




Ware Public Schools




PHYSICAL EDUCATION CURRICULUM - Grades 5-7

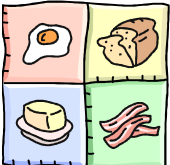
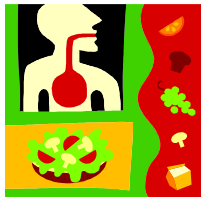
Physical Education:


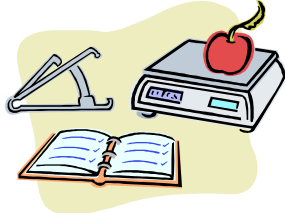


Grade: 5




Unit/Theme	Content and Essential Questions	Skills	Methods of Assessment	Teacher Resources & Notes	Framework Strand/s & Standard/s
Individual Sports Badminton	What are the basic skills needed to be successful in the sport of badminton?	<ol style="list-style-type: none"> 1. Gripping the racket 2. Serving (short and low, high and deep) 3. Forehand 4. Backhand 5. Clear shot 6. Drop shot 7. The smash 8. Knowledge of rules 9. Knowledge of scoring/serving rotation 	<u>Throughout the unit</u> Teacher observation Partner observation Serving to a location (target) Crossword puzzle (learning packets) Written Quiz	Pecentral.com <u>Badminton Everyone</u> Chafin Turner Academic Learning Packets	2.1, 2.2, 2.9 2.12, 2.15
	Offensive/Defensive Strategies What game strategies increase your chances for scoring points, and decrease your opponent's chance of scoring?	<ol style="list-style-type: none"> 1. Serving location 2. Shot selection 3. Up and back formation vs. side by side 	Class discussion Teacher questioning Written quiz	Pecentral.com <u>Badminton Everyone</u> Chafin Turner Pecentral.com	2.1, 2.2, 2.9, 2.15



Unit/Theme	Content and Essential Questions	Skills	Methods of Assessment	Teacher Resources & Notes	Framework Strand/s & Standard/s
Team Sports Basketball	Offensive Skills What offensive skills are essential for a player to be successful?	<ol style="list-style-type: none"> 1. Ball handling 2. Shooting techniques 3. Dribbling 4. Rebounding 5. Passing 6. Knowledge of rules 7. Jump stops 	Throughout the unit Teacher observation Teacher questioning Academic Learning Packet Partner feedback Skill checklist Station scoring Written quiz	Pecentral.com Teaching Team Sports 	
	Defensive Skills What defensive skills are essential for a player to be successful?	<ol style="list-style-type: none"> 1. Defensive slides/stance 2. Quickness 3. Spacing 4. Rebounding 5. Knowledge of rules 		Pecentral.com Teaching Team Sports	
	Offensive Game and Team Strategies What game or team strategies increase your teams chances for scoring?	<ol style="list-style-type: none"> 1. Positions (1-5) and roles 2. Spacing 3. Execution of offensive plays 		Pecentral.com Teaching Team Sports	

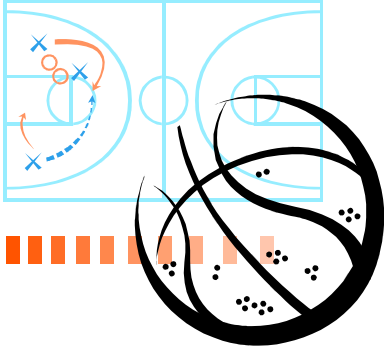
Unit/Theme	Content and Essential Questions	Skills	Methods of Assessment	Teacher Resources & Notes	Framework Strand/s & Standard/s
Games (Team and Cooperative)	What are the basic skills that are used in these games and how and when are they used in the game?	<ol style="list-style-type: none"> 1. Throwing 2. Catching 3. Striking 4. Kicking 5. Dribbling (foot and hand) 6. Balancing 7. Knowledge of rules 	<p><u>Throughout the Unit</u></p> <p><u>Teacher observation and questioning</u></p> <p>Partner observation</p> <p>Self-evaluation</p> <p>Class discussion</p>	<p>Pecentral.com</p> 	2.1, 2.2, 2.7, 2.8, 2.9, 2.12, 2.15,
	What team/group strategies can you use based on the rules, to advance your team and individual performance?	<ol style="list-style-type: none"> 1. Knowledge of rules 2. Knowledge of offensive/defensive team strategies 		Pecentral.com	2.12, 2.14, 2.15
	How do the skills and team strategies transfer to other games/sports that you participate in?	<ol style="list-style-type: none"> 1. Analyze basic skills 2. Transfer skills between different games and sports 		Pecentral.com	2.12, 2.14, 2.15


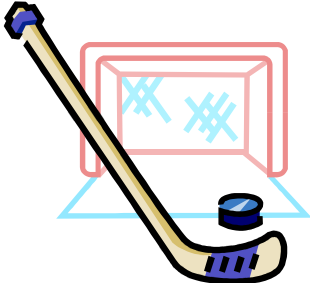
Unit/Theme	Content and Essential Questions	Skills	Methods of Assessment	Teacher Resources & Notes	Framework Strand/s & Standard/s
Nutrition	What are the key nutrients that the body needs?	<ol style="list-style-type: none"> List the key nutrients, and functions of each. Identify food sources for each of the nutrients. 	<p>Teacher questioning</p> <p>Worksheet</p> <p>Written quiz</p>	<p><u>Health</u></p> <p>Mary Bronson Merki, Ph.D.</p> <p>Don Merki, Ph.D.</p>	3.1
	<p>What is the Food Pyramid, and what does it tell us?</p> <ul style="list-style-type: none"> How and why is exercise represented on the new Food Pyramid? 	<ol style="list-style-type: none"> Identify major colors/food groups represented in Pyramid. What does the size of the columns represent in the new Food Pyramid/ Explain why exercise is part of the new Food Pyramid. How does the Food Pyramid change for people of different ages? 	<p>Teacher questioning</p> <p>Drawing food pyramid</p> <p>Written quiz</p> <p>Class discussion</p>	<p>www.mypyramid.gov</p> <p>My Pyramid.gov</p> <p>“Steps to a healthier you” DVD</p>	3.2
	How do diet, activity, heredity play a part in your body shape?	<ol style="list-style-type: none"> Increased activity levels results in more calories being burned. Identify how heredity plays a part in you body size – include links to other health problems. How is your diet linked to certain health problems/diseases? 	<p>Teacher question</p> <p>Class discussion</p> <p>Written quiz</p>	<p><u>Health</u></p> <p>Mary Bronson Merki, Ph.D.</p> <p>Don Merki, Ph.D.</p> <p>www.pecentral.com</p>	<p>3.4</p> 
	What are calories and how does the amount of calories needed change during life?	<ol style="list-style-type: none"> Identify what a calorie is and how are they measured. Understand the need for increased calorie consumption during adolescence (growth sports), and based on activity levels. 	<p>Written quiz</p> <p>Class discussion</p>	<p><u>Health</u></p> <p>Mary Bronson Merki, Ph.D.</p> <p>Don Merki, Ph.D.</p> <p>www.pecentral.com</p>	3.1, 3.4


