

PE Grade 8 (Master Map)

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CONTENT	SKILLS	LEARNING TARGETS	STANDARDS	ASSESSMENTS	RESOURCES & TECHNOLOGY
<p>CEQ:</p> <ul style="list-style-type: none"> • WHAT DOES IT MEAN TO BE A PHYSICALLY EDUCATED INDIVIDUAL? • WHAT ARE THE BEST WAYS TO SHOW A PERSON VALUES PHYSICAL ACTIVITY FOR HEALTH, ENJOYMENT, THE CHALLENGE, SELF EXPRESSION AND SOCIAL INTERACTION? • WHAT IS THE BEST WAY MAINTAIN A HEALTH ENHANCING LEVEL OF PHYSICAL FITNESS? 					

<p>Rules, Regulations and Expectations</p> <ul style="list-style-type: none"> ● Class rules ● Good sportsmanship <p>Physical Fitness Components</p> <ul style="list-style-type: none"> ● Ongoing throughout the year we will incorporate/review the following ○ FITT model <ul style="list-style-type: none"> ○ Fitness Portfolio ○ Fitness Testing <p><i>UEQ:</i></p> <ul style="list-style-type: none"> ● <i>What skills are necessary to</i> 	<p>Rules, Regulations and Expectations</p> <ol style="list-style-type: none"> 1. Apply class rules and understand their importance. 2. Demonstrate sportsmanship and teamwork. <p>Physical Fitness Components</p> <ol style="list-style-type: none"> 1. Describe the components of the FITT model. 2. Define the 5 components of fitness. 3. Explain how each unit impacts the FITT model. 4. Trimester fitness testing to monitor progress. 	<p>Physical Fitness Components</p> <ol style="list-style-type: none"> 1. Student can explain the 5 components of physical fitness. 2. Student can describe ways each component can be improved through a variety of fitness activities. 	<p>Physical Fitness Components</p> <p>S3.M1</p> <p>S3.M8</p> <p>S3.M11</p>	<p>Rules, Regulations and Expectations</p> <ol style="list-style-type: none"> 1. Daily grading on ability to follow class rules. 2. Daily grading on ability to display good sportsmanship and teamwork. <p>Physical Fitness Component</p> <ol style="list-style-type: none"> 1-2. Written assignment. 3-4. Monitor progress and physical activity by tracking fitness through a fitness portfolio. This will be ongoing throughout the year. CFA=<input type="checkbox"/> CSA=<input type="checkbox"/> 	<p>Physical Fitness Components</p> <ul style="list-style-type: none"> ● FitZone Heart Rate Monitor Lessons ● www.pecentral.org ● Quality Lesson Plans for Secondary PE ● P.E. For Me <p>Key Vocabulary: Cardiovascular Muscle Endurance Muscle Strength Flexibility</p>
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<p><i>participate in a game of flag football?</i></p> <ul style="list-style-type: none"> ● <i>What strategies are involved in are used in offense and defense while playing flag football?</i> ● <i>What areas of physical fitness will be enhanced by playing flag football?</i> ● <i>How is good sportsmanship important while playing this game?</i> 					
<p>Flag Football</p> <ul style="list-style-type: none"> ● Rules and strategies ○ offensive plays <ul style="list-style-type: none"> ○ defensive skills 	<p>Flag Football</p> <ol style="list-style-type: none"> 1. Model the basic offensive and defensive strategies. 2. Demonstrate proper throwing, catching, flag pulling, and snapping techniques as well 	<p>Flag Football</p> <ol style="list-style-type: none"> 1. Student can perform the basic skills of flag football. passing receiving dodging and 	<p>Flag Football</p> <p>S1.M6.8</p> <p>S1.M5</p>	<p>Flag Football</p> <p>1-3. Students will be observed daily on knowledge of game, sportsmanship and participation.</p>	<p>Flag Football</p> <p>www.pecentral.com</p> <p>Success Oriented PE ideas for Secondary Students</p>

<ul style="list-style-type: none"> ● Basic skills and knowledge ○ throwing <ul style="list-style-type: none"> ○ catching ○ pulling flags ○ snapping the ball ○ offensive positions ○ defensive positions ● Teamwork and good sportsmanship 	<p>as proper offensive and defensive positioning.</p> <p>3. Define good sportsmanship and teamwork.</p>	<p>fleeing</p> <p>2. Student can describe offense plays and defensive strategies.</p> <p>3. Student can list the areas of physical fitness that benefit from the game of flag football.</p> <p>4. Student can demonstrate good sportsmanship while participating in class.</p>	<p>S1.M2</p> <p>S1.M4</p>	<p>1-2. Students will complete peer assessments on each of the basic skills.</p> <p>1-2. Students will participate in playing each offensive position.</p> <p>1-3. Students will observe a football game, analyze 2 plays and identify the elements of each play as well as give 2 examples of good or bad sportsmanship displayed throughout the game. CSA=</p> <p>1-3. Football Pre-Test. CFA=</p>	<p>Strengthening your PE Program through Quality Activities Grades 6-12</p> <p>Key Vocabulary: Offensive Strategy Defensive Positioning Line of Scrimmage</p>
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October

