



Nutley Public Schools

Physical Education

Grade: 7 - 8

Unit 1: Basketball	
Summary and Rationale	
<p>Through the sport of basketball, the students will be physically active and engaging in aerobic activity. The unit will teach the importance of teamwork and sportsmanship. Students will learn the skills of dribbling, passing and shooting. In this unit, students will be able to understand the positions of the players on the court and how the game of basketball is played.</p>	
Recommended Pacing	
2 weeks	
Standards	
Motor Skills and Concepts	
2.5.8.A.1	Explain and demonstrate the transition of movement skills from isolated settings (i.e., skill practice) into applied settings (i.e., games, sports, dance, and recreational activities).
2.5.8.A.2	Apply the concepts of force and motion (weight transfer, power, speed, agility, range of motion) to impact performance.
2.5.8.A.3	Create, explain, and demonstrate, as a small group, a planned movement sequence that includes changes in rhythm, tempo, and musical style (creative, cultural, social, and fitness dance).
2.5.8.A.4	Detect, analyze, and correct errors and apply to refine movement skills.
Strategy	
2.5.8.B.1	Compare and contrast the use of offensive, defensive, and cooperative strategies in a variety of settings.
2.5.8.B.2	Assess the effectiveness of specific mental strategies applied to improve performance.
2.5.8.B.3	Analyze individual and team effectiveness in achieving a goal and make recommendations for improvement.
Sportsmanship, Rules and Safety	
2.5.8.C.1	Assess player behavior for evidence of sportsmanship in individual, small-group, and team activities.
2.5.8.C.2	Summarize types of equipment, products, procedures, and rules that contribute to the safety of specific individual, small-group, and team activities.
2.5.8.C.3	Analyze the impact of different world cultures on present-day games, sports, and dance.
Fitness and Physical Activity	

2.6.8.A.1	Summarize the short- and long-term physical, social, and emotional benefits of regular physical activity.
2.6.8.A.2	Use health data to develop and implement a personal fitness plan and evaluate its effectiveness.
2.6.8.A.3	Analyze how medical and technological advances impact personal fitness.
2.6.8.A.4	Determine ways to achieve a healthy body composition through healthy eating, physical activity, and other lifestyle behaviors.
2.6.8.A.5	Use the primary principles of training (FITT) for the purposes of modifying personal levels of fitness.
2.6.8.A.6	Determine the physical, behavioral, legal, and ethical consequences of the use of anabolic steroids and other performance-enhancing substances.
Interdisciplinary Connections	
Standard x.x	
Integration of Technology	
Standard x.x	
CPI #	Cumulative Progress Indicator (CPI)
Instructional Focus	
Enduring Understandings	
<p>Students will develop an enduring understanding that a physically educated person is aware of the skills necessary to contribute to a group working towards a common goal.</p> <p>Basketball can be a lifetime activity.</p> <p>Playing basketball can be an effective way to increase cardiovascular endurance.</p>	
Essential Question	
<p>What role does cooperation play in physical activities/sport?</p> <p>What skills are necessary to be successful in basketball?</p> <p>Why are teamwork and communication important in basketball?</p> <p>What fitness components are necessary to be successful in basketball?</p>	
Evidence of Learning (Assessments)	
<p>Teacher Observation</p> <p>Participation</p> <p>Peer Assessment</p> <p>Self-Assessment (COMPETENCY I: COLLABORATION – Teamwork, Working Cooperatively, Managing Conflict/Differences)</p> <p>Written Tests</p> <p>Rubrics (COMPETENCY I: COLLABORATION – Teamwork)</p>	
Objectives	
<p>Students will know or learn:</p> <ul style="list-style-type: none"> • How to participate in team sports 	

- How to use cognitive skills in all aspects of physical activity
- How to interact socially and cooperatively with their peers during physical activity.
- The importance of regular involvement in physical activity.
- The skill of a chest pass
- The skill of a bounce pass
- The skill of dribbling
- The skill of shooting
- The positions on the court
- The basic rules of play

Students will be able to:

- Perform the skills necessary to take part in team oriented sports.
- Develop cognitive concepts about motor skills and fitness.
- Interact with their peers in group activities.
- Advocate for regular participation in an active lifestyle.
- Perform the skill of a chest pass
- Perform the skill of a bounce pass
- Perform the skill of dribbling
- Perform the skill of shooting
- Discuss the positions on the court
- Discuss the basic rules of play

Integration

Technology Integration

I Pads

Writing Integration

Reflection
Journals

Competencies

COMPETENCY I: COLLABORATION

- Teamwork
- Working Cooperatively
- Managing Conflict/Differences

Suggested Resources

www.pecentral.org
www.teachpe.com
www.aahperd.org



Nutley Public Schools

Physical Education

Grade: 7 - 8

Unit 2: Flag Football	
Summary and Rationale	
<p>Through the sport of flag-football, the students will be physically active and engaging in aerobic activity. This unit will teach the importance of teamwork and strategy along with proper skills and techniques required for game play. In all, the flag-football unit promotes understanding of one of the most highly watched and liked sports in the United States. In this unit, students will be able to understand how they can enjoy moving around and being active while gaining the benefits of exercise through the game of flag football.</p>	
Recommended Pacing	
2 weeks	
Standards	
Motor Skills and Concepts	
2.5.8.A.1	Explain and demonstrate the transition of movement skills from isolated settings (i.e., skill practice) into applied settings (i.e., games, sports, dance, and recreational activities).
2.5.8.A.2	Apply the concepts of force and motion (weight transfer, power, speed, agility, range of motion) to impact performance.
2.5.8.A.3	Create, explain, and demonstrate, as a small group, a planned movement sequence that includes changes in rhythm, tempo, and musical style (creative, cultural, social, and fitness dance).
2.5.8.A.4	Detect, analyze, and correct errors and apply to refine movement skills.
Strategy	
2.5.8.B.1	Compare and contrast the use of offensive, defensive, and cooperative strategies in a variety of settings.
2.5.8.B.2	Assess the effectiveness of specific mental strategies applied to improve performance.
2.5.8.B.3	Analyze individual and team effectiveness in achieving a goal and make recommendations for improvement.
Sportsmanship, Rules and Safety	
2.5.8.C.1	Assess player behavior for evidence of sportsmanship in individual, small-group, and team activities.
2.5.8.C.2	Summarize types of equipment, products, procedures, and rules that contribute to the safety of specific individual, small-group, and team activities.
2.5.8.C.3	Analyze the impact of different world cultures on present-day games, sports, and dance.