Unit/Theme	Content and Essential Questions	Skills	Methods of Assessment	Teacher Resources & Notes	Framework Strand/s & Standard/s
Physical Fitness	What are the <i>five</i> areas of fitness and how do you assess your fitness level?	<ol style="list-style-type: none"> 1. Flexibility (sit and reach) 2. Muscular Endurance (push ups, flexed arm hang, pull ups) 3. Muscular Strength (push ups, flexed arm hang, pull ups, sit ups) 4. Body Composition (skin fold test) 5. Cardiovascular Endurance (distance run, heart rates) 	Presidential Physical Fitness Challenge 	Pecentral.com Presidentschallenge.org <u>Personal Fitness: Looking Good Feeling Good</u> , Charles S. Williams, Emmanouel G. Harageones, Dewayne J. Johnson, Charles D. Smith	2.11, 2.12
	What are the benefits of being physically fit? 	<ol style="list-style-type: none"> 1. Fitness equals “readiness”. Explain this concept. 2. How are the five areas of fitness related to your overall health? 	Class discussion Teacher questioning	Pecentral.com <u>Personal Fitness: Looking Good Feeling Good</u> , Charles S. Williams, Emmanouel G. Harageones, Dewayne J. Johnson, Charles D. Smith	

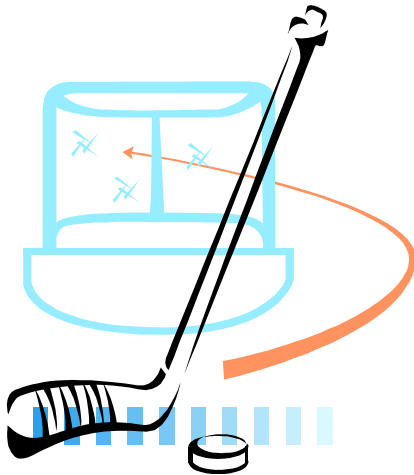
Unit/Theme	Content and Essential Questions	Skills	Methods of Assessment	Teacher Resources & Notes	Framework Strand/s & Standard/s
	How does increasing your activity level, affect your overall health and fitness levels?	<ol style="list-style-type: none"> 1. Using pedometers to measure activity levels and distance. 2. Converting to step counters into distance meters. 3. Setting goals to increase activity levels. 	<p>Pedometers</p> <p>Worksheet – converting steps into feet and inches.</p> 	<p>Pecentral.com</p> <p><u>Personal Fitness: Looking Good Feeling Good</u>, Charles S. Williams, Emmanouel G. Harageones, Dewayne J. Johnson, Charles D. Smith</p> <p><u>Moving for Life</u> George Berg Spindt, William H. Monti, Betty Hennessy, and PhD.</p> <p><u>Pedometer Power</u> Robert P.Pangrazi, Aaron Beighle, Cara L. Sidman</p>	
<p>Team Sports</p> <p>Soccer</p>	<p>Offensive Skills</p> <p>What offensive skills are essential for a player to be successful?</p>	<ol style="list-style-type: none"> 1. Passing 2. Heading 3. Trapping 4. Throw ins 5. Dribbling 6. Knowledge of rules 7. Shooting and penalty kicks 		<p>Pecentral.com</p> <p>Teaching Team Sports</p>	<p>2.1, 2.2, 2.7, 2.8, 2.9, 2.12, 2.15</p>
	<p>Defensive Skills</p> <p>What defensive skills are essential for a player to be successful?</p>	<ol style="list-style-type: none"> 1. Defensive stance 2. Goal tending 3. Quickness 4. Knowledge of rules 5. Spacing 6. Tackling 		<p>Pecentral.com</p> <p>Teaching Team Sports</p>	<p>2.1, 2.2, 2.7, 2.8, 2.9, 2.12, 2.15</p>

Unit/Theme	Content and Essential Questions	Skills	Methods of Assessment	Teacher Resources & Notes	Framework Strand/s & Standard/s
	<p>Offensive Game and Team Strategies</p> <p>What game or team strategies increase your teams' chances for scoring?</p>	<ol style="list-style-type: none"> 1. Positions and roles 2. Spacing 3. Execution of offensive plays 4. Corner kicks 5. Free kicks 		<p>Pecentral.com</p> <p>Teaching Team Sports</p>	<p>2.12, 2.14, 2.15</p>
	<p>Defensive Game and team Strategies</p> <p>What game or team strategies increase your team's ability to stop the opposing team from scoring</p>	<ol style="list-style-type: none"> 1. Positioning and roles 2. Spacing 3. Zone 4. Man to Man 		<p>Pecentral.com</p> <p>Teaching Team Sports</p>	<p>2.12, 2.14, 2.15</p>
	<p>History of Sport</p> <p>How has basketball evolved over time?</p>	<p>Students will study the history of soccer from invention to modern day.</p>		<p>Pecentral.com</p> <p>Teaching Team Sports</p>	<p>2.16</p>
	<p>Health Benefits of Participating</p> <p>In what ways does playing soccer improve your social, physical and mental health?</p>	<ol style="list-style-type: none"> 1. Warm up/Cool down exercises (<i>Flexibility</i>) 2. Aerobic exercise (<i>CV endurance</i>) 3. Muscular strength 4. Muscular endurance 5. Leadership 6. Team play/Cooperation 7. Reduces stress 		<p>Pecentral.com</p> <p>Teaching Team Sports</p>	<p>2.4, 2.5, 2.16</p>