Content	Skills	Learning Targets	Standards	Assessment	Resources & Technology
<p><i>UEQ:</i></p> <ul style="list-style-type: none"> • <i>What skills are necessary to participate in a game of volleyball?</i> • <i>What strategies are used in offense and defense while playing volleyball?</i> • <i>What areas of physical fitness will be enhanced by playing volleyball?</i> • <i>How is good sportsmanship important while playing this game?</i> 					
<p>Volleyball</p> <ul style="list-style-type: none"> • Rules and strategies <ul style="list-style-type: none"> ○ offensive play <ul style="list-style-type: none"> ○ defensive strategy 	<p>Volleyball</p> <ol style="list-style-type: none"> 1. Model the basic offensive rotation patterns. 2. Demonstrate proper serving, passing, setting and spiking techniques as well as proper offensive and 	<p>Volleyball</p> <ol style="list-style-type: none"> 1. Student can perform the basic skills of volleyball. <ul style="list-style-type: none"> • passing • serving • setting • spiking 	<p>Volleyball</p> <p>S1.M12</p> <p>S1.M15</p> <p>S1.M22</p>	<p>Volleyball</p> <p>1-3. Students will be observed daily on knowledge of game, sportsmanship and participation.</p> <p>CFA= </p> <p>1-2. Students will</p>	<p>Volleyball</p> <ul style="list-style-type: none"> • Ready to Use PE Activities • Quality Lesson Plans for Secondary PE • www.usavolleyball.com


<ul style="list-style-type: none"> ● Basic skills and knowledge ○ passing <ul style="list-style-type: none"> ○ serving ○ setting ○ spiking ○ rotating ○ positions ● ● Teamwork and good sportsmanship <p><i>UEQ:</i></p> <ul style="list-style-type: none"> ● <i>What skills are necessary to participate in a game of soccer?</i> ● <i>What strategies are involved in are used in offense and defense while playing soccer?</i> ● <i>What areas of physical fitness will be enhanced by playing soccer?</i> 	<p>defensive positioning.</p> <p>3. Define good sportsmanship and teamwork.</p>	<ul style="list-style-type: none"> ● rotating ● positions <p>2. Student can describe offense and defensive strategies.</p> <ul style="list-style-type: none"> ● offensive strategy ● defensive strategy <p>3. Student can list the areas of physical fitness that benefit from the game of volleyball.</p> <p>4. Student can demonstrate good sportsmanship while participating in class.</p>	<p>S1.M4</p>	<p>complete peer assessments on each of the basic skills. CFA=</p> <p><input type="checkbox"/></p> <p>1-3.Volleyball written test.</p> <p>CSA= <input type="checkbox"/></p>	<ul style="list-style-type: none"> ● <input type="checkbox"/> Power Point for Day 1 <p>Key Vocabulary: Pass Set Spacing/Positions</p>
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<ul style="list-style-type: none"> • <i>How is good sportsmanship important while playing this game?</i> <p>Soccer</p> <ul style="list-style-type: none"> • Rules and strategies ○ offensive play <ul style="list-style-type: none"> ○ defensive play <ul style="list-style-type: none"> • Basic skills and knowledge ○ throw in <ul style="list-style-type: none"> ○ goaltending ○ shooting ○ dribble ○ rules ○ passing and trapping ○ field dimensions/ boundaries <ul style="list-style-type: none"> • Teamwork and good sportsmanship 	<p>Soccer</p> <ol style="list-style-type: none"> 1. Model the basic offensive and defensive positions and strategies. 2. Demonstrate proper dribbling, passing, trapping and shooting techniques. 3. Display knowledge of playing area boundaries. 4. Define good sportsmanship and teamwork. 	<p>Soccer</p> <ol style="list-style-type: none"> 1. Student can perform basic soccer skills. passing dribbling shooting goaltending 2. Student can describe offensive positions and defensive positions and strategies. 3. Student can list the areas of physical fitness that benefit from the game of soccer. 4. Student can demonstrate good sportsmanship while participating in class. 	<p>Soccer</p> <p>S1.M9</p> <p>S1.M10</p> <p>S1.M22</p>	<p>Soccer</p> <p>1-4. Students will be observed daily on knowledge of game, sportsmanship and participation.</p> <p>1-2. Students will complete peer assessments on each of the basic skills.</p> <p>1-3. Soccer written test.</p> <p>CSA= </p> <p>1-3. Soccer skills test.</p> <p>CFA= </p>	<p>Soccer</p> <ul style="list-style-type: none"> • Ready to Use PE Activities • www.pecentral.org • Success Oriented Physical Education Ideas for Secondary Students <p>Key Vocabulary: Defense Goaltending Corner Kick Free Kick</p>
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November