Fitness and Physical Activity	
2.6.8.A.1	Summarize the short- and long-term physical, social, and emotional benefits of regular physical activity.
2.6.8.A.2	Use health data to develop and implement a personal fitness plan and evaluate its effectiveness.
2.6.8.A.3	Analyze how medical and technological advances impact personal fitness.
2.6.8.A.4	Determine ways to achieve a healthy body composition through healthy eating, physical activity, and other lifestyle behaviors.
2.6.8.A.5	Use the primary principles of training (FITT) for the purposes of modifying personal levels of fitness.
2.6.8.A.6	Determine the physical, behavioral, legal, and ethical consequences of the use of anabolic steroids and other performance-enhancing substances.
Interdisciplinary Connections	
Standard x.x	
Integration of Technology	
Standard x.x	
CPI #	Cumulative Progress Indicator (CPI)
Instructional Focus	
Enduring Understandings	
<p>Students will develop an enduring understanding that a physically educated person is aware of the skills necessary to contribute to a group working towards a common goal.</p> <p>Body awareness and coordination are necessary components for a well-grounded individual.</p> <p>Teamwork and communication are essential to ensure the best possible results during game play.</p> <p>Comprehension of how critical aerobic training is to the total well-being of an individual.</p>	
Essential Question	
<p>What role does cooperation play in physical activities/sport?</p> <p>How does teamwork and communication effect game play in flag-football?</p> <p>How does flag-football increase the fitness level of each person?</p>	
Evidence of Learning (Assessments)	
<p>Teacher Observation</p> <p>Participation</p> <p>Peer Assessment</p> <p>Self-Assessment (COMPETENCY I: COLLABORATION – Teamwork, Working Cooperatively, Managing Conflict/Differences)</p> <p>Written Tests</p> <p>Rubrics (COMPETENCY I: COLLABORATION – Teamwork)</p>	

Objectives
<p>Students will know or learn:</p> <ul style="list-style-type: none"> • Proper throwing and catching technique • How to perform route-running • The basic rules and strategies of game play • Safety rules <p>Students will be able to:</p> <ul style="list-style-type: none"> • Perform the skills necessary to take part in team oriented sports. • Develop cognitive concepts about motor skills and fitness. • Interact with their peers in group activities. • Demonstrate the basic skills of throwing, catching and route-running • Discuss the positions on the field • Discuss the basic rules and strategies of game play
Integration
Technology Integration
I Pads
Writing Integration
Reflection Journals
Competencies
<p>COMPETENCY I: COLLABORATION</p> <ul style="list-style-type: none"> • Teamwork • Working Cooperatively • Managing Conflict/Differences
Suggested Resources
<p>www.pecentral.org www.teachpe.com www.aahperd.org</p>



Nutley Public Schools

Physical Education

Grade: 7 - 8

Unit 3: Soccer	
Summary and Rationale	
<p>Through the sport of soccer, the students will be physically active and engaging in aerobic activity. The unit will teach the importance of teamwork and sportsmanship. Students will learn the skills of passing, trapping, dribbling and shooting. In this unit, students will be able to understand the positions of the players on the field and how the game of soccer is played. Students will also understand the benefits of exercise while playing in a soccer game.</p>	
Recommended Pacing	
2 weeks	
Standards	
Motor Skills and Concepts	
2.5.8.A.1	Explain and demonstrate the transition of movement skills from isolated settings (i.e., skill practice) into applied settings (i.e., games, sports, dance, and recreational activities).
2.5.8.A.2	Apply the concepts of force and motion (weight transfer, power, speed, agility, range of motion) to impact performance.
2.5.8.A.3	Create, explain, and demonstrate, as a small group, a planned movement sequence that includes changes in rhythm, tempo, and musical style (creative, cultural, social, and fitness dance).
2.5.8.A.4	Detect, analyze, and correct errors and apply to refine movement skills.
Strategy	
2.5.8.B.1	Compare and contrast the use of offensive, defensive, and cooperative strategies in a variety of settings.
2.5.8.B.2	Assess the effectiveness of specific mental strategies applied to improve performance.
2.5.8.B.3	Analyze individual and team effectiveness in achieving a goal and make recommendations for improvement.
Sportsmanship, Rules and Safety	
2.5.8.C.1	Assess player behavior for evidence of sportsmanship in individual, small-group, and team activities.
2.5.8.C.2	Summarize types of equipment, products, procedures, and rules that contribute to the safety of specific individual, small-group, and team activities.
2.5.8.C.3	Analyze the impact of different world cultures on present-day games, sports, and dance.
Fitness and Physical Activity	

2.6.8.A.1	Summarize the short- and long-term physical, social, and emotional benefits of regular physical activity.
2.6.8.A.2	Use health data to develop and implement a personal fitness plan and evaluate its effectiveness.
2.6.8.A.3	Analyze how medical and technological advances impact personal fitness.
2.6.8.A.4	Determine ways to achieve a healthy body composition through healthy eating, physical activity, and other lifestyle behaviors.
2.6.8.A.5	Use the primary principles of training (FITT) for the purposes of modifying personal levels of fitness.
2.6.8.A.6	Determine the physical, behavioral, legal, and ethical consequences of the use of anabolic steroids and other performance-enhancing substances.
Interdisciplinary Connections	
Standard x.x	
Integration of Technology	
Standard x.x	
CPI #	Cumulative Progress Indicator (CPI)
Instructional Focus	
Enduring Understandings	
<p>Students will develop an enduring understanding that a physically educated person is aware of the skills necessary to contribute to a group working towards a common goal.</p> <p>Understanding how critical aerobic exercise is to the overall health of an individual.</p> <p>Playing soccer can be an effective way to increase cardiovascular endurance.</p> <p>Creating space and exploiting its creation is the key to winning soccer.</p> <p>Increased scoring opportunities in certain sports result from creating space on offense in order to spread the defense and bet players open.</p>	
Essential Question	
<p>What role does cooperation play in physical activities/sport?</p> <p>Soccer is the most popular sport in the world.</p> <p>Understanding how critical aerobic exercise is to the overall health of an individual.</p> <p>Playing soccer can be an effective way to increase cardiovascular endurance.</p>	
Evidence of Learning (Assessments)	
<p>Teacher Observation</p> <p>Participation</p> <p>Peer Assessment</p> <p>Self-Assessment (COMPETENCY I: COLLABORATION – Teamwork, Working Cooperatively, Managing Conflict/Differences)</p> <p>Written Tests</p> <p>Rubrics (COMPETENCY I: COLLABORATION – Teamwork)</p>	
Objectives	

Students will know or learn:

- How to effectively move safely through space while actively participating.
- How to use effective interpersonal skills.
- Personal and social behavior.
- An understanding and respect for themselves, each other, equipment, and the rules of the game.
- The basic skills of soccer including passing, chipping, trapping, shooting and heading.
- Goalkeeper responsibilities and skills

Students will be able to:

- Discuss the basic rules of play
- Demonstrate proper technique when dribbling a soccer ball.
- Demonstrate proper technique when passing a soccer ball.
- Demonstrate proper technique when chipping a soccer ball
- Demonstrate proper technique when trapping a soccer ball.
- Demonstrate proper technique when shooting a soccer ball.
- Demonstrate proper technique when heading a soccer ball.
- Demonstrate proper technique when catching the ball as a goalkeeper.
- Demonstrate proper technique when punting the ball as a goalkeeper.