Unit/Theme	Content and Essential Questions	Skills	Methods of Assessment	Teacher Resources & Notes	Framework Strand/s & Standard/s
<p>Team Sports</p> <p>Advanced Basketball</p>	<p>Offensive Skills</p> <p>What advanced offensive skills are necessary to compete at a higher level?</p>	<ol style="list-style-type: none"> 1. Cross over dribble 2. Jab step 3. Screening 4. V-Cuts 5. Fast break 6. Posting 	<p><u>Throughout the unit:</u> Teacher observation Teacher questioning Self – evaluation (checklist) Worksheet (graded) Written exam</p>	<p>Pecentral.com</p> <p>Teaching Team Sports, Joan A. Phillip & Jerry D. Wilkerson</p>	<p>2.1, 2.2, 2.7, 2.8, 2.9, 2.12, 2.15</p>
	<p>Defensive Skills</p> <p>What advanced defensive skills are necessary to compete at a higher level?</p>	<ol style="list-style-type: none"> 1. Double teaming 2. Defending cutters 3. Post defense 4. Pressing 		<p>Pecentral.com</p> <p>Teaching Team Sports, Joan A. Phillip & Jerry D. Wilkerson</p>	<p>2.1, 2.2, 2.7, 2.8, 2.9, 2.12, 2.15</p>
	<p>Offensive Game and Team Strategies</p> <p>What advanced game or team strategies increase your team’s chances for scoring?</p>	<ol style="list-style-type: none"> 1. Offensive play design 2. Special situation plays 3. Shot selection 		<p>Pecentral.com</p> <p><u>Academic Learning Packets</u></p> <p>Teaching Team Sports, Joan A. Phillip & Jerry D. Wilkerson</p>	<p>2.12, 2.14, 2.15</p>

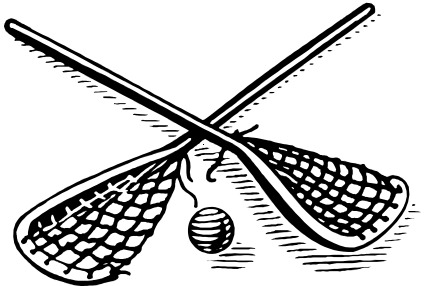
Unit/Theme	Content and Essential Questions	Skills	Methods of Assessment	Teacher Resources & Notes	Framework Strand/s & Standard/s
	<p>Defensive Game and team Strategies</p> <p>What advanced game or team strategies increase your team's ability to stop the opposing team from scoring</p>	<ol style="list-style-type: none"> 1. Special defensive formations 2. Boxing out (rebounding) 3. Switching on screens 		<p>Pecentral.com</p> <p><u>Academic Learning Packets</u></p> <p>Teaching Team Sports, Joan A. Phillip & Jerry D. Wilkerson</p>	<p>2.12, 2.14, 2.15</p>
<p>Team Sports</p> <p>Floor Hockey</p>	<p>Offensive Skills</p> <p>What offensive skills are essential for a player to be successful?</p>	<ol style="list-style-type: none"> 1. Stick work 2. Face-Offs 3. Shooting 4. Passing 5. Knowledge of rules 	<p><u>Throughout the unit:</u></p> <p>Teacher observation Teacher questioning Skill test – shooting Written exam</p>	<p>Pecentral.com</p> <p>Teaching Team Sports, Joan A. Phillip & Jerry D. Wilkerson</p> 	<p>2.1, 2.2, 2.7, 2.8, 2.9, 2.12, 2.15</p>

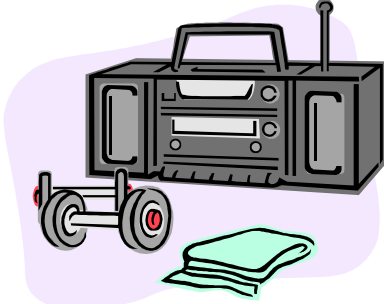
Unit/Theme	Content and Essential Questions	Skills	Methods of Assessment	Teacher Resources & Notes	Framework Strand/s & Standard/s
	<p>Defensive Skills</p> <p>What defensive skills are essential for a player to be successful?</p>	<ol style="list-style-type: none"> 1. Stance 2. Quickness 3. Knowledge of rules 4. Spacing 5. Goal tending 		<p>Pecentral.com</p> <p>Teaching Team Sports, Joan A. Phillip & Jerry D. Wilkerson</p>	<p>2.1, 2.2, 2.7, 2.8, 2.9, 2.12, 2.15</p>
	<p>Offensive Game and Team Strategies</p> <p>What game or team strategies increase your teams' chances for scoring?</p>	<ol style="list-style-type: none"> 1. Positions and roles 2. Spacing 3. Execution of offensive plays 		<p>Pecentral.com</p> <p>Teaching Team Sports, Joan A. Phillip & Jerry D. Wilkerson</p>	<p>2.12, 2.14, 2.15</p>
	<p>Defensive Game a and team Strategies</p> <p>What game or team strategies increase your team's ability to stop the opposing team from scoring</p>	<ol style="list-style-type: none"> 1. Positioning and roles 2. Spacing 3. Zone 4. Man to Man 		<p>Pecentral.com</p> <p>Teaching Team Sports, Joan A. Phillip & Jerry D. Wilkerson</p>	<p>2.12, 2.14, 2.15</p>


