

Department: Physical Education
Course Name: Games People Play

Course Description:

Physical Education at Hampton Roads Academy aims to promote a healthy lifestyle for students and therefore advocates activities that are enjoyable and that also contribute to healthy living. The goal of this semester-long course is to help students understand the value of physical activity and to adopt a creative, growth-oriented mindset. This semester course will expose students to a wide range of sports like pickleball, spike ball, and ultimate frisbee as well as the more traditional sports of basketball, soccer, etc. Students will learn about the games themselves through strategies and techniques as well as developing their knowledge of fitness, nutrition, and wellness.

Content:

Adaptations to cardiovascular training
Adaptations to strength training
Cross-brain activities (Bilateral Integration Gym)
Growth mindset activities
Games and sport skill enhancement
Yoga and other mindfulness and flexibility enhancing activities

Skills:

Demonstrate heart rate training zone calculation
Demonstrate skillful weight training techniques
Demonstrate improvement in certain and selected cross-brain movements and/or skills
Demonstrate increased enjoyment of an individually selected new personal growth activity
Demonstrate increased enjoyment of at least one game or sport skill
Demonstrate honest effort during and possibly enjoyment from flexibility and mindfulness activities

Text and Materials:

Athletic clothing and tennis shoes are required to participate

Methods of Instruction:

Individual, partner, and group activities
Teacher directed instruction

Methods of Evaluation:

Teacher observation