Integration

Technology Integration

I Pads

Writing Integration

Reflection
Journals

Competencies

COMPETENCY I: COLLABORATION

- Teamwork
- Working Cooperatively
- Managing Conflict/Differences

Suggested Resources

www.pecentral.org
www.teachpe.com
www.aahperd.org



Nutley Public Schools

Physical Education

Grade: 7 - 8

Unit 4: Team Handball	
Summary and Rationale	
<p>Learning the skills and rules to team handball the students will be able to participate in vigorous activity in order to improve there over all well-being. Students will also learn to work with others through cooperation and compromising during the activity. In this unit, students will be able to understand how to apply skills and rules learned to game play. Students will also understand the benefits of exercise while playing team handball.</p>	
Recommended Pacing	
2 weeks	
Standards	
Motor Skills and Concepts	
2.5.8.A.1	Explain and demonstrate the transition of movement skills from isolated settings (i.e., skill practice) into applied settings (i.e., games, sports, dance, and recreational activities).
2.5.8.A.2	Apply the concepts of force and motion (weight transfer, power, speed, agility, range of motion) to impact performance.
2.5.8.A.3	Create, explain, and demonstrate, as a small group, a planned movement sequence that includes changes in rhythm, tempo, and musical style (creative, cultural, social, and fitness dance).
2.5.8.A.4	Detect, analyze, and correct errors and apply to refine movement skills.
Strategy	
2.5.8.B.1	Compare and contrast the use of offensive, defensive, and cooperative strategies in a variety of settings.
2.5.8.B.2	Assess the effectiveness of specific mental strategies applied to improve performance.
2.5.8.B.3	Analyze individual and team effectiveness in achieving a goal and make recommendations for improvement.
Sportsmanship, Rules and Safety	
2.5.8.C.1	Assess player behavior for evidence of sportsmanship in individual, small-group, and team activities.
2.5.8.C.2	Summarize types of equipment, products, procedures, and rules that contribute to the safety of specific individual, small-group, and team activities.
2.5.8.C.3	Analyze the impact of different world cultures on present-day games, sports, and dance.

Fitness and Physical Activity	
2.6.8.A.1	Summarize the short- and long-term physical, social, and emotional benefits of regular physical activity.
2.6.8.A.2	Use health data to develop and implement a personal fitness plan and evaluate its effectiveness.
2.6.8.A.3	Analyze how medical and technological advances impact personal fitness.
2.6.8.A.4	Determine ways to achieve a healthy body composition through healthy eating, physical activity, and other lifestyle behaviors.
2.6.8.A.5	Use the primary principles of training (FITT) for the purposes of modifying personal levels of fitness.
2.6.8.A.6	Determine the physical, behavioral, legal, and ethical consequences of the use of anabolic steroids and other performance-enhancing substances.
Interdisciplinary Connections	
Standard x.x	
Integration of Technology	
Standard x.x	
CPI #	Cumulative Progress Indicator (CPI)
Instructional Focus	
Enduring Understandings	
<p>Students will develop an enduring understanding that a physically educated person is aware of the skills necessary to contribute to a group working towards a common goal.</p> <p>Understanding how critical aerobic exercise is to the overall health of an individual.</p> <p>Playing team handball can be an effective way to increase cardiovascular endurance.</p>	
Essential Question	
<p>What role does cooperation play in physical activities/sport?</p> <p>What components of fitness does team handball encompass?</p> <p>How does team handball increase the fitness level of each individual?</p> <p>How does working on a team help improve cooperation skills?</p>	
Evidence of Learning (Assessments)	
<p>Teacher Observation</p> <p>Participation</p> <p>Peer Assessment</p> <p>Self-Assessment (COMPETENCY I: COLLABORATION – Teamwork, Working Cooperatively, Managing Conflict/Differences)</p> <p>Written Tests</p> <p>Rubrics (COMPETENCY I: COLLABORATION – Teamwork)</p>	
Objectives	
Students will know or learn:	

How to effectively move safely through space while actively participating.
How to use effective interpersonal skills.
Appropriate personal and social behavior while participating in individual and team activities

Students will be able to:
Explain the safety rules
Demonstrate basic skills of dribbling, passing, shooting and defending
Discuss team strategy for various game scenarios

Integration

Technology Integration

I Pads

Writing Integration

Reflection
Journals

Competencies

COMPETENCY I: COLLABORATION

- Teamwork
- Working Cooperatively
- Managing Conflict/Differences

Suggested Resources

www.pecentral.org
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Nutley Public Schools

Physical Education

Grade: 7 - 8

Unit 5: Volleyball	
Summary and Rationale	
<p>Through the sport of volleyball, the students will be physically active as they learn the necessary skills to participate in this lifetime game. The unit will teach the importance of teamwork and sportsmanship. Students will learn the skills of passing, setting and serving. In this unit, students will be able to understand the positions of the players on the court, how to rotate and how the game of volleyball is played.</p>	
Recommended Pacing	
2 weeks	
Standards	
Motor Skills and Concepts	
2.5.8.A.1	Explain and demonstrate the transition of movement skills from isolated settings (i.e., skill practice) into applied settings (i.e., games, sports, dance, and recreational activities).
2.5.8.A.2	Apply the concepts of force and motion (weight transfer, power, speed, agility, range of motion) to impact performance.
2.5.8.A.3	Create, explain, and demonstrate, as a small group, a planned movement sequence that includes changes in rhythm, tempo, and musical style (creative, cultural, social, and fitness dance).
2.5.8.A.4	Detect, analyze, and correct errors and apply to refine movement skills.
Strategy	
2.5.8.B.1	Compare and contrast the use of offensive, defensive, and cooperative strategies in a variety of settings.
2.5.8.B.2	Assess the effectiveness of specific mental strategies applied to improve performance.
2.5.8.B.3	Analyze individual and team effectiveness in achieving a goal and make recommendations for improvement.
Sportsmanship, Rules and Safety	
2.5.8.C.1	Assess player behavior for evidence of sportsmanship in individual, small-group, and team activities.
2.5.8.C.2	Summarize types of equipment, products, procedures, and rules that contribute to the safety of specific individual, small-group, and team activities.
2.5.8.C.3	Analyze the impact of different world cultures on present-day games, sports, and dance.
Fitness and Physical Activity	