Unit/Theme	Content and Essential Questions	Skills	Methods of Assessment	Teacher Resources & Notes	Framework Strand/s & Standard/s
	<p>History of Sport</p> <p>How has hockey (floor) evolved over time?</p>	<p>Students will study the history of hockey (floor) from invention to modern day.</p>		<p>Pecentral.com</p> <p>Teaching Team Sports, Joan A. Phillip & Jerry D. Wilkerson</p> <p><u>Sports and Games</u> Dr. Maxwell L. Howell & Dr. Murray Phillips</p>	<p>2.16</p>
	<p>Health Benefits of Participating</p> <p>In what ways does playing hockey (floor) improve your social, physical and mental health?</p>	<ol style="list-style-type: none"> 1. Warm up/Cool down exercises (<i>Flexibility</i>) 2. Aerobic exercise (<i>CV endurance</i>) 3. Leadership 4. Team play/Cooperation 5. Reduces stress 		<p>Pecentral.com</p> <p>Teaching Team Sports, Joan A. Phillip & Jerry D. Wilkerson</p> <p><u>Personal Fitness: Looking Good Feeling Good,</u> Charles S. Williams, Emmanouel G. Harageones, Dewayne J. Johnson, Charles D. Smith</p>	<p>2.4, 2.5, 2.16</p>


Unit/Theme	Content and Essential Questions	Skills	Methods of Assessment	Teacher Resources & Notes	Framework Strand/s & Standard/s
Games (Team and Cooperative)	What are the basic skills that are used in these games and how and when are they used in the game?	<ol style="list-style-type: none"> 1. Throwing 2. Catching 3. Striking 4. Kicking 5. Dribbling (foot and hand) 6. Balancing 7. Knowledge of rules 	<u>Throughout the Unit</u> Teacher observation and questioning Partner observation Self-evaluation Class discussion	Pecentral.com	2.1, 2.2, 2.7, 2.8, 2.9, 2.12, 2.15
	What team/group strategies can you use based on the rules, to advance your team and individual performance?	<ol style="list-style-type: none"> 1. Knowledge of rules 2. Knowledge of offensive/defensive team strategies 		Pecentral.com	2.12, 2.14, 2.15
	How do the skills and team strategies transfer to other games/sports that you participate in?	<ol style="list-style-type: none"> 1. Analyze basic skills 2. Transfer skills between different games and sports 		Pecentral.com	2.12, 2.14, 2.15


Unit/Theme	Content and Essential Questions	Skills	Methods of Assessment	Teacher Resources & Notes	Framework Strand/s & Standard/s
Team Sports Lacrosse	Offensive Skills What offensive skills are essential for a player to be successful?	<ol style="list-style-type: none"> 1. Scooping 2. Catching 3. Shooting 4. Passing Knowledge of rules <ol style="list-style-type: none"> 5. Draws 6. Cradling 	<u>Throughout the unit:</u> Teacher observation Teacher questioning Skill performance checklist (peer evaluation) Written exam	Pecentral.com Teaching Team Sports, Joan A. Phillip & Jerry D. Wilkerson	2.1, 2.2, 2.7, 2.8, 2.9, 2.12, 2.15
	Defensive Skills What defensive skills are essential for a player to be successful?	<ol style="list-style-type: none"> 1. Guarding 2. Goal tending 3. Quickness 4. Knowledge of rules 5. Spacing 6. Scooping 		Pecentral.com Teaching Team Sports, Joan A. Phillip & Jerry D. Wilkerson	2.1, 2.2, 2.7, 2.8, 2.9, 2.12, 2.15,
	Offensive Game and Team Strategies What game or team strategies increase your teams' chances for scoring?	<ol style="list-style-type: none"> 1. Positions and roles 2. Spacing 3. Execution of offensive plays 		Pecentral.com Teaching Team Sports, Joan A. Phillip & Jerry D. Wilkerson	2.12, 2.14, 2.15
	Defensive Game and team Strategies What game or team strategies increase your team's ability to stop the opposing team from scoring	<ol style="list-style-type: none"> 1. Positioning and roles 2. Spacing 3. Zone 4. Man to Man 		Pecentral.com Teaching Team Sports, Joan A. Phillip & Jerry D. Wilkerson	2.12, 2.14, 2.15

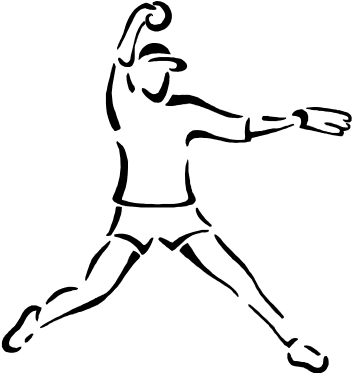
Unit/Theme	Content and Essential Questions	Skills	Methods of Assessment	Teacher Resources & Notes	Framework Strand/s & Standard/s
	<p>History of Sport</p> <p>How has Lacrosse evolved over time?</p>	<p>Students will study the history of Lacrosse from invention to modern day.</p>		<p>Pecentral.com</p> <p>Teaching Team Sports, Joan A. Phillip & Jerry D. Wilkerson</p>	<p>2.16</p>
	<p>Health Benefits of Participating</p> <p>In what ways does playing Lacrosse improve your social, physical and mental health?</p>	<ol style="list-style-type: none"> 1. Warm up/Cool down exercises (<i>Flexibility</i>) 2. Aerobic exercise (<i>CV endurance</i>) 3. Muscular strength 4. Muscular Endurance 5. Leadership 6. Team play/Cooperation 7. Reduces stress 		<p>Pecentral.com</p> <p>Teaching Team Sports, Joan A. Phillip & Jerry D. Wilkerson</p> <p><u>Personal Fitness: Looking Good Feeling Good,</u> Charles S. Williams, Emmanouel G. Harageones, Dewayne J. Johnson, Charles D. Smith</p>	<p>2.4, 2.5, 2.16</p>
<p>Physical Fitness</p>	<p>What are the <i>five</i> areas of fitness and how do you assess your fitness level?</p>	<ol style="list-style-type: none"> 1. Students will be able to define <i>Fitness</i>. 2. Flexibility (<i>sit and reach</i>) 3. Muscular endurance (<i>push ups, flexed arm hang, pull ups</i>) 4. Muscular strength (<i>push ups, flexed arm hang, pull ups, sit ups</i>) 5. Body composition (<i>skin fold test</i>) 6. Cardiovascular endurance (<i>distance run, heart rates</i>) 7. Aerobic sports vs. Anaerobic sports 	<p><u>Throughout the unit:</u></p> <p>Presidents Challenge Physical Fitness Test</p> <p>Teacher graded worksheet</p>	<p>Pecentral.com</p> <p>Presidentschallenge.org</p> <p><u>Personal Fitness: Looking Good Feeling Good,</u> Charles S. Williams, Emmanouel G. Harageones, Dewayne J. Johnson, Charles D. Smith</p>	<p>2.11, 2.12,</p>


