

Course Outline: Recreational Leader (Rec Sports)

2025-2026

Mr. J. Serediak

Course Description

The Recreational Leader (Rec Sports) course introduces students to the concepts of leadership, teamwork, and followership through active participation in a variety of recreational sports. Students will explore how to lead, support, and collaborate with peers while promoting fair play, inclusion, and safety. Each week, a different sport will be introduced, providing opportunities to both play and take on leadership roles (e.g., coaching, officiating, organizing).

Course Objectives

Students will:

- Develop and demonstrate leadership and followership skills in recreational settings.
- Apply teamwork, communication, and problem-solving skills in sport environments.
- Learn and apply the rules, safety expectations, and basic strategies of various sports.
- Foster inclusivity, cooperation, and respect in recreational activities.
- Reflect on their growth as both leaders and team members.

Units/Activities

Week 1 – Volleyball

Week 2 – Basketball

Week 3 – Badminton

Week 4 – Invasion Games

Week 5 – Pickleball

Week 6 – Ultimate Frisbee

Course Assessment:

Participation & Effort (50%)—Consistent involvement, enthusiasm, and preparedness.

Leadership/Followership Skills (50%)—Ability to take initiative, organize, encourage, Ability to cooperate, support, and follow directions.

Success and Student Expectations

- ☐ Students absent multiple times throughout the term may be required to complete alternative assignments to make up the curricular outcomes OR may need to discuss the absences with the Principal
- ☐ Any student(s) who roughhouse, misuse/disrespect equipment, or fail to follow instructions during class may be asked to leave. The student may be required to make up the curricular outcome in another way (report, research etc.)
- ☐ If you are struggling with concepts in class, please arrange to see me to discuss the issues.

- ☐ All students will have a pair of clean and dry athletic shoes with non-marking soles.
- ☐ All students will change into shorts, sweats, or track pants and a loose-fitting t-shirt. This attire WILL NOT consist of the same clothing that was worn to school.
- ☐ Hats, jewelry, watches, and all electronic devices will be left in the students' lockers or change rooms while students are inside the gymnasiums or fitness room. (It is the students' responsibility to keep these items secure in their personal lockers; teachers and the school are not responsible for lost or stolen items.)

- ☐ Students will be given 5 minutes at the beginning of class to change into their gym clothes, after this time students will be considered late. Likewise, students will be given approximately 5-10 minutes to change at the end of each class to change back into their original clothes. Students that leave early will be marked absent.

Required Materials:

Students will require for all classes

- Appropriate change of gym attire (shorts/sweatpants, t-shirt)
- Clean **Indoor** running shoes with non-marking soles

★ Students who do not bring appropriate gym attire to class will be given a grade of zero for the day