2.6.8.A.1	Summarize the short- and long-term physical, social, and emotional benefits of regular physical activity.
2.6.8.A.2	Use health data to develop and implement a personal fitness plan and evaluate its effectiveness.
2.6.8.A.3	Analyze how medical and technological advances impact personal fitness.
2.6.8.A.4	Determine ways to achieve a healthy body composition through healthy eating, physical activity, and other lifestyle behaviors.
2.6.8.A.5	Use the primary principles of training (FITT) for the purposes of modifying personal levels of fitness.
2.6.8.A.6	Determine the physical, behavioral, legal, and ethical consequences of the use of anabolic steroids and other performance-enhancing substances.
Interdisciplinary Connections	
Standard x.x	
Integration of Technology	
Standard x.x	
CPI #	Cumulative Progress Indicator (CPI)
Instructional Focus	
Enduring Understandings	
<p>Students will develop an enduring understanding that a physically educated person is aware of the skills necessary to contribute to a group working towards a common goal.</p> <p>Understanding how critical aerobic exercise is to the overall health of an individual.</p> <p>Volleyball can be a lifelong activity.</p>	
Essential Question	
<p>What role does cooperation play in physical activities/sport?</p> <p>What skills are necessary to be successful in volleyball?</p> <p>Why are teamwork and communication important in volleyball?</p> <p>What fitness components are necessary to be successful in volleyball?</p>	
Evidence of Learning (Assessments)	
<p>Teacher Observation</p> <p>Participation</p> <p>Peer Assessment</p> <p>Self-Assessment (COMPETENCY I: COLLABORATION – Teamwork, Working Cooperatively, Managing Conflict/Differences)</p> <p>Written Tests</p> <p>Rubrics (COMPETENCY I: COLLABORATION – Teamwork)</p>	
Objectives	
<p>Students will know or learn:</p>	

How to effectively move safely through space while actively participating.
 How to use effective interpersonal skills.
 Appropriate personal and social behavior while participating in individual and team activities
 The basic skills of volleyball including, passing, setting and serving
 The positions on the court and the rotation of players to serve
 The rules of game play
 The value of good sportsmanship
 The importance of using teamwork

Students will be able to:

Demonstrate the basic skills of volleyball including passing, setting and serving.
 Discuss the positions on the court and the rotation of players to serve
 Discuss the rules of game play
 Demonstrate good sportsmanship
 Explain the importance of using teamwork

Integration

Technology Integration

I Pads

Writing Integration

Reflection
 Journals

Competencies

COMPETENCY I: COLLABORATION

- Teamwork
- Working Cooperatively
- Managing Conflict/Differences

Suggested Resources

www.pecentral.org
www.teachpe.com
www.aahperd.org



Nutley Public Schools

Physical Education

Grade: 7 - 8

Unit 6: Cooperative Games	
Summary and Rationale	
<p>Adventure based challenges offer students the opportunity to participate in a variety of games and problem solving activities that build social skills and self-confidence, develop physical fitness and values, and teach personal responsibility. The concepts and skills experienced through adventure based challenges can prepare children to be confident adults able to make decisions and work well within a group.</p>	
Recommended Pacing	
2 weeks	
Standards	
Character Development	
2.2.8.C.1	Analyze strategies to enhance character development in individual, group, and team activities.
2.2.8.C.2	Analyze to what extent various cultures have responded effectively to individuals with disabilities.
2.2.8.C.3	Hypothesize reasons for personal and group adherence, or lack of adherence, to codes of conduct at home, locally, and in the worldwide community.
Motor Skills and Concepts	
2.5.8.A.1	Explain and demonstrate the transition of movement skills from isolated settings (i.e., skill practice) into applied settings (i.e., games, sports, dance, and recreational activities).
2.5.8.A.2	Apply the concepts of force and motion (weight transfer, power, speed, agility, range of motion) to impact performance.
2.5.8.A.3	Create, explain, and demonstrate, as a small group, a planned movement sequence that includes changes in rhythm, tempo, and musical style (creative, cultural, social, and fitness dance).
2.5.8.A.4	Detect, analyze, and correct errors and apply to refine movement skills.
Strategy	
2.5.8.B.1	Compare and contrast the use of offensive, defensive, and cooperative strategies in a variety of settings.
2.5.8.B.2	Assess the effectiveness of specific mental strategies applied to improve performance.
2.5.8.B.3	Analyze individual and team effectiveness in achieving a goal and make recommendations for improvement.
Sportsmanship, Rules and Safety	
2.5.8.C.1	Assess player behavior for evidence of sportsmanship in individual, small-group, and team activities.

2.5.8.C.2	Summarize types of equipment, products, procedures, and rules that contribute to the safety of specific individual, small-group, and team activities.
2.5.8.C.3	Analyze the impact of different world cultures on present-day games, sports, and dance.
Fitness and Physical Activity	
2.6.8.A.1	Summarize the short- and long-term physical, social, and emotional benefits of regular physical activity.
2.6.8.A.2	Use health data to develop and implement a personal fitness plan and evaluate its effectiveness.
2.6.8.A.3	Analyze how medical and technological advances impact personal fitness.
2.6.8.A.4	Determine ways to achieve a healthy body composition through healthy eating, physical activity, and other lifestyle behaviors.
2.6.8.A.5	Use the primary principles of training (FITT) for the purposes of modifying personal levels of fitness.
2.6.8.A.6	Determine the physical, behavioral, legal, and ethical consequences of the use of anabolic steroids and other performance-enhancing substances.
Interdisciplinary Connections	
Standard x.x	
Integration of Technology	
Standard x.x	
CPI #	Cumulative Progress Indicator (CPI)
Instructional Focus	
Enduring Understandings	
<p>Development of social health concepts and skills to promote a healthy lifestyle.</p> <p>Utilization of cooperative skills to promote a healthy social lifestyle.</p> <p>Apply problem solving techniques to real life experiences.</p>	
Essential Question	
<p>Why must students develop mutual relationship concepts to maintain a health throughout their life?</p> <p>What cooperative skills and creative principles are necessary to promote active, social relationships?</p> <p>How are the necessary concepts and skills applied to enhance all dimensions of wellness healthy lifestyle?</p>	
Evidence of Learning (Assessments)	
<p>Teacher Observation</p> <p>Participation</p> <p>Peer Assessment</p> <p>Self-Assessment</p> <p style="padding-left: 40px;">COMPETENCY I: COLLABORATION</p> <ul style="list-style-type: none"> • Teamwork • Working Cooperatively • Building Relationships 	

