

Mine Hill Township School District

(K- 6 PE)



Written by:

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(Revised 11/20-1/21)

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Approval date:

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Mine Hill Township School District

42 Canfield Avenue
Mine Hill, NJ 07803

www.minehillcas.org

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(K- 6 PE)



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42 Canfield Avenue

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Subject Area: Physical Education

Grade Level: PK- K	Brief Summary of Unit: Students will develop Locomotor Skills and be involved in Low Organization Games
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<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Loco-motor Activities	HE.K-2.2.2.2-. MSC.1&2	Apply correct responses to directions given.	Locomotor Move and Freeze Game.	Teacher Observation	4-6 class periods
Low Organization Games	HE.K-2.2.2.2-. PF.2	Demonstrate use of basic locomotor movements to individual and group settings.	"Whistle Mixer", "Blast-Off" and Cone Relays.	Proper skipping, galloping, hopping forms	
	HE.K-2.2.2.2-. LF.2&3	Combine movement skills and adapt to game settings. Creativity and Innovation	"Caterpillar Runs" and Fitness Relays. Communication and Collaboration	Question and Answer Critical Thinking and Problem Solving	

Integrated Components

21 st Century Themes	_____ Global Awareness _____ Financial, Economic, Business, and Entrepreneurial Literacy _____ Civic Literacy _____ Health literacy
21 st Century Skills	___x___ Creativity and Innovation ___x___ Critical Thinking and Problem Solving ___x___ Communication and Collaboration _____ Information Literacy _____ Media Literacy _____ Life and Career Skills
Interdisciplinary Connections	Math: K.C.C.A.2
Integration of Technology	Music NJSL 8.1 Educational Technology
Resources	For Teachers: Music CDs For Students: Cones
Integrated Accommodations and Modifications	Modifications for Special Ed./504 students: Assist with movements as needed, tap knees to transition to skipping form Modifications for ELL students: Work with a partner to help guide them Modifications for Gifted students: Be a leader in demonstrating skills, be counter in activities with #'s

Subject Area: Physical Education

Grade Level: PK-K	Brief Summary of Unit: Students will develop skills using a variety of equipment

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Parachute	HE.K-2.2.2.2-.MSC.2, 2, 6 & 7	Gripping, listening, working together	Parachute Games: "Mushroom", "Trading Spaces", "The Wave", "Popcorn"	Teacher Observation	8-10 Class Periods
Scooters	HE.K-2.2.2.2-.PF.2 & b3 HE.K-2.2.2.2-.LF.1 & 2	Communication and Collaboration Pushing, pulling	Critical Thinking and Problem Solving Scooter rules and warm-ups, "Partner bean bag relay", "Scooter Pull and Snowball Attack"	Student Feedback	
Roller Racers		Steering, maneuvering	Roller Racer warm-ups, "Cone Relays"		
Hoppity Hops		Bouncing, balancing	Hoppity Hop relays		

Integrated Components

21 st Century Themes	_____ Global Awareness _____ Financial, Economic, Business, and Entrepreneurial Literacy _____ Civic Literacy _____ Health literacy
21 st Century Skills	_____ Creativity and Innovation ___x___ Critical Thinking and Problem Solving ___x___ Communication and Collaboration _____ Information Literacy _____ Media Literacy _____ Life and Career Skills
Interdisciplinary Connections	
Integration of Technology	Music NJSLS 8.1 Educational Technology
Resources	For Teachers: CDs and Teacher created Activity Cards, Parachute Activity Book For Students: Parachute, Scooters, bean bags, wands, snowballs, Roller Racers, Hoppity Hops, cones

Integrated Accommodations and Modifications	Modifications for Special Ed./504 students: Assist with equipment as needed, use of larger scooter, smaller hoppity hop Modifications for ELL students: Have them observe partner first Modifications for Gifted students: Assist classmates with skills
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Subject Area: Physical Edcation

Grade Level: PK-K	Brief Summary of Unit: Students will become aware of body movement

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Body Awareness Yoga	HE.K-2.2.2.2.MSC.1,2,5&7 HE.K-2.2.2.2.PF.2 HE.3-5.2.2.2.MSC.2 & 7 HE.3-5.2.2.2.PF.1-2 HE.3-5.2.2.2.LF.1-3 Global Awareness	Identify body planes and parts Communication and Collaboration Maneuver in personal and general space Balance Core strength Coordination Mindfulness	"Blast-off", "Hoops and Parts" "Monster Sock Tag", "Octopus Tag" , Move to the Music Creativity and Innovation Yoga Spots, Yoga Circuit	Teacher Observation of body awareness in activity Student demonstration of knowledge of basic body parts and awareness in space Teacher Observation of correct forms Self Assessment of poses	4-6 Class Periods

Integrated Components

21 st Century Themes	<input checked="" type="checkbox"/> Global Awareness <input type="checkbox"/> Financial, Economic, Business, and Entrepreneurial Literacy <input type="checkbox"/> Civic Literacy <input type="checkbox"/> Health literacy
21 st Century Skills	<input checked="" type="checkbox"/> Creativity and Innovation <input type="checkbox"/> Critical Thinking and Problem Solving <input checked="" type="checkbox"/> Communication and Collaboration <input type="checkbox"/> Information Literacy <input type="checkbox"/> Media Literacy <input type="checkbox"/> Life and Career Skills
Interdisciplinary Connections	Math:MA.K.CC.A.2, MA.K.CC.B.4
Integration of Technology	Music NJSLS 8.1 Educational Technology
Resources	For Teachers: CDs and Teacher Created Activity Cards For Students: Hoops, Socks, Poli-spots
Integrated Accommodations and Modifications	Modifications for Special Ed./504 students: Work with a partner/aide Modifications for ELL students: Guide through steps Modifications for Gifted students: Assist classmates

Subject Area: Physical Education

Grade Level: PK-K	Brief Summary of Unit: Students will develop patterns to kicking

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Kicking a stationary object Running to kick	HE.K-2.2.2.2. MSC.1,3,5 HE.K-2.2.2.2. PF.2 HE.K-2.2.2.2. LF.2	Step and kick pattern Run up and kick Critical Thinking and Problem Solving	Kick ball off tape "T" Open field kicking	Teacher Observation of kicking progression & proper foot plant Student demonstration of step then kick skill	4-6 class periods