Unit/Theme	Content and Essential Questions	Skills	Methods of Assessment	Teacher Resources & Notes	Framework Strand/s & Standard/s
	<p>What is F.I.T. Principle and how does it help to improve your fitness level?</p>	<p>Students will learn the components of an exercise session.</p> <ul style="list-style-type: none"> • Frequency (number of times per week) • Intensity (level of difficulty) • Time (number of minutes) 		<p>Pecentral.com</p> <p><u>Personal Fitness: Looking Good Feeling Good</u>, Charles S. Williams, Emmanouel G. Harageones, Dewayne J. Johnson, Charles D. Smith</p>	<p>2.11</p>
	<p>What are the benefits of being physically fit?</p>	<ol style="list-style-type: none"> 1. Physical, mental and social health benefits 2. Immediate and long term benefits 		<p>Pecentral.com</p> <p><u>Personal Fitness: Looking Good Feeling Good</u>, Charles S. Williams, Emmanouel G. Harageones, Dewayne J. Johnson, Charles D. Smith</p>	<p>2.4, 2.5 2.12, 2.16</p>
<p>Individual Sports Pickleball</p>	<p>What are the basic skills needed to be successful in the sport of pickle ball?</p>	<ol style="list-style-type: none"> 1. Gripping the paddle 2. Forehand stroke 3. Backhand stroke 4. Volleying 5. Serving 6. Footwork 7. Knowledge of rules 	<p><u>Throughout the unit:</u> Teacher observation Peer assessment (serving checklist) Teacher questioning Written exam</p>	<p>Pecentral.com</p> <p>Usapa.org</p>	<p>2.1, 2.2, 2.9, 2.12, 2.15</p>

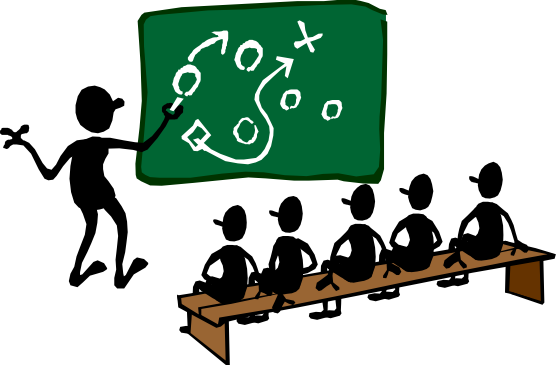
Unit/Theme	Content and Essential Questions	Skills	Methods of Assessment	Teacher Resources & Notes	Framework Strand/s & Standard/s
	What are the advanced skills in the sport of pickle ball?	<ol style="list-style-type: none"> 1. Top spin serve 2. Smash shot 3. Drop shot 		Pecentral.com Usapa.org	2.1 ,2.2, 2.9, 2.15
	Offensive/Defensive Strategies What game strategies increase your chances for scoring points, and decrease your opponent’s chance of scoring?	<ol style="list-style-type: none"> 1. Serving location 2. Shot selection 		Pecentral.com Usapa.org	2.14, 2.15
Team Sports Volleyball	Offensive Skills What offensive skills are essential for a player to be successful?	<ol style="list-style-type: none"> 1. Bumping 2. Stance 3. Setting 4. Spiking 5. Serving 	<u>Throughout the unit:</u> Teacher observation Teacher questioning Skill test- serving Self – evaluation (checklist) Worksheet (graded) Written exam	Pecentral.com <u>Academic Learning Packets</u> <u>Sports and Games</u> Dr. Maxwell L. Howell & Dr. Murray Phillips <u>Teaching Team Sports,</u> Joan A. Phillip & Jerry D. Wilkerson	2.1, 2.2, 2.7, 2.8, 2.9, 2.12, 2.15

Unit/Theme	Content and Essential Questions	Skills	Methods of Assessment	Teacher Resources & Notes	Framework Strand/s & Standard/s
	<p>Defensive Skills</p> <p>What defensive skills are essential for a player to be successful?</p>	<ol style="list-style-type: none"> 1. Blocking 2. Serve receive 3. Stance 		<p>Pecentral.com</p> <p><u>Academic Learning Packets</u></p> <p><u>Sports and Games</u> Dr. Maxwell L. Howell & Dr. Murray Phillips</p> <p><u>Teaching Team Sports</u>, Joan A. Phillip & Jerry D. Wilkerson</p>	<p>2.1,2.2,2.7,2.8,2.9,2.12,2.15,</p>
	<p>Offensive Game and Team Strategies</p> <p>What game or team strategies increase your team's chances for scoring?</p>	<ol style="list-style-type: none"> 1. Positions (1-6) 2. 3 Hit offense 3. Communication 		<p>Pecentral.com</p> <p>Academic Learning Packets</p> <p><u>Teaching Team Sports</u>, Joan A. Phillip & Jerry D. Wilkerson</p>	<p>2.12, 2.14, 2.15</p>
	<p>Defensive Game and team Strategies</p> <p>What game or team strategies increase your team's ability to stop the opposing team from scoring</p>	<ol style="list-style-type: none"> 1. Coverage 2. Movement 		<p>Pecentral.com</p> <p><u>Teaching Team Sports</u>, Joan A. Phillip & Jerry D. Wilkerson</p>	<p>2.12, 2.14, 2.15</p>