<p>COMPETENCY IV: PROBLEM SOLVING</p> <ul style="list-style-type: none"> • Use of Information • Approach to Solving • Solutions <p>COMPETENCY V: SELF AWARENESS and DIRECTION</p> <ul style="list-style-type: none"> • Determination <p>Skill Analysis Written Tests Rubrics (COMPETENCY I: COLLABORATION- Teamwork, Working Cooperatively, Building Relationships) (COMPETENCY V: SELF AWARENESS and DIRECTION – Determination)</p>
Objectives
<p>Students will know or learn:</p> <ul style="list-style-type: none"> • How to effectively move safely through space while actively participating. • How to use effective interpersonal skills. • The value of good sportsmanship • The importance of using teamwork <p>Students will be able to:</p> <ul style="list-style-type: none"> • Demonstrate good sportsmanship • Explain the importance of using teamwork • Apply problem solving skills
Integration
Technology Integration
I Pads
Writing Integration
Student Reflection Journal
Competencies
<p>COMPETENCY I: COLLABORATION</p> <ul style="list-style-type: none"> • Teamwork • Working Cooperatively • Building Relationships <p>COMPETENCY IV: PROBLEM SOLVING</p> <ul style="list-style-type: none"> • Use of Information • Approach to Solving • Solutions <p>COMPETENCY V: SELF AWARENESS and DIRECTION</p> <ul style="list-style-type: none"> • Determination

Suggested Resources

Hundredth Monkey
Project Adventure Curriculum
Competency Framework
Adventure Pack
www.pecentral.org
www.teachpe.com
www.aahperd.org



Nutley Public Schools

Physical Education

Grade: 7 - 8

Unit 7: Fitness	
Summary and Rationale	
<p>The goal of the fitness unit is to encourage overall fitness and the important role fitness plays in living a healthier, happier and longer life. Motivation and the interrelationship of physical and health-related skills will be highlighted to promote a healthy lifestyle. The components of fitness and specific activities needed to improve personal fitness will be covered during this unit. Students will be introduced to a variety of fitness related activities to foster an appreciation and value for the importance of maintaining a physically active lifestyle.</p>	
Recommended Pacing	
2 weeks	
Standards	
Motor Skills and Concepts	
2.5.8.A.1	Explain and demonstrate the transition of movement skills from isolated settings (i.e., skill practice) into applied settings (i.e., games, sports, dance, and recreational activities).
2.5.8.A.2	Apply the concepts of force and motion (weight transfer, power, speed, agility, range of motion) to impact performance.
2.5.8.A.3	Create, explain, and demonstrate, as a small group, a planned movement sequence that includes changes in rhythm, tempo, and musical style (creative, cultural, social, and fitness dance).
2.5.8.A.4	Detect, analyze, and correct errors and apply to refine movement skills.
Strategy	
2.5.8.B.1	Compare and contrast the use of offensive, defensive, and cooperative strategies in a variety of settings.
2.5.8.B.2	Assess the effectiveness of specific mental strategies applied to improve performance.
2.5.8.B.3	Analyze individual and team effectiveness in achieving a goal and make recommendations for improvement.
Sportsmanship, Rules and Safety	
2.5.8.C.1	Assess player behavior for evidence of sportsmanship in individual, small-group, and team activities.
2.5.8.C.2	Summarize types of equipment, products, procedures, and rules that contribute to the safety of specific individual, small-group, and team activities.
2.5.8.C.3	Analyze the impact of different world cultures on present-day games, sports, and dance.

Fitness and Physical Activity	
2.6.8.A.1	Summarize the short- and long-term physical, social, and emotional benefits of regular physical activity.
2.6.8.A.2	Use health data to develop and implement a personal fitness plan and evaluate its effectiveness.
2.6.8.A.3	Analyze how medical and technological advances impact personal fitness.
2.6.8.A.4	Determine ways to achieve a healthy body composition through healthy eating, physical activity, and other lifestyle behaviors.
2.6.8.A.5	Use the primary principles of training (FITT) for the purposes of modifying personal levels of fitness.
2.6.8.A.6	Determine the physical, behavioral, legal, and ethical consequences of the use of anabolic steroids and other performance-enhancing substances.
Interdisciplinary Connections	
Standard x.x	
Integration of Technology	
Standard x.x	
CPI #	Cumulative Progress Indicator (CPI)
Instructional Focus	
Enduring Understandings	
<p>It is important to maintain a healthy level of fitness so that you can lead a productive life and have the ability to deal with life's challenges as well as have energy to enjoy activities.</p> <p>The FITT principle helps one to safely apply strategies and exercise to improve physical fitness.</p>	
Essential Question	
<p>How can I set challenging fitness goals that help me stay committed to wellness?</p> <p>How does the FITT principle relate to physical fitness?</p>	
Evidence of Learning (Assessments)	
<p>Teacher Observations</p> <p>Rubrics COMPETENCY V: SELF AWARENESS and DIRECTION (Determination and Personal Management)</p> <p>Written Tests</p> <p>Skills Tests</p> <p>Self-Assessment COMPETENCY V: SELF AWARENESS and DIRECTION (Determination)</p> <p>Peer Assessment</p>	
Objectives	
<p>Students will know or learn:</p> <ul style="list-style-type: none"> • Benefits of participating in fitness activities • Location and function of major muscles • FITT Principle 	

- The five health-related components of fitness

Students will be able to:

- Discuss the benefits of participating in fitness activities
- Apply the FITT principle
- Participate in a variety of fitness activities.

Integration

Technology Integration

I Pads

Writing Integration

Reflection
Journals

Competencies

COMPETENCY V: SELF AWARENESS and DIRECTION

- Personal Management
- Determination

Suggested Resources

Circuit Training
www.pecentral.org
www.teachpe.com
www.aahperd.org
<http://www.fitnessforlife.org/middleSchool>



Nutley Public Schools

Physical Education

Grade: 7

Unit 8: Fitness Testing	
Summary and Rationale	
<p>Fitnessgram is a fitness assessment and reporting program for youth. The assessment includes a variety of health-related physical fitness tests that are used to determine students' overall physical fitness and suggest areas for improvement when appropriate. The purpose of Fitnessgram is really three-fold: to assess students' health-related components of fitness, to report the scores to students and parents and finally, to use the information to educate students. Test results are presented in a broader context of what it means to be physically fit, and suggest ways that students can be more physically active and improve their level of fitness to help them reach the Healthy Fitness Zone standards for each test measure.</p>	
Recommended Pacing	
2 weeks	
Standards	
Motor Skills and Concepts	
2.5.8.A.1	Explain and demonstrate the transition of movement skills from isolated settings (i.e., skill practice) into applied settings (i.e., games, sports, dance, and recreational activities).
2.5.8.A.2	Apply the concepts of force and motion (weight transfer, power, speed, agility, range of motion) to impact performance.
2.5.8.A.3	Create, explain, and demonstrate, as a small group, a planned movement sequence that includes changes in rhythm, tempo, and musical style (creative, cultural, social, and fitness dance).
2.5.8.A.4	Detect, analyze, and correct errors and apply to refine movement skills.
Strategy	
2.5.8.B.1	Compare and contrast the use of offensive, defensive, and cooperative strategies in a variety of settings.
2.5.8.B.2	Assess the effectiveness of specific mental strategies applied to improve performance.
2.5.8.B.3	Analyze individual and team effectiveness in achieving a goal and make recommendations for improvement.
Sportsmanship, Rules and Safety	
2.5.8.C.1	Assess player behavior for evidence of sportsmanship in individual, small-group, and team activities.
2.5.8.C.2	Summarize types of equipment, products, procedures, and rules that contribute to the safety of specific individual, small-group, and team activities.
2.5.8.C.3	Analyze the impact of different world cultures on present-day games, sports, and dance.