Integrated Components

21 st Century Themes	_____ Global Awareness _____ Financial, Economic, Business, and Entrepreneurial Literacy _____ Civic Literacy _____ Health literacy
21 st Century Skills	_____ Creativity and Innovation ___X___ Critical Thinking and Problem Solving _____ Communication and Collaboration _____ Information Literacy _____ Media Literacy _____ Life and Career Skills
Interdisciplinary Connections	
Integration of Technology	
Resources	For Students: Playground ball, tape "T"s
Integrated Accommodations and Modifications	Modifications for Special Ed./504 students: Walk through pattern with them Modifications for ELL students: Work with a partner Modifications for Gifted students: Kick a pitched ball

Subject Area: Physical Education

Grade Level: PK-K	Brief Summary of Unit: Students will develop skills for jumping in various settings

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Jumping	HE.K-2.2.2.2. MSC.1,6-7 HE.K-2.2.2.2. PF.2&3 HE.K-2.2.2.2. LF.1&2	Jumping over Jumping a self-turned rope Jumping for distance	"Jump the Blocks" Individual jump rope skills: forward, skip jumping Critical Thinking and Problem Solving "Jump the River"	Teacher Observation of proper landing & rope skills Student Feedback Demonstrate forward jumping skill with yielded landings	4-6 class periods

Integrated Components

21 st Century Themes	_____ Global Awareness _____ Financial, Economic, Business, and Entrepreneurial Literacy _____ Civic Literacy _____ Health literacy
21 st Century Skills	_____ Creativity and Innovation ___x___ Critical Thinking and Problem Solving _____ Communication and Collaboration _____ Information Literacy _____ Media Literacy _____ Life and Career Skills
Interdisciplinary Connections	MA.K.CC.A.1
Integration of Technology	
Resources	For Teachers: Teacher Created Activity Cards For Students: Foam Blocks, Jump Ropes
Integrated Accommodations and Modifications	Modifications for Special Ed./504 students: Assist with turning skill, jump over flat rope on floor Modifications for ELL students: Work with Partner Modifications for Gifted students: Demonstrate other rope jumping forms: backward, skip

Subject Area: Physical Education

Grade Level:PK-K

Brief Summary of Unit: Students will discover various ways that the body can balance and coordinate with equipment and on equipment

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Balance	HE.K-2.2.2.2. MSC.1,2,7	Perform static and dynamic balances.	Dome warm-ups, Balance on body parts.	Teacher Observation of 1 foot and 2 foot balances on objects	3-4 class periods
Coordination	HE.K-2.2.2.2. PF.2	Communication and Collaboration Demonstrate coordination on equipment.	Rock Wall	Climb to top of wall by spring	
	HE.K-2.2.2.2. LF.1-3	Balance and Coordination with equipment	Scarf activities, Peacock Feather balances Creativity and Innovation	Question and Answer	

Integrated Components

21 st Century Themes	<input type="checkbox"/> Global Awareness <input type="checkbox"/> Financial, Economic, Business, and Entrepreneurial Literacy <input type="checkbox"/> Civic Literacy <input type="checkbox"/> Health literacy
21 st Century Skills	<input checked="" type="checkbox"/> Creativity and Innovation <input type="checkbox"/> Critical Thinking and Problem Solving <input checked="" type="checkbox"/> Communication and Collaboration <input type="checkbox"/> Information Literacy <input type="checkbox"/> Media Literacy <input type="checkbox"/> Life and Career Skills
Interdisciplinary Connections	
Integration of Technology	Music for movement NJSLS 8.1 Educational Technology
Resources	For Teachers: CD's For Students: Domes, Rock Wall, Scarves and Peacock feathers
Integrated Accommodations and Modifications	Modifications for Special Ed./504 students: Assist with balances as needed, balance on floor, climb rock wall with student Modifications for ELL students: Have them observe partner first Modifications for Gifted students: Assist classmates with skills

Subject Area: Physical Education

Grade Level: PK-K	Brief Summary of Unit: Students will learn basic tumbling skills and develop skills on a variety of gymnastic equipment
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<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Gymnastics	HE.K-2.2.2.2. MSC.1,2,5 HE.K-2.2.2.2. PF.2 HE.K-2.2.2.2. LF.1-3	Safety Rules Safety Falls Warm-ups Rolls on wedges Climbing Critical Thinking and Problem Solving Balance beam	Discuss with students behaviors and procedures that will reduce the risk of injury and allow them to safely participate in Gymnastics. Discuss safe techniques for falling sideways and backward Locos around mats, animal crawls Forward, pencil, egg U-ladder, cargo net, flat ladder to trapezoid, straight ladder Walk forward, backward and sideways on low beam. Balance bean bag, walk through hoop and toss ball on orange beams	Teacher Observation of safe skills Forward roll down wedge with tucked chin Question and Answer Successfully go across beam	4-6 Class Periods

Integrated Components

21 st Century Themes	<input type="checkbox"/> Global Awareness <input type="checkbox"/> Financial, Economic, Business, and Entrepreneurial Literacy <input type="checkbox"/> Civic Literacy <input type="checkbox"/> Health literacy
21 st Century Skills	<input type="checkbox"/> Creativity and Innovation <input checked="" type="checkbox"/> Critical Thinking and Problem Solving <input type="checkbox"/> Communication and Collaboration <input type="checkbox"/> Information Literacy <input type="checkbox"/> Media Literacy <input type="checkbox"/> Life and Career Skills

Interdisciplinary Connections	VPA.1.1.2.Pr4a
Integration of Technology	Music NJSLS 8.1 Educational Technology
Resources	For Teachers: CDs For Students: Mats, Cargo Net, Crash Mat, Ladders, Trapezoid, Low Beam, Orange Beam, Hoops, Bean Bags and Foam Ball
Integrated Accommodations and Modifications	<p>Modifications for Special Ed./504 students: Work with a partner or teacher, assist with rolls, hold hand on beams, spot on ladders</p> <p>Modifications for ELL students: Guide through steps</p> <p>Modifications for Gifted students: Demonstrate skills and assist classmates</p>

Subject Area: Physical Education

Grade Level: PK-K	Brief Summary of Unit: Students will develop rhythm skills

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Rhythm/Dance Activities	HE.K-2.2.2.2. MSC.1&2 HE.K-2.2.2.2. PF.2&3 HE.K-2.2.2.2. LF.1-3	Follow patterns of various rhythms in dance	"Animal Boogie Dance", Hula Hoop Routine, "Hokey Pokey", "Come on Everybody", "Tony Chestnut" , Freeze and Move Creativity and Innovation	Teacher Observation and Feedback on dance moves Keep in rhythm to steps	4-6 Class Periods