Content	Skills	Learning Targets	Standards	Assessment	Resources & Technology
<p><i>UEQ:</i></p> <ul style="list-style-type: none"> • <i>What skills are necessary to participate in a game of speedball?</i> • <i>What strategies are involved in are used in offense and defense while playing speedball?</i> • <i>What areas of physical fitness will be enhanced by playing speedball?</i> • <i>How is good sportsmanship important while playing this game?</i> <p>Speedball</p> <ul style="list-style-type: none"> • Rules and strategies ○ offensive plays <ul style="list-style-type: none"> ○ defensive skills 	<p>Speedball</p> <ol style="list-style-type: none"> 1. Model the basic offensive and defensive strategies. 2. Demonstrate proper shooting, dribbling, safety, and goaltending techniques as well as proper offensive and defensive positioning. 3. Define good sportsmanship and teamwork. 	<p>Speedball</p> <ol style="list-style-type: none"> 1.Student can perform the basic skills of speedball. throwing catching shooting 2. Student can describe offense plays and defensive strategies. 3.Student can list the areas of 	<p>Speedball</p> <p>S1.M1</p> <p>S1.M2</p> <p>S1.M3</p>	<p>Speedball</p> <p>1-3. Students will be observed daily on knowledge of game, safety elements, sportsmanship and participation.</p> <p>1-2.Students will complete peer assessments on each of the basic skills CFA=.</p> 	<p>Speedball</p> <ul style="list-style-type: none"> • Ready to Use PE Activities • www.pecentral.org • Success Oriented Physical Education Ideas for Secondary Students <p>Key Vocabulary: Air Dribble Ground Ball Jump Ball</p>

<ul style="list-style-type: none"> ● Basic skills and knowledge ○ goaltending <ul style="list-style-type: none"> ○ shooting ○ dribbling ○ rules and playing area ○ safety rules ○ offensive positions ○ defensive positions ● Teamwork and good sportsmanship <p><i>UEQ:</i></p> <ul style="list-style-type: none"> ● <i>What skills are necessary to participate in a game of pickleball?</i> ● <i>What strategies are involved in are used in offense and</i> 		<p>physical fitness that benefit from the game of speedball.</p> <p>4. Student can demonstrate good sportsmanship while participating in class.</p>		<p>1-2. Students will participate in playing each offensive and defensive position.</p> <p>CSA=.</p> 	
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<p><i>defense while playing pickleball?</i></p> <ul style="list-style-type: none"> • <i>What areas of physical fitness will be enhanced by playing pickleball?</i> • <i>How is good sportsmanship important while playing this game?</i> 					
<p>Pickleball</p> <ul style="list-style-type: none"> • Rules and strategies ○ offensive plays <ul style="list-style-type: none"> ○ defensive skills <ul style="list-style-type: none"> • Basic skills and knowledge ○ racquet techniques <ul style="list-style-type: none"> ○ rotating ○ scoring and playing area ○ safety rules ○ offensive positions ○ defensive positions <ul style="list-style-type: none"> • Teamwork and good 	<p>Pickleball</p> <ol style="list-style-type: none"> 1. Model the basic offensive and defensive positions and strategies. 2. Demonstrate proper hitting, rotating, and scoring techniques. 3. Display knowledge of playing area boundaries. 4. Define good sportsmanship and teamwork. 	<p>Pickleball</p> <ol style="list-style-type: none"> 1. Student can perform the basic skills of pickleball. serving volleying smashing 2. Student can describe three different strokes and explain rules related to the game of pickleball. 3. Student can list the areas of physical fitness that benefit from the game of pickleball. 4. Student can 	<p>Pickleball</p> <p>S1.M12</p> <p>S1.M14</p> <p>S1.M16</p>	<p>Pickleball</p> <p>1-3. Students will be observed daily on knowledge of game, safety elements, sportsmanship and participation.</p> <p>CFA= </p> <p>1-2. Students will complete peer assessments on each of the basic skills.</p> <p>1-2. Students will participate in playing each offensive and defensive positio</p>	<p>Pickleball</p> <ul style="list-style-type: none"> • Complete Physical Education Lesson Plans Grades 7-12 • www.pelinks4you.com • Success Oriented Physical Education Ideas for Secondary Students <p>Key Vocabulary: Volley 2 Bounce Rule No Smash Zone</p>


<p>sportsmansh ip</p>		<p>demonstrate good sportsmanship while participating in class.</p>		<p>n. 1-3. Written pickleball test. CSA= </p>	
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December

Content	Skills	Learning Targets	Standards	Assessment	Resources & Technology
<p><i>UEQ:</i></p> <ul style="list-style-type: none"> • <i>What skills are necessary to participate in this variety of games?</i> • <i>What strategies are involved in are used in offense and defense while playing these games?</i> • <i>What areas of physical fitness will</i> 					