Unit/Theme	Content and Essential Questions	Skills	Methods of Assessment	Teacher Resources & Notes	Framework Strand/s & Standard/s
	<p>History of Sport</p> <p>How has volleyball evolved over time?</p>	<p>Students will study the history of volleyball from invention to modern day.</p> 		<p>Pecentral.com</p> <p><u>Academic Learning Packets</u></p> <p><u>Sports and Games</u> Dr. Maxwell L. Howell & Dr. Murray Phillips</p> <p><u>Teaching Team Sports</u>, Joan A. Phillip & Jerry D. Wilkerson</p> <p>Volleyball.com</p>	2.16
	<p>Health Benefits of Participating</p> <p>In what ways does playing volleyball improve your social, physical and mental health?</p>	<ol style="list-style-type: none"> 1. Warm up/Cool down exercises (Flexibility) 2. Muscular strength 3. Leadership 4. Team play/Cooperation 5. Reduces stress 		<p>Pecentral.com</p> <p><u>Academic Learning Packets</u></p> <p><u>Personal Fitness: Looking Good Feeling Good</u>, Charles S. Williams, Emmanouel G. Harageones, Dewayne J. Johnson, Charles D. Smith</p>	2.4,2.5,2.16



Unit/Theme	Content and Essential Questions	Skills	Methods of Assessment	Teacher Resources & Notes	Framework Strand/s & Standard/s
Softball	<p>Offensive Skills</p> <p>What offensive skills are essential for a player to be successful?</p>	<ol style="list-style-type: none"> 1. Batting 2. Bunting 3. Base running 	<p><u>Throughout the Unit</u></p> <p>Teacher observation</p> <p>Teacher questioning</p> <p>Partner feedback</p> <p>Written exam</p>	<p>Pecentral.com</p> <p><u>Teaching Team Sports</u>, Joan A. Phillipp & Jerry D. Wilkerson</p>	<p>2.1,2.2,2.7,2.8,2.9,2.12,2.15,</p>
	<p>Defensive Skills</p> <p>What defensive skills are essential for a player to be successful</p>	<ol style="list-style-type: none"> 1. Catching 2. Pitching 3. Throwing 4. Infield play (Fielding) 5. Outfield play (fly balls) 		<p>Pecentral.com</p> <p><u>Teaching Team Sports</u>, Joan A. Phillipp & Jerry D. Wilkerson</p>	<p>2.1,2.2,2.7,2.8,2.9,2.12,2.15,</p>
	<p>Offensive Game and Team Strategies</p> <p>What game or team strategies increase your teams' chances for scoring?</p>	<ol style="list-style-type: none"> 1. Bunting 2. Slap hitting 3. Stealing bases 4. Offensive plays – hit and run 5. Tagging up 		<p><u>Coaching Youth Softball</u> Jacquie Joseph</p>	<p>2.12, 2.14, 2.15</p>
	<p>Defensive Game and team Strategies</p> <p>What game or team</p>	<ol style="list-style-type: none"> 1. Pitch selection 2. Position play and location 3. Force plays and tag plays 4. Defending the bunt and slap 		<p><u>Coaching Youth Softball</u> Jacquie Joseph</p>	<p>2.12, 2.14, 2.15</p>

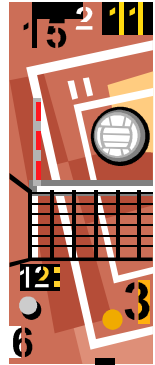
Unit/Theme	Content and Essential Questions	Skills	Methods of Assessment	Teacher Resources & Notes	Framework Strand/s & Standard/s
	strategies increase your team's ability to stop the opposing team from scoring				
	<p>History of Sport</p> <p>How has Softball evolved over time?</p>	Fast pitch vs. Slow pitch		Sportsknowhow.com Softball.org	2.16
	<p>Health Benefits of Participating</p> <p>In what ways does playing Lacrosse improve your social, physical and mental health?</p>			Sportsknowhow.com	2.4,2.5,2.16
Softball	<p>Offensive Skills</p> <p>What offensive skills are essential for a player to be successful?</p>	<ol style="list-style-type: none"> 1. Batting 2. Bunting 3. Base running 	<p><u>Throughout the Unit</u></p> <p>Teacher observation</p> <p>Teacher questioning</p> <p>Partner feedback</p> <p>Written exam</p>	<p>Pecentral.com</p> <p><u>Teaching Team Sports</u>, Joan A. Phillip & Jerry D. Wilkerson</p>	2.1,2.2,2.7,2.8,2., 2.12,2.15,


Unit/Theme	Content and Essential Questions	Skills	Methods of Assessment	Teacher Resources & Notes	Framework Strand/s & Standard/s
<p>News Game/ Adventure/ Cooperative Games</p>	<p>New Games provide a chance to increase the participant's self confidence, group/team work, and leadership.</p> <p>How can we work together to solve a problem?</p> <p>How can we increase agility, coordination and motor skills through physical challenges and games?</p>	<ol style="list-style-type: none"> 1. Problem solving 2. Critical thinking 3. Teamwork 4. Cooperation 5. Communication 6. Leadership 7. Analysis of skills 8. Knowledge of rules 	<p><u>Throughout the Unit</u></p> <p>Self-assessment</p> <p>Group discussion</p> <p>Teacher questioning</p> <p>Partner/team feedback</p> <p>Design a game/sport (rubric for grading this)</p>	<p><u>The New Games Book</u> New Games Foundation</p> <p><u>Silver Bullets</u> Karl Rohnke</p> <p>Pecentral.com</p>	<p>2.8,2.9,2.12,2.14, 2.15, 2.16</p>
	<p>What are the essential elements of a game?</p>	<ol style="list-style-type: none"> 1. Boundaries 2. Equipment 3. Players 4. Penalties/scoring 		<p><u>The New Games Book</u> New Games Foundation</p> <p><u>Silver Bullets</u> Karl Rohnke</p> <p>Pecentral.com</p>	<p>2.12, 2.14, 2.15</p>