Integrated Components

21 st Century Themes	_____ Global Awareness _____ Financial, Economic, Business, and Entrepreneurial Literacy _____ Civic Literacy _____ Health literacy
21 st Century Skills	___ X ___ Creativity and Innovation _____ Critical Thinking and Problem Solving _____ Communication and Collaboration _____ Information Literacy _____ Media Literacy _____ Life and Career Skills
Interdisciplinary Connections	VPA.1.1.2.Cr1a, 1.1.2.Pr6b, 1.1.2.Re7a
Integration of Technology	Music for dances NJSLS 8.1 Educational Technology
Resources	For Teachers: CDs & Dance Instruction Cards For Students: Hoops
Integrated Accommodations and Modifications	Modifications for Special Ed./504 students: Work with a partner, observe first Modifications for ELL students: Guide through steps, observe first Modifications for Gifted students: Assist classmates

Subject Area: Physical Education

Grade Level: PK-K	Brief Summary of Unit: Students will develop skills to throw/toss various equipment

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Underhand Toss Overhand Throw	HE.K-2.2.2.2. MSC.1,3-5 HE.K-2.2.2.2. LF.2	Proper backswing and follow through. Demonstrate a mature overhand pattern. Stepping with opposite foot and arm in correct position Critical Thinking and Problem Solving	Table Target Throws, "Dump Truck" , Toss to Hoops "Fishponds", "Block Tower Knock-over", Balls and Walls. Communication and Collaboration	Teacher Observation and Feedback on skill form Student demonstration of throwing skills, opposite foot forward, follow through	4-6 class periods

Integrated Components

21 st Century Themes	<input type="checkbox"/> Global Awareness <input type="checkbox"/> Financial, Economic, Business, and Entrepreneurial Literacy <input type="checkbox"/> Civic Literacy <input type="checkbox"/> Health literacy
21 st Century Skills	<input type="checkbox"/> Creativity and Innovation <input checked="" type="checkbox"/> Critical Thinking and Problem Solving <input checked="" type="checkbox"/> Communication and Collaboration <input type="checkbox"/> Information Literacy <input type="checkbox"/> Media Literacy <input type="checkbox"/> Life and Career Skills
Interdisciplinary Connections	
Integration of Technology	
Resources	For Teachers: Teacher created Activity Cards For Students: Tables, ball containers, balls of various sizes, Bean bags, Hoops, snowballs, foam blocks, Koosh balls.
Integrated Accommodations and Modifications	Modifications for Special Ed./504 students: Assist with form as needed, spots for proper foot placement Modifications for ELL students: Have them observe partner first Modifications for Gifted students: Assist classmates with skills, demonstrate forms

Subject Area: Physical Education

Grade Level: PK-K	Brief Summary of Unit: Students will develop various forms of catching

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Catching a ball with self Catching with others Catching with an object	HE.K-2.2.2.2. MSC.3-5	Catch a ball without pinning it against the body. Critical Thinking and Problem Solving Catch ball with 2 hands Catch ball in scoop	Bouncy Ball warm-ups Toss and Catch warm-ups Communication and Collaboration "Scoops and Snowballs"	Teacher Observation of catching form Self-Assessment & Demonstration of skill-catching with 2 hands, not against chest Partner Evaluation-toss and catch with a partner, count # of successful catches	4-6 class periods

Integrated Components

21 st Century Themes	<input type="checkbox"/> Global Awareness <input type="checkbox"/> Financial, Economic, Business, and Entrepreneurial Literacy <input type="checkbox"/> Civic Literacy <input type="checkbox"/> Health literacy
21 st Century Skills	<input type="checkbox"/> Creativity and Innovation <input checked="" type="checkbox"/> Critical Thinking and Problem Solving <input checked="" type="checkbox"/> Communication and Collaboration <input type="checkbox"/> Information Literacy <input type="checkbox"/> Media Literacy <input type="checkbox"/> Life and Career Skills
Interdisciplinary Connections	Math: K.C.C.B.4
Integration of Technology	Music for movement in warm-ups NJSLS 8.1 Educational Technology
Resources	For Teachers: CDs and Teacher created Activity cards Students: Large playground balls, Koosh Balls, Snowballs, Plastic Scoops
Integrated Accommodations and Modifications	Modifications for Special Ed./504 students: Assist with catches as needed, use larger ball, allow "hug" catch Modifications for ELL students: Have them observe partner first Modifications for Gifted students: Assist classmates with skills, use smaller scoop to catch

Subject Area: Physical Education

Grade Level: 1-2	Brief Summary of Unit: Students will apply skills and strategies to various game settings

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Organized Games	HE.K-2.2.2.2-. MSC.1&2,6-8 HE.K-2.2.2.2-. PF.2-4 HE.K-2.2.2.2-. LF.2	Building, Throwing, Blocking, Teamwork Critical Thinking and Problem Solving Pushing, Passing, Shooting Gripping, Listening, Working Together Aiming, Throwing, Blocking, Dodging Chasing, Fleeing and Tagging Creativity and Innovation	"Builderball" Communication and Collaboration "Scooter Basketball" Parachute Games: "Mushroom", "Trading Spaces", "The Wave", "Popcorn", "Pop Goes the Weasel" "Fishponds", "Snowball Alley" "Dead Turtle Tag", "Tails", "Zookeeper Tag", "Snake in the Grass", "Steal the Jewels", "Midnight" and "Partner Duck-Duck-Goose"	Question and Answer Team/Partner Feedback Demonstrate safe tagging skills in large group	4-6 class periods

Integrated Components

21 st Century Themes	<input type="checkbox"/> Global Awareness <input type="checkbox"/> Financial, Economic, Business, and Entrepreneurial Literacy <input type="checkbox"/> Civic Literacy <input type="checkbox"/> Health literacy
21 st Century Skills	<input checked="" type="checkbox"/> Creativity and Innovation <input checked="" type="checkbox"/> Critical Thinking and Problem Solving <input checked="" type="checkbox"/> Communication and Collaboration <input type="checkbox"/> Information Literacy <input type="checkbox"/> Media Literacy <input type="checkbox"/> Life and Career Skills

