

# Minor Games

## Unit Rationale

The rationale behind this unit is to provide the students with choice and opportunity to participate in some activities that they have selected and that may introduce them to something they have never tried. This unit is comprised of 4 days of straight activities. The technical aspects of the games have been explored by playing similar games under the TGfU umbrella.

Territory Invasion games have been covered up to this point and therefore the students should go into Floor Hockey and Capture the Flag days with an understanding of the tactical problems associated with this type of game. Net/Wall games have been explored through our Badminton unit and it is expected that the students will be able to translate their learned behaviours and tactical problems into the Pickleball activity.

This minor games unit will also introduce the class to a Boxercise day. This day is included for a number of reasons. First and foremost it provides the class with an opportunity to do some rhythmic movement activity. Secondly, the class will be introduced to an alternate form of cardiorespiratory exercise. Finally, by doing Boxercise with an all-male class we can hopefully begin removing the stigma of what is deemed “female activities”. There is absolutely no reason that an activity should be classified as male or female. As educators we should be focusing on providing **all** of our students with alternate methods of active living.

Lesson plans for this unit will be clear and concise. It is a one day activity where the main focus will be being active. There will not be a heavy focus on developing a tactical framework because, as previously mentioned, this framework will already have been developed in the previous units. Demonstrating how these frameworks are transferable is the primary goal of the unit.