Fitness and Physical Activity	
2.6.8.A.1	Summarize the short- and long-term physical, social, and emotional benefits of regular physical activity.
2.6.8.A.2	Use health data to develop and implement a personal fitness plan and evaluate its effectiveness.
2.6.8.A.3	Analyze how medical and technological advances impact personal fitness.
2.6.8.A.4	Determine ways to achieve a healthy body composition through healthy eating, physical activity, and other lifestyle behaviors.
2.6.8.A.5	Use the primary principles of training (FITT) for the purposes of modifying personal levels of fitness.
2.6.8.A.6	Determine the physical, behavioral, legal, and ethical consequences of the use of anabolic steroids and other performance-enhancing substances.
Interdisciplinary Connections	
Standard x.x	
Integration of Technology	
Standard x.x	
CPI #	Cumulative Progress Indicator (CPI)
Instructional Focus	
Enduring Understandings	
<p>Positive decision making about fitness contributes to a healthy lifestyle. Research shows that people who participate in regular physical activity, no matter what the form, are more likely to do so because they feel comfortable and competent in movement skills. To achieve a healthy lifestyle, you must value physical activity. Repetition of proper technique leads to improvement.</p>	
Essential Questions	
<p>Why is physical activity important? What skills need to be developed to maintain fitness? Why would a fitness plan help to develop fitness skills?</p>	
Evidence of Learning (Assessments)	
<p>Teacher Observation Participation Rubrics Written Tests COMPETENCY III: RESEARCH (Learning and Evaluation) Skills Tests Self-Assessment COMPETENCY V: SELF AWARENESS and DIRECTION(Determination) Peer Assessment</p>	

Objectives
<p>Students will know or learn:</p> <ul style="list-style-type: none"> • Fitnessgram tests • Benefits of fitness • Effects of activity on the body and the risks associated with inactivity • How technology can assist in fitness <p>Students will be able to:</p> <ul style="list-style-type: none"> • Demonstrate proper technique in fitness skills and activities. • Discuss how test standards build fitness for life. • Identify what component of fitness each test of Fitnessgram measures. • Explain the benefits of each test and how they relate to fitness.
Integration
Technology Integration
<p>I Pads Fitnessgram Software</p>
Writing Integration
<p>Reflection Journal</p>
Competencies
<p>COMPETENCY III: RESEARCH</p> <ul style="list-style-type: none"> • Learning and Evaluation <p>COMPETENCY V: SELF AWARENESS and DIRECTION</p> <ul style="list-style-type: none"> • Determination
Suggested Resources
<ul style="list-style-type: none"> • Stopwatch • Fitnessgram Software • Mats • Clipboards • Cones <p>Activities: Fitnessgram Tests</p>



Nutley Public Schools

Physical Education

Grade: 7 - 8

Unit 9: Badminton	
Summary and Rationale	
<p>The purpose of this unit is to introduce the game of badminton and to create an interest and a level of success in the game so that the students will want to continue to participate for the rest of their lives. Introducing the game of badminton at this level is developmentally appropriate for these students because badminton is a lifetime sport and is a sport that will keep the individual active along their life span. The racquet skills utilized in badminton transfer to other lifetime sports such as tennis, Pickleball and racquetball.</p>	
Recommended Pacing	
2 weeks	
Standards	
Motor Skills and Concepts	
2.5.8.A.1	Explain and demonstrate the transition of movement skills from isolated settings (i.e., skill practice) into applied settings (i.e., games, sports, dance, and recreational activities).
2.5.8.A.2	Apply the concepts of force and motion (weight transfer, power, speed, agility, range of motion) to impact performance.
2.5.8.A.3	Create, explain, and demonstrate, as a small group, a planned movement sequence that includes changes in rhythm, tempo, and musical style (creative, cultural, social, and fitness dance).
2.5.8.A.4	Detect, analyze, and correct errors and apply to refine movement skills.
Strategy	
2.5.8.B.1	Compare and contrast the use of offensive, defensive, and cooperative strategies in a variety of settings.
2.5.8.B.2	Assess the effectiveness of specific mental strategies applied to improve performance.
2.5.8.B.3	Analyze individual and team effectiveness in achieving a goal and make recommendations for improvement.
Sportsmanship, Rules and Safety	
2.5.8.C.1	Assess player behavior for evidence of sportsmanship in individual, small-group, and team activities.
2.5.8.C.2	Summarize types of equipment, products, procedures, and rules that contribute to the safety of specific individual, small-group, and team activities.
2.5.8.C.3	Analyze the impact of different world cultures on present-day games, sports, and dance.

Fitness and Physical Activity	
2.6.8.A.1	Summarize the short- and long-term physical, social, and emotional benefits of regular physical activity.
2.6.8.A.2	Use health data to develop and implement a personal fitness plan and evaluate its effectiveness.
2.6.8.A.3	Analyze how medical and technological advances impact personal fitness.
2.6.8.A.4	Determine ways to achieve a healthy body composition through healthy eating, physical activity, and other lifestyle behaviors.
2.6.8.A.5	Use the primary principles of training (FITT) for the purposes of modifying personal levels of fitness.
2.6.8.A.6	Determine the physical, behavioral, legal, and ethical consequences of the use of anabolic steroids and other performance-enhancing substances.
Interdisciplinary Connections	
Standard x.x	
Integration of Technology	
Standard x.x	
CPI #	Cumulative Progress Indicator (CPI)
Instructional Focus	
Enduring Understandings	
<p>Playing badminton involves balance, coordination, body awareness, muscular and cardiovascular endurance, and flexibility.</p> <p>By participating in physical activities you increase your cardiovascular endurance and overall general physical fitness, contributing to improved heart health.</p>	
Essential Question	
<p>How can badminton increase the fitness level of each individual?</p> <p>What components of fitness does badminton encompass?</p>	
Evidence of Learning (Assessments)	
<p>Teacher Observation</p> <p>Participation</p> <p>Peer Assessment</p> <p>Self-Assessment (COMPETENCY I: COLLABORATION – Teamwork, Working Cooperatively, Managing Conflict/Differences)</p> <p>Written Tests</p> <p>Rubrics (COMPETENCY I: COLLABORATION – Teamwork)</p>	
Objectives	

Students will know or learn:

- Rules and strategies of the game of badminton.
- How to perform the skills of badminton, such as serves, clears, drops, and shuttle control.
- Safety and etiquette used during badminton participation
- The importance of physical activity on maintaining health

Students will be able to:

- Discuss basic game rules
- Demonstrate good sportsmanship.
- Exhibit eye-hand coordination.
- Develop and perform proper serving techniques.