Interdisciplinary Connections	
Integration of Technology	Music NJSL 8.1 Educational Technology
Resources	For Teachers: Teacher created activity cards For Students: Plastic buckets, Poly-spots and Foam Balls, Scooters, Basketball, Bucket Goals, Pinnies, Parachute, Small Foam Balls, Snowballs, Cones, Socks, Stuffed Animals, Hoops, Koosh Balls
Integrated Accommodations and Modifications	Modifications for Special Ed./504 students: Work with a partner/aide Modifications for ELL students: Observe activity first Modifications for Gifted students: Demonstrate skills

Subject Area: Physical Education

Grade Level: 1-2	Brief Summary of Unit: Students will demonstrate ability in various fitness areas

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Fitness Testing	HE.K-2.2.2.2-.MSC.1&2 HE.K-2.2.2.2-.PF.1 HE.K-2.2.2.2-.LF.2&3	1/2 mile walk/run Push-ups Curl-ups Sit and Reach Trunk Lift Pacer Run Health Literacy	Walk/run progressively longer distances until full distance is accomplished Review and practice correct form of necessary skill. Perform stretches to improve flexibility Life and Career Skills Develop ability to set a personal pace Jog-a-thon Partner Fitness Challenge Activity	Fitnessgram Report Card sent home with details of student performance on skills Personal goal setting in Pacer Run	4-6 class periods
Yoga	HE.3-5.2.2.2.MSC.2 & 7 HE.3-5.2.2.2.PF.1-2 HE.3-5.2.2.2.LF.1-3 Global Awareness	Balance Core strength Coordination Mindfulness	Yoga Spots, Yoga Circuit	Teacher Observation of correct forms Self Assessment of poses	

Integrated Components

21 st Century Themes	<input checked="" type="checkbox"/> Global Awareness <input type="checkbox"/> Financial, Economic, Business, and Entrepreneurial Literacy <input type="checkbox"/> Civic Literacy <input checked="" type="checkbox"/> Health literacy
21 st Century Skills	<input type="checkbox"/> Creativity and Innovation <input type="checkbox"/> Critical Thinking and Problem Solving <input type="checkbox"/> Communication and Collaboration <input type="checkbox"/> Information Literacy <input type="checkbox"/> Media Literacy <input checked="" type="checkbox"/> Life and Career Skills
Interdisciplinary Connections	
Integration of Technology	Pacer CD NJSL 8.1 Educational Technology
Resources	For Teachers: Fitnessgram Manual, Stopwatch, Ruler For Students: Popsicle Sticks and Cones, Domes, Mats, Sit and Reach Box, Physical Best Pacer Run CD
Integrated Accommodations and Modifications	Modifications for Special Ed./504 students: Assist with skill forms, shorten distance for Pacer Run and less laps in ½ mile Modifications for ELL students: Work with a partner to observe correct forms Modifications for Gifted students: Assist classmates, demonstrate skills

Subject Area: Physical Education

Grade Level: 1-2	Brief Summary of Unit: Students will develop skills for kicking ball in various settings

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Kick a stationary ball	HE.K-2.2.2.2. MSC.1,3,5&8	Step and kick pattern, run up and kick	Kick ball off tape "T" , Kick for distance	Teacher Observation of correct kicking patterns	4-6 class periods
Kick a rolling ball	HE.K-2.2.2.2. PF.2 HE.K-2.2.2.2. LF.2	Communication and Collaboration Dribbling, step and kick ball rolling toward you	Open field dribbling and kicking, "Pitcher's Poison" Kickball, "Soccer Bombardment"	Student demonstration of skill	

Integrated Components

21 st Century Themes	<input type="checkbox"/> Global Awareness <input type="checkbox"/> Financial, Economic, Business, and Entrepreneurial Literacy <input type="checkbox"/> Civic Literacy <input type="checkbox"/> Health literacy
21 st Century Skills	<input type="checkbox"/> Creativity and Innovation <input type="checkbox"/> Critical Thinking and Problem Solving <input checked="" type="checkbox"/> Communication and Collaboration <input type="checkbox"/> Information Literacy <input type="checkbox"/> Media Literacy <input type="checkbox"/> Life and Career Skills
Interdisciplinary Connections	
Integration of Technology	
Resources	For Teachers: Teacher created Activity Cards For Students: Playground ball, tape "T"s , Soccer Balls, Bases, Large Foam Balls, Bowling Pins
Integrated Accommodations and Modifications	Modifications for Special Ed./504 students: Walk through pattern with them, ball rolled from closer spot Modifications for ELL students: Observe first Modifications for Gifted students: Demonstrate and work with classmates

Subject Area: Physical Education

Grade Level: 1-2	Brief Summary of Unit: Students will develop skills for jumping in various settings

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Jumping	HE.K-2.2.2.2. MSC.1,5-7 HE.K-2.2.2.2. PF.2&3 HE.K-2.2.2.2. LF.1&2	Jumping over objects Jumping for distance Jumping a self-turned rope Long rope jumping with others Communication and Collaboration	"Jump the Blocks", Mini Hurdles "Jump the River" Individual jump rope skills: forward, backward and skip jumping Critical Thinking and Problem Solving "Bluebells", "Teddy Bear"	Teacher Observation of # of blocks students jump over Student demonstration of jump rope skills: Forward, Backward and Skip jumping with yielded landings Group Feedback	6-8 class periods

Integrated Components

21 st Century Themes	<input type="checkbox"/> Global Awareness <input type="checkbox"/> Financial, Economic, Business, and Entrepreneurial Literacy <input type="checkbox"/> Civic Literacy <input type="checkbox"/> Health literacy
21 st Century Skills	<input type="checkbox"/> Creativity and Innovation <input checked="" type="checkbox"/> Critical Thinking and Problem Solving <input checked="" type="checkbox"/> Communication and Collaboration <input type="checkbox"/> Information Literacy <input type="checkbox"/> Media Literacy <input type="checkbox"/> Life and Career Skills
Interdisciplinary Connections	MA.1.MD.A
Integration of Technology	
Resources	For Teachers: Teacher Created Activity Cards, Long Rope Rhymes For Students: Foam Blocks, Cones with Hurdles, Jump Ropes
Integrated Accommodations and Modifications	Modifications for Special Ed./504 students: Assist with turning skill for jump rope, lift over blocks Modifications for ELL students: Work with Partner Modifications for Gifted students: Demonstrate other rope jumping forms

