

Lifetime Adventure Activities * JHS

Course Description

This course will give students the knowledge and experience in a number of leisure activities that they can perform throughout their lifetime in order to maintain a healthy lifestyle. This course will offer both indoor and outdoor activities that are currently popular throughout our country, some of which are unique to Minnesota's own climate. Personal responsibility for safety and participation is strongly emphasized. Some examples of activities will be: Biking, Skateboarding, Horseshoes, Canoeing, Golf, Downhill Skiing, Snowboarding, Frisbee Golf, Ice Skating, Hockey, Bowling, Sledding, Billiards, Badminton, Broomball, and Volleyball.

Standards

Essential Standards

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| 1. | The physically literate individual exhibits responsible personal and social behavior that respects self and others. |
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Important Standards

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| 1. | The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. |
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