<p><i>be enhanced by playing these games?</i></p> <ul style="list-style-type: none"> • <i>How is good sportsmanship important while playing this game?</i> <p>Games Unit</p> <ul style="list-style-type: none"> • Rules and strategies of a variety of basic games • Basic skills and knowledge • Teamwork and good sportsmanship <p><i>UEQ:</i></p> <ul style="list-style-type: none"> • <i>What skills are necessary to participate in a game of basketball?</i> 	<p>Games Unit</p> <ol style="list-style-type: none"> 1. Model the basic offensive and defensive strategies. 2. Demonstrate proper shooting, throwing, dodging, and goaltending techniques as well as proper offensive and defensive positioning. 3. Define good sportsmanship and teamwork. 	<p>Games Unit</p> <ol style="list-style-type: none"> 1. Students can perform the basic skills for a variety of PE games. 2. Students can list the areas of physical fitness that benefit from a variety of simple games. 4. Students can demonstrate good sportsmanship while participating in class. 	<p>Games Unit</p> <p>S1.M19</p> <p>S1.M20</p> <p>S1.M22</p>	<p>Games Unit</p> <p>1-3. Students will be observed daily on knowledge of game, sportsmanship and participation.</p> <p>1-2. Students will participate in playing both offense and defense positioning.</p>	<p>Games Unit</p> <ul style="list-style-type: none"> • Activity Ideas for Action • Cooperative Games • Variety of fairplay and good sportsmanship articles <p>Key Vocabulary: Strategy Dodging Positioning Defense Offense</p>
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<ul style="list-style-type: none"> • <i>What strategies are involved in are used in offense and defense while playing basketball?</i> • <i>What areas of physical fitness will be enhanced by playing basketball?</i> • <i>How is good sportsmanship important while playing this game?</i> 					
<p>Basketball</p>					
<ul style="list-style-type: none"> • Rules and strategies ○ offensive plays <ul style="list-style-type: none"> ○ defensive skills <ul style="list-style-type: none"> • Basic skills and knowledge ○ Dribbling <ul style="list-style-type: none"> ○ Passing ○ Shooting ○ Fouls ○ Rebounding ○ Rules of game 	<p>Basketball</p> <ol style="list-style-type: none"> 1. Model the basic offensive and defensive strategies. 2. Demonstrate proper shooting, defensive positioning, and passing techniques as well as knowledge of the rules. 3. Define good sportsmanship and teamwork. 	<p>Basketball</p> <ol style="list-style-type: none"> 1. Student can perform the basic skills needed for the game of basketball. passing receiving shooting dribbling 2. Student can describe offense plays and defensive strategies. 	<p>Basketball</p> <p>S1.M3</p> <p>S1.M5</p> <p>S1.M8</p>	<p>Basketball</p> <p>1-3. Students will be observed daily on knowledge of game, sportsmanship and participation.</p> <p>CFA= </p> <p>1-2. Students will complete peer assessments on each of the basic skills.</p> <p>1-2. Students will participate</p>	<p>Basketball</p> <ul style="list-style-type: none"> • Ready to Use PE Activities • www.pecentral.org • Success Oriented Physical Education Ideas for Secondary Students • www.coachesclipboard.net <p>Key Vocabulary: Dribbling</p>





<ul style="list-style-type: none"> Teamwork and good sportsmanship 		<p>3. Student can list the areas of physical fitness that benefit from the game of basketball.</p> <p>4. Student can demonstrate good sportsmanship while participating in class.</p>		<p>in playing each offensive and defensive position. 1-3. Written basketball test.</p> <p>CSA= </p>	<p>Passing Offense Defense Jump Ball Free Throw Line Lane</p>
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January

Content	Skills	Learning Targets	Standard	Assessment	Resources & Technology
<p><i>UEQ:</i></p> <ul style="list-style-type: none"> <i>What skills are necessary to participate in a game of floor hockey?</i> <i>What strategies are involved in are used in offense and defense while playing floor hockey?</i> <i>What areas of physical fitness will be enhanced by</i> 					

<p><i>playing floor hockey?</i></p> <ul style="list-style-type: none"> • <i>How is good sportsmanship important while playing this game?</i> <p>Floor Hockey</p> <ul style="list-style-type: none"> • Rules and strategies ○ offensive plays <ul style="list-style-type: none"> ○ defensive skills <ul style="list-style-type: none"> • Basic skills and knowledge ○ face off <ul style="list-style-type: none"> ○ goaltending ○ shooting ○ puck handling ○ rules and playing area ○ safety rules ○ offensive positions ○ defensive positions <ul style="list-style-type: none"> • Teamwork and good 	<p>Floor Hockey</p> <ol style="list-style-type: none"> 1. Model the basic offensive and defensive strategies. 2. Demonstrate proper shooting, puck handling, faceoff, and goaltending techniques as well as proper offensive and defensive positioning. 3. Define good sportsmanship and teamwork. 	<p>Floor Hockey</p> <ol style="list-style-type: none"> 1. Students can perform the basic skills of floor hockey. passing stick handling shooting goaltending 2. Students can describe offense plays and defensive strategies. 3. Students can list the areas of physical fitness that benefit from the game of floor hockey. 4. Student can demonstrate good sportsmanship 	<p>Floor Hockey</p> <p>S1.M6</p> <p>S1.M7</p> <p>S1.M10</p> <p>S1.M19</p>	<p>Floor Hockey</p> <p>1-3. Students will be observed daily on knowledge of game, safety elements, sportsmanship and participation.</p> <p>1-2. Students will complete peer assessments on each of the basic skills. CFA = </p> <p>1-2. Students will participate in playing each offensive and defensive position. CSA = </p>	<p>Floor Hockey</p> <ul style="list-style-type: none"> • Complete Physical Education Lesson Plans Grades 7-12 • www.pelinks4you.com • <p>Key Vocabulary:</p> <p>Faceoff penalty Stick Handling</p>
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<p>sportsmanship</p> <p>ip</p> <p><i>UEQ:</i></p> <ul style="list-style-type: none"> ● <i>What skills are necessary to participate in a game of badminton?</i> ● <i>What strategies are involved in are used in offense and defense while playing badminton?</i> ● <i>What areas of physical fitness will be enhanced by playing badminton?</i> ● <i>How is good sportsmanship important while playing this game?</i> 		<p>while participating in class.</p>			
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<p>Badminton</p> <ul style="list-style-type: none"> ● Rules and strategies ○ offensive plays <ul style="list-style-type: none"> ○ defensive skills <ul style="list-style-type: none"> ● Basic skills and knowledge ○ racquet techniques <ul style="list-style-type: none"> ○ rotating ○ scoring and playing area ○ safety rules ○ offensive positions ○ defensive positions <ul style="list-style-type: none"> ● Teamwork and good sportsmanship 	<p>Badminton</p> <ol style="list-style-type: none"> 1. Model the basic offensive and defensive positions and strategies. 2. Demonstrate proper hitting, rotating, and scoring techniques. 3. Display knowledge of playing area boundaries. 4. Define good sportsmanship and teamwork. 	<p>Badminton</p> <ol style="list-style-type: none"> 1. Students can perform the basic skills of badminton. 2. Students can describe 3 different shots 3. I can list the areas of physical fitness that benefit from the game of badminton. 4. Students can demonstrate good sportsmanship while participating in class. 	<p>Badminton</p> <p>S1.M14</p> <p>S1. M12</p> <p>S1.M13</p> <p>S1.M16</p>	<p>Badminton</p> <p>1-3. Students will be observed daily on knowledge of game, safety elements, sportsmanship and participation.</p> <p>1-2. Students will complete peer assessments on each of the basic skills. CFA=</p> <p></p> <p>1-2. Students will participate in playing each offensive and defensive position.</p> <p>1-3. Written badminton test. CSA=</p> <p></p>	<p>Badminton</p> <ul style="list-style-type: none"> ● 100 Best Tennis Drills DVD ● www.usta.com ● Success Oriented Physical Education Ideas for Secondary Students <ul style="list-style-type: none"> ●  Badminton 101 Powerpoint ●  Packet and Assignment <p>Key Vocabulary: Birdie Clear Volley Drop</p>
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February

