

Adventure 1 2013 ROCK PORT High School Physical Education		
Day 1	Day 3	Day 5
<u>Intro to Unit:</u> <ul style="list-style-type: none"> • Willingness to try • Risk Taking • Problem Solving • Cooperation • Personal & Social Skills • Safety <u>Cooperative Games:</u> <ul style="list-style-type: none"> • Amnesia • Newspaper • Shoe Tie • Name Game • Group Juggle • Hula Hoop Pass • Toe Fencing 	<u>Warm-up:</u> <ul style="list-style-type: none"> * Ten Count <u>Cooperative Games:</u> <ul style="list-style-type: none"> • Dice Game – in groups • Helium Hoop • Fox Tail <u>Lead-up Games:</u> <ul style="list-style-type: none"> • Nitro Crossing • Bahama Getaway • Pyramid Expedition • Tee Pee Shuffle • Triangular Traverse 	Review Spotting <u>Intro to Trust Falls:</u> <ul style="list-style-type: none"> • Partner • Human spring • Willow in the wind • Levitation <u>Low Elements</u> <ul style="list-style-type: none"> • Wild Woozy • Tire Swing • Mohawk Walk • Porthole
Day 2	Day 4	Safety
<u>Warm-up:</u> <ul style="list-style-type: none"> • Dot on Paper • What is ½ of 8? <u>Cooperative Games:</u> <ul style="list-style-type: none"> • Zip, Zap • How do you do • Bumpy, Bump, Bump • Combine all 3 • Ball Toss • Paper Towers • Hand Tangle • Human Knot with String 	<u>Warm-up:</u> <ul style="list-style-type: none"> • Car & Driver (add blind element) <u>Traverse Wall Into:</u> <ul style="list-style-type: none"> • Familiarization • Ball Traverse • Isolation • Blinfold • Crossovers • Spotting <u>Trust Lead-up Activities:</u> <ul style="list-style-type: none"> • Walk the plank • All aboard 	<ul style="list-style-type: none"> • All students must be able to spot • Must understand the seriousness of the activities in which they are participating