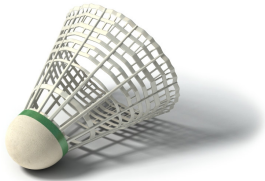
Unit/Theme	Content and Essential Questions	Skills	Methods of Assessment	Teacher Resources & Notes	Framework Strand/s & Standard/s
Team Sports Flag Football	Offensive Skills What offensive skills are essential for a player to be successful?	<ol style="list-style-type: none"> 1. Centering 2. Punting 3. Blocking 4. Place kicking 5. Passing 6. Knowledge of rules 7. Catching 8. Hand-offs 9. Pitching 		Pecentral.com <u>Teaching Team Sports,</u> Joan A. Phillip & Jerry D. Wilkerson	2.1,2.2,2.7,2.8,2.9,2.12,2.15,
	Defensive Skills What defensive skills are essential for a player to be successful?	<ol style="list-style-type: none"> 1. Defensive stance 2. Guarding receivers 3. Knowledge of rules 4. Tackling 5. Rushing the QB 		Pcentral.com <u>Teaching Team Sports,</u> Joan A. Phillip & Jerry D. Wilkerson	2.1,2.2,2.7,2.8,2.9,2.12,2.15,
	Offensive Game and Team Strategies What game or team strategies increase your teams' chances for scoring?	<ol style="list-style-type: none"> 1. Positions and roles 2. Execution of offensive plays 3. Pass patterns 		Pecentral.com <u>Teaching Team Sports,</u> Joan A. Phillip & Jerry D. Wilkerson	2.12, 2.14, 2.15
	Defensive Game and team Strategies What game or team strategies increase your team's ability to stop the opposing team from	Positioning and roles Zone coverage Man to Man coverage Blitzing Avoiding penalties		Pecentral.com <u>Teaching Team Sports,</u> Joan A. Phillip & Jerry D. Wilkerson	2.12, 2.14, 2.15

Unit/Theme	Content and Essential Questions	Skills	Methods of Assessment	Teacher Resources & Notes	Framework Strand/s & Standard/s
	scoring				
	History of Sport How has football (flag) evolved over time?	Students will study the history of football (flag) from invention to modern day.		Pecentral.com <u>Teaching Team Sports</u> , Joan A. Phillip & Jerry D. Wilkerson Football.com	2.16
	Health Benefits of Participating In what ways does playing football (flag) improve your social, physical and mental health?	<ol style="list-style-type: none"> 1. Warm up/Cool down exercises (<i>Flexibility</i>) 2. Aerobic exercise (<i>CV endurance</i>) 3. Leadership 4. Team play/Cooperation 5. Reduces stress 		Pecentral.com <u>Teaching Team Sports</u> , Joan A. Phillip & Jerry D. Wilkerson	2.4,2.5,2.16
Team Sports Advanced Volleyball	Offensive Skills What advanced offensive skills are necessary to compete at a higher level?	<ol style="list-style-type: none"> 1. Back sets 2. Tipping 3. Serving to spots 4. Spiking to spots 5. Overhand serving 	<u>Throughout the unit</u> Teacher observation Teacher questioning Partner Feedback	Pecentral.com <u>Academic Learning Packets</u> <u>Sports and Games</u> Dr. Maxwell L. Howell & Dr. Murray Phillips <u>Teaching Team Sports</u> , Joan A. Phillip & Jerry	2.1,2.2,2.7,2.8,2.9,2.12,2.15,

Unit/Theme	Content and Essential Questions	Skills	Methods of Assessment	Teacher Resources & Notes	Framework Strand/s & Standard/s
			Serving to a Target (self-evaluation) Written quiz	D. Wilkerson	
	Defensive Skills What advanced defensive skills are necessary to compete at a higher level?	<ol style="list-style-type: none"> 1. Digging 2. Double blocking 3. Covering 		Pecentral.com <u>Academic Learning Packets</u> <u>Sports and Games</u> Dr. Maxwell L. Howell & Dr. Murray Phillips <u>Teaching Team Sports,</u> Joan A. Phillip & Jerry D. Wilkerson	2.1,2.2,2.7,2.8,2.9,2.12,2.15,
	Offensive Game and Team Strategies What advanced game or team strategies increase your teams' chances for scoring?	<ol style="list-style-type: none"> 1. Positioning to set up plays 2. Advanced rotations 		Pecentral.com <u>Academic Learning Packets</u> <u>Sports and Games</u> Dr. Maxwell L. Howell & Dr. Murray Phillips <u>Teaching Team Sports,</u> Joan A. Phillip & Jerry D. Wilkerson	2.12, 2.14, 2.15