Subject Area: Physical Education

Grade Level: 1-2

Brief Summary of Unit: Students will learn basic tumbling skills and develop skills on a variety of gymnastic equipment

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Gymnastics	HE.K-2.2.2.2. MSC.1,2,5 HE.K-2.2.2.2. PF.2 HE.K-2.2.2.2. LF.1-3	Safety Rules Safety Falls Warm-ups Rolls on wedges Climbing Critical Thinking and Problem Solving Balance beam Creativity and Innovation Landings Partner Stunts Communication and Collaboration	Discuss with students behaviors and procedures that will reduce the risk of injury and allow them to safely participate in Gymnastics. Discuss safe techniques for falling: sideways, backward and forward Locos around mats, animal crawls, bridge-ups, steps to music Forward, pencil, backward U-ladder, cargo net, flat ladder to trapezoid, straight ladder Walk forward, backward and sideways on low beam. Balance bean bag, walk through hoop and toss ball on orange beams Two foot landings off steps and trapezoid: Knees-up, straddle jump, 180 turn. Life and Career Skills "See-saw", "Wash the dishes", Box-on-box	Question and Answer Teacher Observation of unassisted forward roll Proper climbing on various ladders Student demonstration of three body shape landings on two feet off platform Partner Evaluation	6-8 class periods

Integrated Components

21 st Century Themes	<input type="checkbox"/> Global Awareness <input type="checkbox"/> Financial, Economic, Business, and Entrepreneurial Literacy <input type="checkbox"/> Civic Literacy <input type="checkbox"/> Health literacy
21 st Century Skills	<input checked="" type="checkbox"/> Creativity and Innovation <input checked="" type="checkbox"/> Critical Thinking and Problem Solving <input checked="" type="checkbox"/> Communication and Collaboration <input type="checkbox"/> Information Literacy <input type="checkbox"/> Media Literacy <input checked="" type="checkbox"/> Life and Career Skills
Interdisciplinary Connections	
Integration of Technology	Music NJSL 8.1 Educational Technology
Resources	For Teachers: CDs , Gymnastics Manual For Students: Mats, Blue Steps, Wedges, Cargo Net, Crash Mat, U & L Ladders, Trapezoid, Rings, Low Beam and Mats, Orange Beams, Hula Hoop, Bean Bags and Foam Ball, Steps, Flat Ladder
Integrated Accommodations and Modifications	Modifications for Special Ed./504 students: Work with a teacher or aide, assist with climbing, spot on equipment Modifications for ELL students: Guide through steps, work with a partner Modifications for Gifted students: Demonstrate skills and assist classmates, teacher assistant for rolls and cartwheel skills

Subject Area: Physical Education

Grade Level: 1-2	Brief Summary of Unit: Students will develop rhythm skills and apply to dance routines
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<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Rhythms/Dance -1	HE.K-2.2.2.2. MSC.1,2,6,7 HE.K-2.2.2.2. PF.2&3 HE.K-2.2.2.2. LF.1-3	Follow changes and patterns in music Respond to verbal cues while moving to music and Poetry Creativity and Innovation Perform Rhythm Stick Routine Perform Aerobic Dance Routine -----	"Hokey Pokey", "Lolli-pop Dance", "Skip to My Lou", "Kinderpolka", "Dominic the Italian Donkey", "Bunny Hop", "Witch Poem" Rhythm Sticks "Kardio Funk", "African", "Loving Latin" -----	Teacher Observation of following patterns Group feedback Self-Assessment -----	4-6 class periods
Square Dance-2		Perform Square Dance Communication and Collaboration	Honor Partner, Honor Corner Into Center and Back/"Hey" Circle Left and Right Swing Partner, Swing Corner Do-Si-Do Perform Square Dance to Music Life and Career Skills	Teacher Observation of skills applied to dance Assess Square Dance Performance for following calls	

Integrated Components

21 st Century Themes	<input type="checkbox"/> Global Awareness <input type="checkbox"/> Financial, Economic, Business, and Entrepreneurial Literacy <input type="checkbox"/> Civic Literacy <input type="checkbox"/> Health literacy
21 st Century Skills	<input checked="" type="checkbox"/> Creativity and Innovation <input type="checkbox"/> Critical Thinking and Problem Solving <input checked="" type="checkbox"/> Communication and Collaboration <input type="checkbox"/> Information Literacy <input type="checkbox"/> Media Literacy <input checked="" type="checkbox"/> Life and Career Skills
Interdisciplinary Connections	VPA.1.1.2.Cr1a, VPA.1.1.2.Pr6b, VPA1.1.2.Re7b
Integration of Technology	Music, Videos NJSL 8.1 Educational Technology
Resources	For Teachers: CDs, Dance Manuals For Students: 1- Cardboard Lollipops, Rhythm Sticks, "Fit Kids Video"
Integrated Accommodations and Modifications	Modifications for Special Ed./504 students: Work with a partner Modifications for ELL students: Guide through steps Modifications for Gifted students: Assist classmates

Subject Area: Physical Education

Grade Level: 1-2

Brief Summary of Unit: Students will develop eye/hand coordination in the skill of striking and apply to various settings.

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Striking with Hand	HE.K-2.2.2.2. MSC.1,3,5,8	Side arm swing	Bounce- swing-bounce-catch pattern against table	Teacher Observation of handball type serve	6-8 class periods
	HE.K-2.2.2.2. PF.2&4	Serve and return	Bounce-serve-bounce-return over line to partner	Partner Feedback	
Striking with Object	HE.K-2.2.2.2. LF.2	Rules and Game play	Two-Square and Four-Square Games		
		Shooting	Critical Thinking and Problem Solving		
		Goalkeeping	"Tunnels and Tappers"		
		Rules and Game play	"Tap-Whack-Shoot"	Successful shots on goal	
			"Four Goal" Pillo Polo		
		Tracking and Tapping	Communication and Collaboration		
		Grip and Tapping	Balloon Keep It Up	Count # in a row with Partner	
			Paddles and Balls		

