4.12.F - Assess and use strategies for enhancing adult group interaction in physical activities.</p> <p>10.5.12.A - Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>10.5.12.B - Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <p>10.5.12.C - Evaluate the impact of practice strategies on skill development and improvement.</p>

Archery (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
	<p>10.5.12.D - Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.</p> <p>10.5.12.E - Evaluate movement forms for appropriate application of scientific and biomechanical principles.</p> <p>10.5.12.F - Analyze the application of game strategies for different categories of physical activities.</p>