Content	Skills	Learning Targets	Standard	Assessment	Resources & Technology
<p><i>UEQ:</i></p> <ul style="list-style-type: none"> • <i>What skills are necessary to participate in a game of handball?</i> • <i>What strategies are involved in are used in offense and defense while playing handball?</i> • <i>What areas of physical fitness will be enhanced by playing handball?</i> • <i>How is good sportsmanship important while playing this game?</i> 					
<p>Handball</p> <ul style="list-style-type: none"> • Rules and strategies ○ offensive plays <ul style="list-style-type: none"> ○ defensive skills • Basic skills and knowledge 	<p>Handball</p> <ol style="list-style-type: none"> 1. Model the basic offensive and defensive strategies. 2. Demonstrate proper shooting, dribbling, safety, and goaltending techniques as well as proper offensive and 	<p>Handball</p> <ol style="list-style-type: none"> 1. Student can perform the basic skills of Team Handball. throwing catching dribbling shooting 	<p>Handball</p> <p>S1.M3</p> <p>S1.M4</p> <p>S2.M2</p> <p>S2.M6</p>	<p>Handball</p> <p>1-3. Students will be observed daily on knowledge of game, safety elements, sportsmanship and participation.</p>	<p>Handball</p> <ul style="list-style-type: none"> • Ready to Use PE Activities • www.pecentral.org • Success Oriented Physical Education Ideas for Secondary Students

<ul style="list-style-type: none"> ○ goaltending <ul style="list-style-type: none"> ○ shooting ○ dribbling ○ rules and playing area ○ safety rules ○ offensive positions ○ defensive positions ● Teamwork and good sportsmanship <p><i>UEQ:</i></p> <ul style="list-style-type: none"> ● <i>What skills are necessary to participate in a game of ultimate games?</i> ● <i>What strategies are involved in are used in offense and defense while playing ultimate games?</i> ● <i>What areas of physical fitness will be enhanced by</i> 	<p>defensive positioning.</p> <p>3. Define good sportsmanship and teamwork.</p>	<p>2. Students can describe offense plays and defensive strategies.</p> <p>3. Students can list the areas of physical fitness that benefit from the game of handball.</p> <p>4. Students can demonstrate good sportsmanship while participating in class.</p>		<p>1-2. Students will complete peer assessments on each of the basic skills.</p> <p>CFA = <input type="checkbox"/></p> <p>1-2. Students will participate in playing each offensive and defensive position. CSA = <input type="checkbox"/></p>	<p>Key Vocabulary:</p> <p>Offense</p> <p>Position</p> <p>Defense</p>
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<p><i>playing ultimate games?</i></p> <ul style="list-style-type: none"> • <i>How is good sportsmanship important while playing this game?</i> <p>Ultimate Games</p> <ul style="list-style-type: none"> • Rules and strategies ○ offensive plays <ul style="list-style-type: none"> ○ defensive skills <ul style="list-style-type: none"> • Basic skills and knowledge ○ passing a variety of objects <ul style="list-style-type: none"> ○ shooting ○ goaltending ○ rules and playing area ○ fleeing & dodging ○ safety rules ○ offensive positions ○ defensive positions <ul style="list-style-type: none"> • Teamwork and good 	<p>Ultimate Games</p> <ol style="list-style-type: none"> 1. Model the basic offensive and defensive strategies. 2. Demonstrate proper shooting, dribbling, safety, and goaltending techniques as well as proper offensive and defensive positioning. 3. Define good sportsmanship and teamwork. 	<p>Ultimate Games</p> <ol style="list-style-type: none"> 1. Students can perform the basic skills of several ultimate games. Running Throwing Catching Dodging Stiking 2. Students can list the areas of physical fitness that benefit from a variety of active games. 4. Students can demonstrate good sportsmanship while participating in class. 	<p>Ultimate Games</p> <p>S3.M2.6</p> <p>S5.M2.6</p> <p>S5.M6.6</p>	<p>Ultimate Games</p> <p>1-3. Students will be observed daily on knowledge of game, safety elements, sportsmanship and participation. 1-2. Students will complete peer assessments on each of the basic skills.</p> <p>FA= </p> <p>1-2. Students will participate in playing each offensive and defensive position. CSA =</p> <p></p>	<p>Ultimate Games</p> <ul style="list-style-type: none"> • Ready to Use PE Activities • www.pecentral.org • Success Oriented Physical Education Ideas for Secondary Students
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Content	Skills	Learning Targets	Standard	Assessment	Resources & Technology
<p><i>UEQ:</i></p> <p><i>What skills are necessary to participate in a game of eclipse ball?</i></p> <ul style="list-style-type: none"> • <i>What strategies are involved in are used in offense and defense while playing eclipse ball?</i> • <i>What areas of physical fitness will</i> 					