Integrated Components

21 st Century Themes	<input type="checkbox"/> Global Awareness <input type="checkbox"/> Financial, Economic, Business, and Entrepreneurial Literacy <input type="checkbox"/> Civic Literacy <input type="checkbox"/> Health literacy
21 st Century Skills	<input type="checkbox"/> Creativity and Innovation <input checked="" type="checkbox"/> Critical Thinking and Problem Solving <input checked="" type="checkbox"/> Communication and Collaboration <input type="checkbox"/> Information Literacy <input type="checkbox"/> Media Literacy <input type="checkbox"/> Life and Career Skills
Interdisciplinary Connections	
Integration of Technology	Music NJSL 8.1 Educational Technology
Resources	For Teachers: Teacher created activity cards For Students: Tables and playground balls, Two Square and Four Square Courts, Pillo Polo sticks, Foam balls, Goals, Pinnies, Balloons, Sticks and Paddles
Integrated Accommodations and Modifications	Modifications for Special Ed./504 students: Work with Teacher/aide to develop proper arm movement, catch and return Modifications for ELL students: Work with partner, observe skills first Modifications for Gifted students: Assist classmates or challenge each other to more difficult game levels

Subject Area: Physical Education

Grade Level: 1-2	Brief Summary of Unit: Students will develop various forms of catching

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Catching a ball with self	HE.K-2.2.2.2. MSC.3-5	Catch ball without pinning it against body.	Bouncy Ball warm-ups, Stomp and Catch	Teacher Observation of catching with two hands	6-8 class periods
Catching with others	HE.K-2.2.2.2. PF.2&4	Critical Thinking and Problem Solving Catch ball with 2 hands	Toss and Catch warm-ups, Frisbee catch with partner	Self Assessment & Demonstration of skill	
Catching with an object	HE.K-2.2.2.2. LF.2	Catch ball in scoop, Catch with Velcro Gloves	Communication and Collaboration "Scoops and Snowballs" , Throw and Catch warm-ups	Partner Evaluation	

Integrated Components

21 st Century Themes	<input type="checkbox"/> Global Awareness <input type="checkbox"/> Financial, Economic, Business, and Entrepreneurial Literacy <input type="checkbox"/> Civic Literacy <input type="checkbox"/> Health literacy
21 st Century Skills	<input type="checkbox"/> Creativity and Innovation <input checked="" type="checkbox"/> Critical Thinking and Problem Solving <input checked="" type="checkbox"/> Communication and Collaboration <input type="checkbox"/> Information Literacy <input type="checkbox"/> Media Literacy <input type="checkbox"/> Life and Career Skills
Interdisciplinary Connections	Math: 1.OA.A.1, K.C.C.A.2
Integration of Technology	Music NJSL 8.1 Educational Technology
Resources	For Teachers: CDs and Teacher created Activity cards For Students: Large playground balls, Stompers, Frisbees, Koosh Balls, Snowballs, plastic scoops, Velcro gloves and balls
Integrated Accommodations and Modifications	Modifications for Special Ed./504 students: Assist with catches as needed, use larger ball or try different equipment Modifications for ELL students: Have them observe partner first Modifications for Gifted students: Assist classmates with skills, create trick catches

Subject Area: Physical Education

Grade Level: 1-2	Brief Summary of Unit: Students will develop skills to throw/toss various equipment

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Underhand Toss	HE.K-2.2.2.2. MSC.3-5,7,8	Proper backswing and follow through.	Table Target Throws, "Dump Truck" , Toss to Hoops	Teacher Observation and Feedback on skill forms.	4-6 class periods
Overhand Throw	HE.K-2.2.2.2. PF.2-4	Demonstrate a mature overhand pattern. Stepping with opposite foot and arm in correct position	"Fishponds", "Block Tower Knock-over", Balls and Walls. Communication and Collaboration	Student demonstration of skill with proper foot placement	
Backhand Throw	HE.K-2.2.2.2. LF.1-2	Life and Career Skills Basic Frisbee throw motion. Critical Thinking and Problem Solving	Frisbee through hoops, "Frisbee Bombardment".		

Integrated Components

21 st Century Themes	_____ Global Awareness _____ Financial, Economic, Business, and Entrepreneurial Literacy _____ Civic Literacy _____ Health literacy
21 st Century Skills	_____ Creativity and Innovation <u> X </u> Critical Thinking and Problem Solving <u> X </u> Communication and Collaboration _____ Information Literacy _____ Media Literacy <u> X </u> Life and Career Skills
Interdisciplinary Connections	
Integration of Technology	
Resources	For Teachers: Teacher created activity cards For Students: Tables, ball containers, balls of various sizes, Bean bags, Hoops, snowballs, foam blocks, Koosh balls, Hoops in Blocks, Frisbees, Bowling Pins and Cones.
Integrated Accommodations and Modifications	Modifications for Special Ed./504 students: Assist with form as needed, closer targets Modifications for ELL students: Have them observe partner first Modifications for Gifted students: Assist classmates with skills

Subject Area: Physical Education

Grade Level: 3-5	Brief Summary of Unit: Students will work in several group settings with a variety of equipment to develop teamwork and cooperation skills

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Cooperative Activities	HE.3-5.2.2.5. MSC.1,3,6&7 HE.3-5.2.2.5. PF.2 HE.3-5.2.2.5. LF.1&3	Choosing and working with a partner Critical Thinking and Problem Solving Working cooperatively with a group Communication and Collaboration	"Run To The Middle And..." "Rock-Paper-Scissor" Challenges "Chase and Tag Duck, Duck, Goose" Parachute stunts: "Cat and Mouse" "Sunflower" "Parachute Rides" Cageball Activities: "Beat the Clock" "Orbit"	Teacher Observation of moving safely in space Student Feedback on activities	4-6 class periods

Integrated Components

21 st Century Themes	<input type="checkbox"/> Global Awareness <input type="checkbox"/> Financial, Economic, Business, and Entrepreneurial Literacy <input type="checkbox"/> Civic Literacy <input type="checkbox"/> Health literacy
21 st Century Skills	<input type="checkbox"/> Creativity and Innovation <input checked="" type="checkbox"/> Critical Thinking and Problem Solving <input checked="" type="checkbox"/> Communication and Collaboration <input type="checkbox"/> Information Literacy <input type="checkbox"/> Media Literacy <input type="checkbox"/> Life and Career Skills
Interdisciplinary Connections	
Integration of Technology	Music NJSL 8.1 Educational Technology
Resources	For Teachers: Parachute Manual, Teacher created activity cards For Students: Parachute, Cageball
Integrated Accommodations and Modifications	Modifications for Special Ed./504 students: Help to choose partner Modifications for ELL students: Help to choose partner Modifications for Gifted students: Lead a group activity

