



LIFETIME SPORTS



Introductory Lifetime Sports 36.02200
Intermediate Lifetime Sports 36.03200
Advanced Lifetime Sports 36.04200

36.02200

Introductory Lifetime Sports

Course Description: Introduces fundamental skills, strategies, and rules associated with lifetime sports such as bowling, golf, tennis, racquetball, baseball, badminton, roller skating, and skiing.

36.03200

Intermediate Lifetime Sports

Course Description: Enhances skills and strategies in lifetime sports such as bowling, golf, tennis, racquetball, baseball, badminton, roller skating and skiing.

36.04200

Advanced Lifetime Sports

Course Description: Refines skills and explores the technical aspects of lifetime sports.

The physically educated student has developmentally appropriate grade-level comprehension and application of the concepts and principles of fitness motor skills, movement patterns, tactics, and strategies which contribute to a physically literate and active lifestyle.

Motor Skills and Movement Patterns

PELS.1 The physically educated student demonstrates competency in a variety motor skills and movement patterns.

- a. Demonstrates competence while performing skills in a variety of lifetime sports 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.

Movement Concepts and Principles

PELS.2 The physically educated student applies the knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- a. Integrates a variety of strategies, tactics, concepts, and skills during lifetime sport activities.
- b. Evaluates skills needed for lifetime sports and lifetime leisure activities.

Fitness

PELS.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

PELS.4 The physically educated student exhibits responsible personal and social behavior that respects self and others in physical activity settings.

- a. Displays the ability to design rules, procedures, and routines appropriate for the group.
- b. Demonstrates the ability to apply the rules and etiquette of various physical activities regardless of individual differences.
- c. Applies safe practices in the physical education setting.
- d. Describes safety protocol to avoid dehydration, overexertion, and hypo/hyperthermia during physical activity.

PELS.5 The physically educated student recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

- a. Explains why participation in activities is enjoyable and desirable either alone or in a group.
- b. Participates in activities designed to improve skills for personal challenge, enjoyment, and expression.