<p><i>be enhanced by playing eclipse ball?</i></p> <ul style="list-style-type: none"> • <i>How is good sportsmanship important while playing this game?</i> <p>Eclipse Ball</p> <ul style="list-style-type: none"> • Rules and strategies ○ offensive plays <ul style="list-style-type: none"> ○ defensive skills <ul style="list-style-type: none"> • Basic skills and knowledge ○ racquet techniques <ul style="list-style-type: none"> ○ rotating ○ scoring and playing area ○ safety rules ○ offensive positions ○ defensive positions <ul style="list-style-type: none"> • Teamwork and good sportsmanship 	<p>Eclipse Ball</p> <ol style="list-style-type: none"> 1. Model the basic offensive and defensive positions and strategies. 2. Demonstrate proper hitting, rotating, and scoring techniques. 3. Display knowledge of playing area boundaries. 4. Define good sportsmanship and teamwork. 	<p>Eclipse Ball</p> <ol style="list-style-type: none"> 1. Students can do basic skills of eclipse ball. Racquet Skills Striking Serving 2. Students can describe different strategies that are beneficial in a game in Eclipse Ball. 3. Students can list the areas of physical fitness that benefit from the game of Eclipse Ball. 4. Students can demonstrate good sportsmanship while participating in class. 	<p>Eclipse Ball</p> <p>S1.M24</p> <p>S2.M7</p> <p>S2.M8</p> <p>S2.M9</p> <p>S2.M10</p> <p>S2.M13</p>	<p>Eclipse Ball</p> <p>1-3. Students will be observed daily on knowledge of game, safety elements, sportsmanship and participation. 1-2. Students will complete peer assessments on each of the basic skills. CFA</p>	<p>Eclipse Ball</p> <ul style="list-style-type: none"> • Ready to Use PE Activities • Quality Lesson Plans for Secondary PE
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<p><i>UEQ:</i></p> <ul style="list-style-type: none"> • What skills are necessary to participate in these games? • What strategies are involved in are used in offense and defense while playing these games? • What areas of physical fitness will be enhanced by playing these games? • How is good sportsmanship important while playing this game? 				
<p>Games Unit</p> <ul style="list-style-type: none"> • Rules and strategies of a variety of basic games • Basic skills and knowledge 	<p>Games Unit</p> <ol style="list-style-type: none"> 1. Model the basic offensive and defensive strategies. 2. Demonstrate 	<p>Games Unit</p> <ol style="list-style-type: none"> 1. Student can perform the basic skills needed for a variety of physical 	<p>Games Unit</p> <p>S1.M24</p> <p>S2.M7</p>	<p>Games Unit</p> <ul style="list-style-type: none"> • Ready to Use PE Activities • www.pecentral.org • Activity Ideas for Action


<ul style="list-style-type: none"> Teamwork and good sportsmanship <p><i>UEQ:</i></p> <ul style="list-style-type: none"> How does sport and physical activity affect ones physical, mental, social, and emotional well being? What influence does intrinsic motivation have on fitness lifestyles. 	<p>proper shooting, throwing, dodging, and goaltending techniques as well as proper offensive and defensive positioning. 3. Define good sportsmanship and teamwork.</p> <p>ESPN Unit</p> <ol style="list-style-type: none"> Define intrinsic motivation. Give 3 examples of motivation. Explain what motivates you. 	<p>education games</p> <ol style="list-style-type: none"> Student can list the areas of physical fitness that benefit from the games we participate in. Student can demonstrate good sportsmanship while participating in class. <p>ESPN Unit</p> <ol style="list-style-type: none"> Student can define intrinsic motivation. Student can explain what my motivations are. 	<p>S2.M8</p> <p>S2.M9</p> <p>S2.M10</p> <p>ESPN Unit</p> <p>S3.M1</p> <p>S4.M4.6</p>	<p>Games Unit</p> <p>1-3. Students will be observed daily on knowledge of game, sportsmanship and participation.</p> <p>CFA = </p> <p>1-2. Students will participate in playing both offense and defense positioning.</p>	<p>ESPN Unit</p> <ul style="list-style-type: none"> Terry Fox 30 for 30 Video Worksheet 
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				<p>CSA = </p> <p>ESPN Unit 1-3. Students will define intrinsic motivation on their computer lab worksheet.</p> <p>CSA = </p> <p>1-3. Students will discuss the video and journal their personal experiences.</p> <p>CFA = </p>	
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April

