

Quarter 3

Challenge

The class will operate on approximately three week units. During the third Quarter there will be approximately three Units; the first unit being Rock Wall Climbing, the second unit being speedball and the third being badminton.

The first unit of Quarter three carries over a bit from the previous and will be Rock Wall Climbing. This unit will also continue to work basic physical skills while now advancing skills that were not advanced earlier units. Balance, strength, communication and safety are major components of this unit. This unit also works on development of understanding space and direction, as well as patience and continues to build on communication and teamwork.

The speedball unit allows an indoor or outdoor physical activity that continues to help students learn and develop the ability to conduct themselves socially within a group. It also helps the development of numerous both basic, and advanced physical skills. These skills include, throwing, catching, balance and agility. It also includes adding strength and accuracy to these skills if the basic skill has already been mastered. Games will be altered based on the skill level of the class too help sharpen quick decision making, teamwork and problem solving skills. Speedball is essentially a form of flag or touch football.

The badminton unit also incorporates the development of social conduct within the confines of a physical activity. This introduces a few new skill sets that build off of some skills from the previous unit but also adds new ones. The use of the racket, and striking a moving, non circular, target (shuttlecock) with a purpose is for advanced but is based on striking a still volleyball from quarter one. Running and agility are continued, including explosion in quick bursts. Teamwork and communication are also major components of this unit and build off of the previous unit's element, as well as continued decision making and problem solving.

Units may be delayed or cancelled or postponed based in mitigating circumstances, including permission of weather.