

Recreation and Leisure

“Recreation and Leisure focuses on the development of knowledge, interests, behaviors, and skills that allow individuals to participate in a healthy level of physical activity and enjoy fun and relaxing activities in their free time. (ECC Essentials, Chapter 10)

I can participate in sports/hobbies/fitness that improves my overall health and connects me with peers

Know. Understand. Do.

A framework to guide learning activities

Know (K): Tends to be binary. Either you know it or you don't. Examples: Facts & Dates, Definitions, People & Places




Understand (U): Is a continuum; from novice to advanced. Examples: Big Ideas, Essential Questions, Generalizations.

Do (D): Show they understand and the application of skills/content.

Resources



To submit for the monthly ECC Challenge

	<i>Complete this month's ECC Challenge Worksheet, noting which activities were completed.</i>
	<i>Submit this worksheet to the MSB Outreach ECC Challenge Form. Find the link on the TVI Portal, Eyes on Maryland Newsletter and the MSB website.</i>
	<i>The student and teacher will be entered into this month's raffle!</i>

What do we KUD this month?

May	Student Name: Teacher Name:	Mark if student completes suggested activities
Vocabulary K: Can the student define these words? U: Can the student explain relationships between words and their overall health and wellness? D: Can the student use these words in conversation or writing? Can the student teach or share these terms with someone else?	<ul style="list-style-type: none"> ● recreation ● leisure ● hobby ● fitness/exercise ● sport 	
Objects/ Materials K: Can the student identify/tell you what these objects are? U: Can the student tell/show you how to utilize them? D: Can the student use objects/materials to engage in an activity with their peers?	<ul style="list-style-type: none"> ● adapted sports equipment ● adapted games ● fitness apps ● various hobby projects/crafts 	
Concepts/ Activities Use to teach words, objects, and concepts	K: Create a list of the current sports/hobbies/exercises the student currently participates in and ones they want to learn more about U: Research a new sport/hobby/exercise and determine if this would be a good fit for them to participate in or adapt. D: Develop or practice a skill needed for a sport, game, or craft.	
Experiences Complete to connect words, objects, and concepts to everyday experiences.	<ul style="list-style-type: none"> ● Evaluate your personal fitness level and create a plan for improvement. ● Attend a new club or sign up for a class to learn a new hobby ● Watch a “how to” video and complete a project ● Adapt a current game or activity to make it more accessible for you to play. ● Create/invent a game or activity that you can participate in with your family or peers. 	