Subject Area: Physical Education

Grade Level: 3-5	Brief Summary of Unit: Students will develop a variety of skills through Aerobic and Warm-up Activities
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<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Aerobic Activities	HE.3-5.2.2.5. MSC.1,3,6&7	Jump Rope: Long and short ropes	2-foot jump with a bounce, "Peppers", Hop, Skip, Jog and Jump	Teacher Observation of jumping into and out of a turning rope	6-8 class periods
	HE.3-5.2.2.5. PF.2 & 3	Creativity and Innovation	Long Rope Jumping to Rhymes	Count number of jumps without missing	
Warm-up Activities	HE.3-5.2.2.5. LF.1&3	Tag Games	"Flag Tag", "Steal the Jewels", "Snake -in-the-Grass", "Meatballs and Noodles", "Tails"	Check for safe tagging	
		Critical Thinking and Problem Solving			
		Strength Activities	"Tug of War" on Steps, Rock Wall Climb, Speed stacking with push-ups and sit-ups, Push/Pull partners on scooters	"Last One Standing"	
			Communication and Collaboration	Encourage student to climb up and over rock wall	

Integrated Components

21 st Century Themes	<input type="checkbox"/> Global Awareness <input type="checkbox"/> Financial, Economic, Business, and Entrepreneurial Literacy <input type="checkbox"/> Civic Literacy <input type="checkbox"/> Health literacy
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21 st Century Skills	<input checked="" type="checkbox"/> Creativity and Innovation <input checked="" type="checkbox"/> Critical Thinking and Problem Solving <input checked="" type="checkbox"/> Communication and Collaboration <input type="checkbox"/> Information Literacy <input type="checkbox"/> Media Literacy <input checked="" type="checkbox"/> Life and Career Skills
Interdisciplinary Connections	
Integration of Technology	Music NJSL 8.1 Educational Technology
Resources	For Teachers: Teacher created activity cards, Long rope Rhymes For Students: Short ropes, Long ropes, Pogo sticks, Skip Sticks/Skip-Its, Jump Bands, Pinnies, Cones, Tennis Balls, Belts and Flags, Noodles and Pucks, Steps, Playground Equipment, Beanbags, Speed Stacks, Roller Racers, Scooters
Integrated Accommodations and Modifications	Modifications for Special Ed./504 students: Assist with various equipment as needed, support during skating Modifications for ELL students: Work with a partner Modifications for Gifted students: Assist classmates and demonstrate skills, skating backwards

Subject Area: Physical Education

Grade Level: 3-4	Brief Summary of Unit: Students will develop various skills related to soccer and apply to lead-up game settings
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<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Soccer Skills leading up to a Game	HE.3-5.2.2.5. MSC.1,3, 5-7 HE.3-5.2.2.5. PF.2 HE.3-5.2.2.5. LF.1&3	Dribbling Trapping Shooting Guarding and Tackling Goalie Skills Rules and game play Life and Career Skills	"Messy Backyard" "Sharks and Minnows" "Rapid Fire on Goal" "Keep Away" "Soccer Bombardment" "Four-goal Soccer" "Crab Scooter Soccer" "7-v-7 Soccer Game" Communication and Collaboration	Teacher Observation of skills applied in skill practice and game situations Partner/Self-Assessment Dribbling with instep then planting to shoot at goal Written Test or Homework (4th)	6-8 class periods

Integrated Components

21 st Century Themes	<input type="checkbox"/> Global Awareness <input type="checkbox"/> Financial, Economic, Business, and Entrepreneurial Literacy <input type="checkbox"/> Civic Literacy <input type="checkbox"/> Health literacy
21 st Century Skills	<input type="checkbox"/> Creativity and Innovation <input type="checkbox"/> Critical Thinking and Problem Solving <input checked="" type="checkbox"/> Communication and Collaboration <input type="checkbox"/> Information Literacy <input type="checkbox"/> Media Literacy <input checked="" type="checkbox"/> Life and Career Skills
Interdisciplinary Connections	
Integration of Technology	
Resources	For Teachers: Teacher created activity cards, study guide and test For Students: Soccer balls, Cones, Pinnies, Goals-outdoor and indoor, Domes, Bowling pins

Integrated Accommodations and Modifications	Modifications for Special Ed./504 students: Guide through skills, use a foam ball, modified test Modifications for ELL students: Work with a skilled partner Modifications for Gifted students: Assist classmates, demonstrate skills, ref games
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Subject Area: Physical Education

Grade Level: 3-5

Brief Summary of Unit: Students will develop skills related to track and field events

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Track and Field	HE.3-5.2.2.5.MSC.1, 3-6 HE.3-5.2.2.5.PF.1-3 & 5 HE.3-5.2.2.5.LF.1-4	Standing Jump (3 & 4) Running High Jump (3 & 4) Running Long Jump (5) 50 meter dash (3-5) Relay (5) Hurdles (3-5) Javelin (3-5) Shot Put, Discus (5) Life and Career Skills	"Collective Long Jump" Communication and Collaboration "High Waters" Practice run-up/landing pattern 50 meter dash with partner Practice handoff , Straight Relay, Team Relay Practice hurdle at several heights Practice javelin throw standing, and run-up Practice throws standing and in sequence	Teacher Observation of skill forms Skill check on form for long jump-1 foot take-off/2 foot landing Skill check on dash form-run straight, fast and through finish line Homework on history of Track & Field (4-5) Self-check of distances & form Written Test on Unit (4-5) (summative assessment)	4-6 class periods

Integrated Components

21 st Century Themes	<input type="checkbox"/> Global Awareness <input type="checkbox"/> Financial, Economic, Business, and Entrepreneurial Literacy <input type="checkbox"/> Civic Literacy <input type="checkbox"/> Health literacy
21 st Century Skills	<input type="checkbox"/> Creativity and Innovation <input type="checkbox"/> Critical Thinking and Problem Solving <input checked="" type="checkbox"/> Communication and Collaboration <input type="checkbox"/> Information Literacy <input type="checkbox"/> Media Literacy <input checked="" type="checkbox"/> Life and Career Skills
Interdisciplinary Connections	MA.3.MD.B.4
Integration of Technology	
Resources	For Teachers: Stopwatches, Teacher created activity cards For Students: Jump Ropes, Batons, Cone Hurdles, Plastic Javelins, Jr Discus & Shot Put
Integrated Accommodations and Modifications	Modifications for Special Ed./504 students: Guide through events, adjust hurdles if needed, extra time on modified test with word bank Modifications for ELL students: Work with a skilled partner Modifications for Gifted students: Assist classmates, review forms, small group leaders - demonstrate skills