Unit/Theme	Content and Essential Questions	Skills	Methods of Assessment	Teacher Resources & Notes	Framework Strand/s & Standard/s
	<p>Defensive Game and team Strategies</p> <p>What advanced game or team strategies increase your team's ability to stop the opposing team from scoring</p>	<ol style="list-style-type: none"> 1. Tip coverage 2. Playing ball off net 3. Block coverage 		<p>Pecentral.com</p> <p><u>Academic Learning Packets</u></p> <p><u>Sports and Games</u> Dr. Maxwell L. Howell & Dr. Murray Phillips</p> <p><u>Teaching Team Sports</u>, Joan A. Phillip & Jerry D. Wilkerson</p>	<p>2.12, 2.14, 2.15</p>
<p>Advanced Physical Fitness</p>	<p>How do we measure the five areas of fitness?</p>	<ol style="list-style-type: none"> 1. Students will be able to define <i>Fitness</i>. 2. Flexibility (<i>sit and reach</i>) 3. Muscular Endurance (<i>push ups, flexed arm hang, pull ups</i>) 4. Muscular Strength (<i>push ups, flexed arm hang, pull ups, sit ups</i>) 5. Body Composition (<i>skin fold test</i>) 6. Cardiovascular Endurance (<i>distance run, heart rates</i>) 	<p><u>Throughout the unit:</u></p> <p>Presidents Challenge Physical Fitness Test</p>	<p>Pecentral.com</p> <p>Presidentschallenge.org</p> <p><u>Personal Fitness: Looking Good Feeling Good</u>, Charles S. Williams, Emmanouel G. Harageones, Dewayne J. Johnson, Charles D. Smith</p>	<p>2.11,2.12,</p>
	<p>Identify which fitness areas are in need of improvement, and set goals to increase these scores/fitness levels.</p>	<ol style="list-style-type: none"> 1. Analyze scores 2. Analyze current activity levels, and possible future health risks. 	<p>Self-assessment</p> <p>Goal setting</p> <p>Analyzing a fitness program worksheet</p>	<p><u>Personal Fitness: Looking Good Feeling Good</u>, Charles S. Williams, Emmanouel G. Harageones, Dewayne J. Johnson, Charles D. Smith</p> <p><u>Moving for Life</u> Gary Berg Spindt, William H.</p>	<p>2.11,2.12, 2.13, 2.18, 2.20, 2.23</p>

Unit/Theme	Content and Essential Questions	Skills	Methods of Assessment	Teacher Resources & Notes	Framework Strand/s & Standard/s
				Monti, Betty Hennessy, PhD	
	<p>How does resting heart rate indicate fitness level (cardiovascular fitness)?</p> <p>How do you take your resting heart rate?</p> <p>What are Maximum Heart Rate, and Target Heart Rate and how do you calculate them?</p> <p>At what heart rate should you exercise at to increase you Cardiovascular Endurance?</p>	<ol style="list-style-type: none"> 1. Taking pulse, and converting to beats/min. 2. Calculating RHR. 3. Calculating MHR zone. 	<p>Heart rate exercise worksheet.</p> <p>Heart rate exercise</p> <p>Modified step test</p>	<p><u>Personal Fitness: Looking Good Feeling Good</u>, Charles S. Williams, Emmanouel G. Harageones, Dewayne J. Johnson, Charles D. Smith</p> <p><u>Personal Fitness: Looking Good Feeling Good</u>, Charles S. Williams, Emmanouel G. Harageones, Dewayne J. Johnson, Charles D. Smith</p>	2.5, 2.11
<p>Team Sports</p> <p>Advanced Floor Hockey</p>	<p>Offensive Skills</p> <p>What advanced offensive skills are necessary to compete at a higher level?</p>	<ol style="list-style-type: none"> 1. Slap shot 2. Wrist shot 3. Wrap around shot 4. Playing the ball of the boards 		<p>Pecentral.com</p> <p>Teaching Team Sports</p>	2.1,2.2,2.7,2.8,2.9,2.12,2.15,

Unit/Theme	Content and Essential Questions	Skills	Methods of Assessment	Teacher Resources & Notes	Framework Strand/s & Standard/s
	<p>Defensive Skills</p> <p>What advanced defensive skills are necessary to compete at a higher level?</p>	<ol style="list-style-type: none"> 1. Clearing the ball to the sides 2. Lifting the ball in the air to clear it 3. Knocking down “air” balls 		<p>Pecentral.com</p> <p>Teaching Team Sports</p>	<p>2.1,2.2,2.7,2.8,2.9,2.12,2.15,</p>
	<p>Offensive Game and Team Strategies</p> <p>What advanced game or team strategies increase your teams chances for scoring?</p>	<ol style="list-style-type: none"> 1. “give and go” 2. centering the ball in front of the goal 3. “controlling” possession of the ball 4. designing a play 		<p>Pecentral.com</p> <p>Teaching Team Sports</p>	<p>2.12, 2.14, 2.15</p>
	<p><u>Defensive Game and team Strategies</u></p> <p>What advanced game or team strategies increase your team’s ability to stop the opposing team from scoring</p>	<ol style="list-style-type: none"> 1. Double teaming 2. Killing a power play 3. Rotating defensive positions based on the ball location 		<p>Pecentral.com</p> <p>Teaching Team Sports</p>	<p>2.12, 2.14, 2.15</p>
<p>Individual Sports</p> <p>Badminton</p>	<p>What are the advanced skills needed to be successful in the sport of badminton?</p>	<ol style="list-style-type: none"> 1. Serving – short and low; high and deep 2. Hairpin drop shot 3. Smash shot 4. Backhand clear shot 	<p><u>Throughout the unit</u></p> <p>Teacher observation</p> <p>Partner observation</p> <p>Serving to a location (target)</p>	<p>Pecentral.com</p> <p><u>Badminton Everyone</u> Chafin Turner</p> <p>Academic Learning Packets</p>	<p>2.1,2.2,2.9, 2.12, 2.15</p>

Unit/Theme	Content and Essential Questions	Skills	Methods of Assessment	Teacher Resources & Notes	Framework Strand/s & Standard/s
			<u>Crossword puzzle (learning packets)</u> Written Quiz		
	Offensive/Defensive Strategies What advanced game strategies increase your chances for scoring points, and decrease your opponent's chance of scoring?	<ol style="list-style-type: none"> 1. Up and back formation 2. Side by side formation 3. Hitting away from the opponent 4. Covering the whole court 5. Setting up your next shot (<i>playing one shot ahead</i>) 		Pecentral.com <u>Badminton Everyone</u> Chafin Turner	2.2,2.7,2.8 2.9,2.12,2.14,2.15
	What are the differences between singles and doubles play in the sport of Badminton?	<ol style="list-style-type: none"> 1. Singles court diagram 2. Doubles court diagram 3. Serving and scoring 		Pecentral.com <u>Badminton Everyone</u> Chafin Turner	2.14

