

Lifetime	Activities	Curriculum	(High School)				
Grade	Units For Lifetime Activities Course	Standards Taught (MDE)	Lesson Activity	Key Concepts/Vocab	Resources/Technology	Assessments	Notes
10,11,12	Tennis (Net/Wall)	Standards 1,2,3, and 5	Serve, Ground Strokes Doubles Tournament Rules	rules, serve, fault, double fault, ad-in, ad-out, deuce, drop shot, drive, smash, lob	tennis rackets, tennis balls, tennis courts, poster board	Daily Teacher Observation, written test	As time, weather, class make up, and resources permits
10,11,12	Pickleball (Net/Wall)	Standards 1,2,3, and 5	Serve, ground strokes, Doubles Tournament Rules	rules, three digit scoring, double bounce rule, serve order, drop shot, drive, smash, lob	Pickleball paddles, pickleballs, nets, poster board, duct tape,	Daily Teacher Observation, written test	
10,11,12	Badminton (Net/Wall)	Standards 1,2,3, and 5	Serve, ground strokes, Doubles Tournament Rules	rules, serve order, drop shot, smash, drive, lob shot	Badminton Racquets, Shuttlecocks, Nets,	Daily Teacher Observation	
10,11,12	Tips (Target)	Standards 1,2,3, and 5	Basketball shot, rebounding skills, Tournament Rules	rules, scoring, half court shot, rebounding,	Basketball, Basketball Hoops	Daily Teacher Observation	
10,11,12	Cardio Fitness (Health Related Fitness)	Standards 4 and 6	Weekly Mile Run	Benefits of Cardio Fitness using the mile run. Sprint and Pacing Concepts presented	Stop watch, track	Mile Time	

10,11,12	Swimming (Aquatic)	Standards 1, 2, 3, 5, 6	Lap Swim, Treading Water, water aerobics, stroke work, safety behavior/skills, water exercises, flip turn, tips/volleyball water game, sharks and minnows, underwater swim	Benefits and importance of swimming safety, water skills, and cardio fitness. Vocabulary includes: Circle Swim, Relay, Butterfly, Backstroke, Breaststroke, Freestyle, Treading Water, Survival Float, Flip turn, safety skills.	Access to the Pool	Daily Teacher Observation	
10,11,12	Leisure Activities (Health Related Fitness and Outdoor Pursuits)	Standards 1, 2, 3, 4, 5, 6	Invasion Games, Target Games, Strategic Games	Promoting the enjoyment of various leisure activities in group situations	Golf Disk, Corn hole throws, corn hole base, archery Targets, bows and arrows, hand guards, Kin Ball, Lightweight volleyballs and soccer balls, Bocce Balls, playing cards, foam balls, nature walks, lightening basketball	Participation and Daily Teacher Observation	
10,11,12	Golf (Target)	Standards 1, 5, and 6	Grip, Basic Swing, Ball Striking Practice	Proper Grip, Swing Plane	Golf balls (used for indoor), Golf Clubs	Participation and Daily Teacher Observation	
10,11,12	Field Trip Bowling: Only one of the two field trips will be allowed	Standards 1,2,3,4,5,6	Learn how to score bowling and then go on a bowling field trip	The enjoyment of this recreational activity. Bowling Grip, Bowling motion, Strike, Spare	Bowling Alley, Bussing, School funding	Participation and written scoring test	
10,11,12	Field Trip Sky Zone: Only one of the two field trips will be allowed	Standards 3, 5, 6	Using trampolines to promote team building and enjoyment of physical activities	Team building Activities and various activities on the trampolines	Sky zone facility, Bussing, School funding, and a money contribution from each student	Participation and Teacher Observation	

10,11,12	Nutrition Unit	Standards 4 and 6	Worksheet evaluating Body Mass Index, Cardio level as it relates to,fitness, Calorie Intake,and Healthy Body Weight using the computer.	The importance of knowing about basic nutrition and how it applies to an individuals body make up using: Body Mass Index (BMI) , Basal Metabolic Rate, Resting Metabolic Rate, Resting Heart Rate,	Computer Lab, Scale	Written Assessment	
10,11,12	Fitness Test (Health Related Activities)	Standards 1,2,3,4,5, and 6	Push up max, 1 min. jump rope, 1 min sit up count, 40 yd. dash, wall sit max, shuffle time test	Show improvement from the beginning and the end of the trimester	stop watch	Evidence of Improvement	
10,11,12	soccer (Target)	Standards 1,2,3,4,5, and 6	soccer tournament	Rules, dribble, soccer goal kick	soccer ball, goals	Participation and Teacher Observation	
10,11,12	Volleyball (Net/Wall)	Standards 1,2,3,4,5, and 6	Team Games	Rules, rotation, underhand and overhand serves, spike, bumping, setting, Team work	Volleyballs, Volleyball nets	Participation and Teacher Observation	
10,11,12	Elephant Ball (Striking/Fielding)	Standards 1,2,3,4,5, and 6	Team Games	Rules, Throwing, Batting, Catching, Base Running	Softball Field, Bats, Balls	Participation and Teacher Observation	
10,11,12	Running (Health Related Fitness)	Standards 1,3,4, and 6	Weekly Mile Run	Show improvement from the beginning and the end of the trimester	Track, Stop Watch	Time Improvement	
10,11,12	Personal, Social Domain	Standard 5,6	Following Direction, Respect, Responsibility, Self Control, Best Effort, Compassion	Demonstrates a proper attitude in both winning and losing.	N/A	Daily Teacher Observation	