Integration

Technology Integration

I Pads

Writing Integration

Reflection
Journals

Competencies

COMPETENCY I: COLLABORATION

- Teamwork
- Working Cooperatively
- Managing Conflict/Differences

Suggested Resources

www.pecentral.org
www.teachpe.com
www.aahperd.org



Nutley Public Schools

Physical Education

Grade: 7 - 8

Unit 10: Floor Hockey	
Summary and Rationale	
<p>The goal of this unit is to introduce students to the game of floor hockey. The skills developed in this unit are striking, spatial awareness, body management, hand eye coordination and team work. In addition floor hockey develops cardiovascular endurance, core strength, reaction time, hand-eye coordination, foot speed and agility.</p>	
Recommended Pacing	
2 weeks	
Standards	
Motor Skills and Concepts	
2.5.8.A.1	Explain and demonstrate the transition of movement skills from isolated settings (i.e., skill practice) into applied settings (i.e., games, sports, dance, and recreational activities).
2.5.8.A.2	Apply the concepts of force and motion (weight transfer, power, speed, agility, range of motion) to impact performance.
2.5.8.A.3	Create, explain, and demonstrate, as a small group, a planned movement sequence that includes changes in rhythm, tempo, and musical style (creative, cultural, social, and fitness dance).
2.5.8.A.4	Detect, analyze, and correct errors and apply to refine movement skills.
Strategy	
2.5.8.B.1	Compare and contrast the use of offensive, defensive, and cooperative strategies in a variety of settings.
2.5.8.B.2	Assess the effectiveness of specific mental strategies applied to improve performance.
2.5.8.B.3	Analyze individual and team effectiveness in achieving a goal and make recommendations for improvement.
Sportsmanship, Rules and Safety	
2.5.8.C.1	Assess player behavior for evidence of sportsmanship in individual, small-group, and team activities.
2.5.8.C.2	Summarize types of equipment, products, procedures, and rules that contribute to the safety of specific individual, small-group, and team activities.
2.5.8.C.3	Analyze the impact of different world cultures on present-day games, sports, and dance.
Fitness and Physical Activity	

2.6.8.A.1	Summarize the short- and long-term physical, social, and emotional benefits of regular physical activity.
2.6.8.A.2	Use health data to develop and implement a personal fitness plan and evaluate its effectiveness.
2.6.8.A.3	Analyze how medical and technological advances impact personal fitness.
2.6.8.A.4	Determine ways to achieve a healthy body composition through healthy eating, physical activity, and other lifestyle behaviors.
2.6.8.A.5	Use the primary principles of training (FITT) for the purposes of modifying personal levels of fitness.
2.6.8.A.6	Determine the physical, behavioral, legal, and ethical consequences of the use of anabolic steroids and other performance-enhancing substances.
Interdisciplinary Connections	
Standard x.x	
Integration of Technology	
Standard x.x	
CPI #	Cumulative Progress Indicator (CPI)
Instructional Focus	
Enduring Understandings	
<p>Playing floor hockey involves balance, coordination, body awareness, muscular and cardiovascular endurance, and flexibility.</p> <p>By participating in physical activities you increase your cardiovascular endurance and overall general physical fitness, contributing to improved heart health.</p>	
Essential Question	
<p>How can hockey increase the fitness level of each individual?</p> <p>What components of fitness does hockey encompass?</p>	
Evidence of Learning (Assessments)	
<p>Teacher Observation</p> <p>Participation</p> <p>Peer Assessment</p> <p>Self-Assessment (COMPETENCY I: COLLABORATION – Teamwork, Working Cooperatively, Managing Conflict/Differences)</p> <p>Written Tests</p> <p>Rubrics (COMPETENCY I: COLLABORATION – Teamwork)</p>	
Objectives	

Students will know or learn:

- Rules and strategies of the sport of hockey.
- How to perform the skills of passing, shooting, and stick-handling.
- Safety and etiquette used during hockey participation
- The importance of physical activity on maintaining health

Students will be able to:

- Discuss basic game rules
- Demonstrate good sportsmanship.
- Display knowledge of the rules and safety.
- Exhibit eye-hand, coordination.
- Develop and perform proper passing techniques.
- Develop and perform proper shooting techniques.
- Develop and perform proper stick-handling techniques.
- Demonstrate cooperative play through games.
- Understand the importance of teamwork and positive social interaction.

Integration

Technology Integration

I Pads

Writing Integration

Reflection
Journals

Competencies

COMPETENCY I: COLLABORATION

- Teamwork
- Working Cooperatively
- Managing Conflict/Differences

Suggested Resources

www.pecentral.org
www.teachpe.com
www.aahperd.org



Nutley Public Schools

Physical Education

Grade: 7 - 8

Unit 11: Softball	
Summary and Rationale	
<p>The goal of the softball unit is to focus on the different aspects of the game, including rules, skills, and strategies. The concepts learned in this unit plan will be beneficial to the students, both inside and outside the classroom, as well as transferred into the later years of their life. Each lesson demonstrates the importance of the various aspects of softball and encourages students to participate in physical activity.</p>	
Recommended Pacing	
2 weeks	
Standards	
Motor Skills and Concepts	
2.5.8.A.1	Explain and demonstrate the transition of movement skills from isolated settings (i.e., skill practice) into applied settings (i.e., games, sports, dance, and recreational activities).
2.5.8.A.2	Apply the concepts of force and motion (weight transfer, power, speed, agility, range of motion) to impact performance.
2.5.8.A.3	Create, explain, and demonstrate, as a small group, a planned movement sequence that includes changes in rhythm, tempo, and musical style (creative, cultural, social, and fitness dance).
2.5.8.A.4	Detect, analyze, and correct errors and apply to refine movement skills.
Strategy	
2.5.8.B.1	Compare and contrast the use of offensive, defensive, and cooperative strategies in a variety of settings.
2.5.8.B.2	Assess the effectiveness of specific mental strategies applied to improve performance.
2.5.8.B.3	Analyze individual and team effectiveness in achieving a goal and make recommendations for improvement.
Sportsmanship, Rules and Safety	
2.5.8.C.1	Assess player behavior for evidence of sportsmanship in individual, small-group, and team activities.
2.5.8.C.2	Summarize types of equipment, products, procedures, and rules that contribute to the safety of specific individual, small-group, and team activities.
2.5.8.C.3	Analyze the impact of different world cultures on present-day games, sports, and dance.
Fitness and Physical Activity	