Content	Skills	Learning Targets	Standards	Assessment	Resources & Technology
<p><i>UEQ:</i></p> <ul style="list-style-type: none"> • <i>What skills are necessary to participate in a game of softball?</i> • <i>What strategies are involved in are used in offense and defense while playing softball?</i> • <i>What areas of physical fitness will be enhanced by playing softball?</i> • <i>How is good sportsmanship important while playing this game?</i> 					
<p>Softball</p> <ul style="list-style-type: none"> • Rules and strategies ○ offensive plays <ul style="list-style-type: none"> ○ defensive skills • Basic skills and knowledge 	<p>Softball</p> <ol style="list-style-type: none"> 1. Model the basic offensive and defensive strategies. 2. Demonstrate proper batting, fielding, and baserunning techniques as well as proper offensive and 	<p>Softball</p> <ol style="list-style-type: none"> 1. Students can perform the basic skills of softball. catching/fielding throwing hitting pitching 2. Students can describe 	<p>Softball</p> <p>S1.M2.6</p> <p>S1.M20.6</p> <p>S5.M6.6</p>	<p>Softball</p> <p>1-3. Students will be observed daily on knowledge of game, safety elements,</p>	<p>Softball</p> <ul style="list-style-type: none"> • Strengthening Your Physical Education Program with Quality Activities Grades 6-12 • Success Oriented Physical Education Ideas for Secondary Students

<ul style="list-style-type: none"> ○ batting <ul style="list-style-type: none"> ○ fielding ○ Baserunning ○ catching ○ rules and playing area ○ safety rules ○ offensive positions ○ defensive positions ● Teamwork and good sportsmanship <p><i>UEQ:</i></p> <ul style="list-style-type: none"> ● What skills are necessary to participate in a game of tennis? ● What strategies are involved in are used in offense and defense while playing tennis? ● What areas of physical fitness will be enhanced by playing tennis? 	<p>defensive positioning.</p> <p>3. Define good sportsmanship and teamwork.</p>	<p>offense plays and defensive strategies.</p> <p>3. Students can list the areas of physical fitness that benefit from the game of softball.</p> <p>4. Students can demonstrate good sportsmanship while participating in class.</p>		<p>sportsmanship and participation.</p> <p>1-2. Students will complete peer assessments on each of the basic skills. CFA</p> <p>= </p> <p>1-2. Students will participate in playing each offensive and defensive position.</p> <p>1-3. Softball skills test.</p> <p>CSA= </p>	<ul style="list-style-type: none"> ●  Softball Powerpoint
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<ul style="list-style-type: none"> • How is good sportsmanship important while playing this game? 				
<p>Tennis</p> <ul style="list-style-type: none"> • Rules and strategies ○ offensive plays <ul style="list-style-type: none"> ○ defensive skills <ul style="list-style-type: none"> • Basic skills and knowledge ○ racquet techniques <ul style="list-style-type: none"> ○ forehand ○ backhand ○ rotating ○ scoring and court dimensions ○ safety rules ○ offensive positions ○ defensive positions <ul style="list-style-type: none"> • Teamwork and good 	<p>Tennis</p> <ol style="list-style-type: none"> 1. Model the basic offensive and defensive positions and strategies. 2. Demonstrate proper hitting, rotating, and scoring techniques. 3. Display knowledge of playing area boundaries. 4. Define good sportsmanship and teamwork. 	<p>Tennis</p> <ol style="list-style-type: none"> 1. Students can perform the basic skills of tennis. Serving Striking Scoring 2. Students can describe different types of strokes. 3. Students can list the areas of physical fitness that benefit from the game of tennis. 4. Students can demonstrate good sportsmanship while participating in class. 	<p>Tennis</p> <p>S1.M24</p> <p>S2.M7</p> <p>S2.M8</p> <p>S2.M9</p> <p>S2.M10</p> <p>S2.M13</p> <p>1-3. Students will be observed daily on knowledge of game, safety elements, sportsmanship and participation. 1-2. Students will complete peer assessments on each of the basic skills. CFA</p> <p>= </p> <p>1-2. Students will participate in</p>	<p>Tennis</p> <p>100 Best Tennis Drills DVD</p> <p>www.usta.com</p> <p>Quality Lesson Plans for Secondary Physical Education</p>


<p>sportsmanship</p>				<p>playing each offensive and defensive position. 1-3. Written tennis test. CSA =</p> 	
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May

Content	Skills	Learning Targets	Standards	Assessment	Resources & Technology
<p><i>UEQ:</i></p> <ul style="list-style-type: none"> • <i>What skills are necessary to participate in a game of lacrosse?</i> • <i>What strategies are involved in are used in offense and defense while playing lacrosse?</i> • <i>What areas of physical fitness will</i> 					

