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| Skills and Knowledge-Lifelong Rec Activities and Sports | | |
| 4 | * In addition to score 3.0 performance, the student demonstrated in-depth inferences and applications that go beyond the goal. | **Learning Targets and Activities** |
| 3 | **Students:**   * **3A**- Demonstrates competency and/or refines activity-specific movement skills in 2 or more lifetime activities (outdoor pursuits, individual-performance activities, or net/wall games) (S1.H1.L1) * **3B**- Applies the terminology associated with exercise and participation in selected individual-performance activities, dance, net/wall games, target games, aquatic and/or outdoor pursuits appropriately. (S2.H1.L1) * **3C**- Uses movement concepts and principles (e.g. force, motion, rotation) to analyze and improve performance of self and/or others in a selected skill. (S2.H2.L1) | **3A**-I am learning to show proper form in movement skills in multiple lifetime activities.  **Activities:**  **-**Video tape skills for Golf, Ping Pong, and Bowling techniques  -Reflection on the mature pattern for specific skill  -Refining success criteria around serving with a small implement  **3B**- I am learning how to apply the specific terminology to the game/activity/skill.  **Activities:**  -Specific strategies within the game/activity/skill  -History of the game/activity  -Application of the specific skill  -Application of the fundamental skills  -Differentiating strategies within the game/activity/skill  **3C**- I am learning how to use movement concepts and principles to analyze and improve performance of myself or others in a selected skill.  **Activities:**  -Videotape skill and provide feedback  -Peer feedback  -Student roles (motivator, coach, exercise specialist, Referee/Umpire, Equipment manager) |
| 2 | **Students:**   * **2A**- Identifies the stages of learning a motor skill. (S2.H3.L2) * **2B**- Identify terminology associated with exercise and participation in individual-performance activities related to health-related fitness components. (S5.M1.8) * **2C-** Identify different concepts and principles to improve their performance of self or others. |

**Vocabulary:**

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| Motion | Safety | Force | Rotation | Feedback | Proper Technique |
| **Health-Related Fitness Components** | Muscular Strength | Muscular Endurance | Cardiorespiratory Endurance | Flexibility | Body Composition |
| **Skill-Related Fitness Components** | Agility | Balance | Power | Coordination | Reaction time/  Speed |