2.6.8.A.1	Summarize the short- and long-term physical, social, and emotional benefits of regular physical activity.
2.6.8.A.2	Use health data to develop and implement a personal fitness plan and evaluate its effectiveness.
2.6.8.A.3	Analyze how medical and technological advances impact personal fitness.
2.6.8.A.4	Determine ways to achieve a healthy body composition through healthy eating, physical activity, and other lifestyle behaviors.
2.6.8.A.5	Use the primary principles of training (FITT) for the purposes of modifying personal levels of fitness.
2.6.8.A.6	Determine the physical, behavioral, legal, and ethical consequences of the use of anabolic steroids and other performance-enhancing substances.
Interdisciplinary Connections	
Standard x.x	
Integration of Technology	
Standard x.x	
CPI #	Cumulative Progress Indicator (CPI)
Instructional Focus	
Enduring Understandings	
<p>Softball and related activities can effect and benefit overall health of an individual.</p> <p>Working cooperatively, communication, and good sportsmanship are essential for success in softball and all team sports.</p> <p>Eye-hand coordination is an important facet in all elements of softball.</p>	
Essential Question	
<p>What components of fitness does softball encompass?</p> <p>How can softball increase the fitness level of each individual?</p> <p>What similarities does softball have with other team sports?</p> <p>What is the importance of eye-hand coordination in softball?</p>	
Evidence of Learning (Assessments)	
<p>Teacher Observation</p> <p>Participation</p> <p>Peer Assessment</p> <p>Self-Assessment (COMPETENCY I: COLLABORATION – Teamwork, Working Cooperatively, Managing Conflict/Differences)</p> <p>Written Tests</p> <p>Rubrics (COMPETENCY I: COLLABORATION – Teamwork)</p>	

Objectives
<p>Students will know or learn:</p> <ul style="list-style-type: none"> • Rules and strategies of the sport of hockey. • How to perform the skills of passing, shooting, and stick-handling. • Safety and etiquette used during hockey participation • The importance of physical activity on maintaining health <p>Students will be able to:</p> <ul style="list-style-type: none"> • Display knowledge of the rules. • Demonstrate good sportsmanship. • Exhibit eye-hand coordination. • Develop and perform proper striking techniques. • Develop and perform proper throwing techniques. • Develop and perform proper catching techniques. • Develop and perform proper running techniques. • Understand the importance of teamwork and positive social interaction
Integration
Technology Integration
I Pads
Writing Integration
Reflection Journals
Competencies
COMPETENCY I: COLLABORATION <ul style="list-style-type: none"> • Teamwork • Working Cooperatively • Managing Conflict/Differences
Suggested Resources
www.pecentral.org www.teachpe.com www.aahperd.org



Nutley Public Schools

Physical Education

Grade: 7 - 8

Unit 12: Dance	
Summary and Rationale	
Dance contributes to health-related components and is an activity that can be enjoyed as a lifetime activity. The goal of this unit is to introduce students to various dance skills focusing on balance, coordination, rhythm, and fitness, as well as, foster an environment in which students can gain an appreciation of the social and fitness benefits of dance. Students will develop their dance skills focusing on dance patterns and tempo.	
Recommended Pacing	
2 weeks	
Standards	
Motor Skills and Concepts	
2.5.8.A.1	Explain and demonstrate the transition of movement skills from isolated settings (i.e., skill practice) into applied settings (i.e., games, sports, dance, and recreational activities).
2.5.8.A.2	Apply the concepts of force and motion (weight transfer, power, speed, agility, range of motion) to impact performance.
2.5.8.A.3	Create, explain, and demonstrate, as a small group, a planned movement sequence that includes changes in rhythm, tempo, and musical style (creative, cultural, social, and fitness dance).
2.5.8.A.4	Detect, analyze, and correct errors and apply to refine movement skills.
Strategy	
2.5.8.B.1	Compare and contrast the use of offensive, defensive, and cooperative strategies in a variety of settings.
2.5.8.B.2	Assess the effectiveness of specific mental strategies applied to improve performance.
2.5.8.B.3	Analyze individual and team effectiveness in achieving a goal and make recommendations for improvement.
Sportsmanship, Rules and Safety	
2.5.8.C.1	Assess player behavior for evidence of sportsmanship in individual, small-group, and team activities.
2.5.8.C.2	Summarize types of equipment, products, procedures, and rules that contribute to the safety of specific individual, small-group, and team activities.
2.5.8.C.3	Analyze the impact of different world cultures on present-day games, sports, and dance.
Fitness and Physical Activity	

2.6.8.A.1	Summarize the short- and long-term physical, social, and emotional benefits of regular physical activity.
2.6.8.A.2	Use health data to develop and implement a personal fitness plan and evaluate its effectiveness.
2.6.8.A.3	Analyze how medical and technological advances impact personal fitness.
2.6.8.A.4	Determine ways to achieve a healthy body composition through healthy eating, physical activity, and other lifestyle behaviors.
2.6.8.A.5	Use the primary principles of training (FITT) for the purposes of modifying personal levels of fitness.
2.6.8.A.6	Determine the physical, behavioral, legal, and ethical consequences of the use of anabolic steroids and other performance-enhancing substances.

Interdisciplinary Connections

Standard x.x

Integration of Technology

Standard x.x

CPI # Cumulative Progress Indicator (CPI)

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Instructional Focus

Enduring Understandings

A dancer’s skill includes execution, rhythm, tempo, technique, and body control.
Dance is a tool for fitness throughout your life.

Essential Question

What are basic dance techniques, terminology, and elements?
What are examples of etiquette in relation to dance?
What are the similarities between the components of fitness and dance?

Evidence of Learning (Assessments)

Teacher Observation
Participation
Rubrics (Collaboration)
Written Tests
Skills Tests
Self-Assessment (Teamwork, Working cooperatively, Building relationships)
Peer Assessment (Teamwork, Working cooperatively, Building relationships)

Objectives
<p>Students will know or learn:</p> <ul style="list-style-type: none"> • History of dance • Dance vocabulary including tempo, beat and rhythm • Steps to various dance sequences <p>Students will be able to:</p> <ul style="list-style-type: none"> • Demonstrate proper dance class procedure and etiquette • Execute dance sequences in dance. • Define dance vocabulary • Discuss the fitness components utilized during dance
Integration
Technology Integration
I Pads
Writing Integration
Reflection Journals
Competencies
<p>COMPETENCY I: COLLABORATION</p> <p>COMPETENCY II: COMMUNICATION</p> <ul style="list-style-type: none"> • Expression of oneself <p>COMPETENCY V: SELF AWARENESS and DIRECTION</p>
Suggested Resources
<p>www.pecentral.org</p> <p>www.teachpe.com</p> <p>www.aahperd.org</p> <p>Zumba</p> <p>Line Dances</p> <p>Creative Dance</p> <p>Cultural Dance</p>