<p><i>be enhanced by playing lacrosse?</i></p> <ul style="list-style-type: none"> • <i>How is good sportsmanship important while playing this game?</i> 				
<p>Lacrosse</p> <ul style="list-style-type: none"> • Rules and strategies ○ offensive plays <ul style="list-style-type: none"> ○ defensive skills <ul style="list-style-type: none"> • Basic skills and knowledge ○ scooping <ul style="list-style-type: none"> ○ goaltending ○ shooting/passing ○ stick handling ○ rules and playing area ○ safety rules ○ offensive positions ○ defensive positions 	<p>Lacrosse</p> <ol style="list-style-type: none"> 1. Model the basic offensive and defensive strategies. 2. Demonstrate proper scooping, ball handling, shooting, and goaltending techniques as well as proper offensive and defensive positioning. 3. Define good sportsmanship and teamwork. 	<p>Lacrosse</p> <ol style="list-style-type: none"> 1. Students can perform the basic skills of lacrosse. 2. Students can describe offense plays and defensive strategies. 3. Students can list the areas of physical fitness that benefit from the game of lacrosse. 4. Students can demonstrate good sportsmanship while participating in class. 	<p>Lacrosse</p> <p>S1.M2.6</p> <p>S1.M20.6</p> <p>S5.M6.6</p> <p>1-3. Students will be observed daily on knowledge of game, safety elements, sportsmanship and participation</p> <p>1-2. Students will complete peer assessments on each of the basic skills. CFA</p>	<p>Lacrosse</p> <ul style="list-style-type: none"> • Ready to Use PE Activities • www.pecentral.org • Success Oriented Physical Education Ideas for Secondary Students

<ul style="list-style-type: none"> ● Teamwork and good sportsmanship <p><i>UEQ:</i></p> <ul style="list-style-type: none"> ● <i>What skills are necessary to participate in outdoor games?</i> ● <i>What strategies are involved in are used in offense and defense while playing outdoor games?</i> ● <i>What areas of physical fitness will be enhanced by playing outdoor games?</i> ● <i>How is good sportsmanship important while playing this game?</i> <p>Outdoor Games Unit</p>	<p>Outdoor Games Unit</p> <p>1. Model knowledge of the</p>		<p>Outdoor Games</p>	<p>= </p> <p>1-2. Students will participate in playing each offensive and defensive position.</p> <p>1-3. Written lacrosse test.</p> <p>CSA= </p> <p>Outdoor</p>	<p>Outdoor Games Unit</p> <ul style="list-style-type: none"> ● Ready to Use PE Activities
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<ul style="list-style-type: none"> Rules and strategies of a variety of outdoor leisure games Basic skills and knowledge Teamwork and good sportsmanship <p><i>UEQ:</i></p> <ul style="list-style-type: none"> <i>What skills are necessary to participate in a game of nitro ball?</i> <i>What strategies are involved in are used in offense and defense while playing nitro ball?</i> <i>What areas of physical fitness will be enhanced by playing nitro ball?</i> <i>How is good sportsmanship important while playing this game?</i> 	<p>rules and strategies for a variety of outdoor yard games.</p> <p>2. Demonstrate good sportsmanship and teamwork.</p> <p>Nitro Ball</p> <p>1. Model the basic offensive and defensive strategies.</p> <p>2. Demonstrate proper serving, passing, setting and spiking techniques as well as proper offensive and</p>	<p>Outdoor Games Unit</p> <p>1. Students can perform the basic skills needed for a variety of outdoor yard games.</p> <p>2. Students can explain rules and strategies associated with bocce ball, croquet and can jam.</p> <p>3. Students can list the areas of physical fitness that benefit from a variety of outdoor activities.</p> <p>4. Students can demonstrate good sportsmanship while participating in class.</p> <p>Nitro Ball</p> <p>1. I can perform the basic</p>	<p>S3.M2.6</p> <p>S5.M2.6</p> <p>S5.M6.6</p> <p>Nitro Ball</p> <p>S1.M11.6</p> <p>S1.M12.6</p>	<p>Games Unit</p> <p>1-2. Daily observation of students knowledge and skills in a variety of outdoor yard games. CFA & CSA =</p> <p></p> <p>Nitro Ball</p>	<ul style="list-style-type: none"> Quality Lesson Plans for Secondary PE <p>Nitro Ball</p> <ul style="list-style-type: none"> You Tube Videos to Model
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<p>Nitro Ball</p> <ul style="list-style-type: none"> ● Rules and strategies ○ offensive plays <ul style="list-style-type: none"> ○ defensive skills <ul style="list-style-type: none"> ● Basic skills and knowledge ○ rotating <ul style="list-style-type: none"> ○ scoring and playing area ○ safety rules ○ offensive positions ○ defensive positions <ul style="list-style-type: none"> ● Teamwork and good sportsmanship 	<p>defensive positioning.</p> <p>3. Define good sportsmanship and teamwork.</p>	<p>skills of nitro ball.</p> <p>2. I can describe offense plays and defensive strategies.</p> <p>3. I can list the areas of physical fitness that benefit from the game of nitro ball.</p> <p>4. I can demonstrate good sportsmanship while participating in class.</p>	<p>S1.M15.6</p> <p>S4.M6.6</p>	<p>1-3. Students will be observed daily on knowledge of game, safety elements, sportsmanship and participation . CSA =</p> <p></p> <p>1-2. Students will complete peer assessments on each of the basic skills.</p> <p>1-2. Students will participate in playing each offensive and defensive po</p>	
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