

CTF Human Services

Rec Ed. Course Outline

Mr. Reynolds

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Driving Question:

What actions can I take to promote health, both mental and physical, in my life?

Course Description:

This complimentary course will offer students the opportunity to be active and play a variety of activities. Rec Ed. is an opportunity for students to develop their knowledge of how to improve or maintain their physical and mental health. Students will engage in various cooperative games, teambuilding/leadership activities and sports. The emphasis will be placed on sportsmanship and involvement.

Career Possibilities: Human Services

Supplies

Students are expected to bring the following supplies to class during this course:

- Indoor shoes
- Deodorant

CTF Outcomes

These are the areas we will be focusing on as a class.

Outcome # 1: CTF.1.1 - I explore my interests and passions while making personal connections to career possibilities

Outcome # 2: CTF.2.1 - I plan in response to challenges

Outcome # 3: CTF.3.2 - I develop skills that support effective relationships.

Evaluation

Students will be expected to complete daily assignments, projects and tasks. Students will be assessed on attitude, preparedness and active participation in the course.