Subject Area: Physical Education

Grade Level: 4-5	Brief Summary of Unit: Students will develop skills related to Lacrosse and apply to games

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Grade 4 & 5 Lacrosse skills leading up to game play *Grade 3 will use long scoops to practice some skills	HE.6-8.2.2.8.MSC.1-7 HE.6-8.2.2.8.PF.2 HE.6-8.2.2.8.LF.3	Cradling Scooping Passing/Catching Shooting Game Play Communication and Collaboration	Jog and Carry Scoop across floor “Race Across” Critical Thinking and Problem Solving Against wall/ with a Partner Open net 7v7 games	Teacher Observation of skill application to game setting Partner/Team Feedback Basic skills form check:step into scoop, cradle without dropping ball, follow through on shooting Written test	6-8 class periods

Integrated Components

21 st Century Themes	___ Global Awareness ___ Financial, Economic, Business, and Entrepreneurial Literacy ___ Civic Literacy ___ Health literacy
21 st Century Skills	___ Creativity and Innovation X Critical Thinking and Problem Solving X Communication and Collaboration ___ Information Literacy ___ Media Literacy ___ Life and Career Skills
Interdisciplinary Connections	SOC.6.1.5.HistoryCC.8
Integration of Technology	
Resources	For Teachers: Lacrosse Manual For Students: Sticks, Balls, Goals, Goggles, Scoops
Integrated Accommodations and Modifications	Modifications for Spec Ed./504 students: Guide through skills, assist with positioning, Extra time on modified test , read aloud Modifications for ELL students: Work with a skilled partner, written test in Spanish Modifications for Gifted students: Assist classmates, teach skills

Subject Area: Physical Education

Grade Level: 3-5	Brief Summary of Unit: Students will demonstrate ability in various fitness areas

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Physical Best Fitness Testing	HE.3-5.2.2.5.MSC.3 & 4 HE.3-5.2.2.5.PF.1-4 HE.3-5.2.2.5.LF.1-3	1/2 mile and 1 mile walk/run Push-ups Curl-ups Sit and reach Trunk Lift Pacer Run	Walk/run progressively longer distances until full distance is accomplished. Review and practice the correct form of test items. Perform stretches to improve flexibility Set goals to increase number of laps each time Pacer Run is performed	Fitnessgram Report Card sent home with individual scores for each skill Health literacy	6-8 class periods
Yoga	HE.3-5.2.2.5.MSC.2 HE.3-5.2.2.5.PF.1-2 HE.3-5.2.2.5.LF.1-3 Global Awareness	Balance Core strength Coordination Mindfulness	Yoga Spots, Yoga Circuit	Teacher Observation of correct forms Self Assessment of poses	Throughout the year
Roller Skating Grade 4-5 only	HE.3-5.2.2.5.MSC.1,3,4 & 7 HE.3-5.2.2.5.LF.1&3	Balance Core strength Coordination	Skating or Rollerblading to music Roller-skating in oval and weave through cones	Teacher Observation of starting and stopping safely, skating without falling or interfering with classmates Student Self-Assessment on skills	4 class periods
			Life and Career Skills		

Integrated Components

21 st Century Themes	<input checked="" type="checkbox"/> Global Awareness <input type="checkbox"/> Financial, Economic, Business, and Entrepreneurial Literacy <input type="checkbox"/> Civic Literacy <input checked="" type="checkbox"/> Health literacy
21 st Century Skills	<input type="checkbox"/> Creativity and Innovation <input type="checkbox"/> Critical Thinking and Problem Solving <input type="checkbox"/> Communication and Collaboration <input type="checkbox"/> Information Literacy <input type="checkbox"/> Media Literacy <input checked="" type="checkbox"/> Life and Career Skills
Interdisciplinary Connections	
Integration of Technology	Music, Pacer CD's
Resources	For Teachers: Physical Best Fitnessgram Manual, computer, stopwatch, yardstick, Physical Best Pacer Run CD For Students: Domes, Mats, Sit and Reach box, Jog-A-Thon Scoresheets, Assorted sizes of Roller-Skates and Helmets, Yoga Mats & Yoga Spots.
Integrated Accommodations and Modifications	Modifications for Special Ed. Students/504 students: Assist with skill forms, shorter distance in Pacer Run, support during skating Modifications for ELL students: Work with a partner to observe correct forms Modifications for Gifted students: Assist classmates, demonstrate

Subject Area: Physical Education

Grade Level: 3-5	Brief Summary of Unit: Students will develop various skills related to pillo polo/floor hockey and apply to lead-up game settings

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Pillo Polo/Floor Hockey	HE.3-5.2.2.5.MSC.1,3,5-7 HE.3-5.2.2.5.PF.2 & 3 HE.3-5.2.2.5.LF.1-3	Grip Dribbling Shooting Goalie Skills Rules and game play Life and Career Skills	Demonstrate and practice proper hand position. Demonstrate dribbling and shooting with stick below waist Practice zigzag dribbling around cones Practice dribbling and passing to a partner Practice shooting at a goal "Hockey Bombardment" "Four-Goal Pillo Polo" "7-on-7 Floor Hockey Game" Communication and Collaboration	Teacher Observation of skills properly applied to various situations Self-Assessment Skill check on proper forms for dribbling & shooting Written Test (Grade 4 & 5)	6-8 class periods

Integrated Components

21 st Century Themes	___ Global Awareness ___ Financial, Economic, Business, and Entrepreneurial Literacy ___ Civic Literacy ___ Health literacy
21 st Century Skills	___ Creativity and Innovation ___ Critical Thinking and Problem Solving <u>X</u> Communication and Collaboration ___ Information Literacy ___ Media Literacy <u>X</u> Life and Career Skills
Interdisciplinary Connections	

Integration of Technology	Music NJSL 8.1 Educational Technology
Resources	For Teachers: Teacher created activity cards, study guide and test For Students: Pillo Polo sticks, foam balls, Floor Hockey sticks, Plastic pucks, Goals, Goggles, Bowling pins
Integrated Accommodations and Modifications	Modifications for Special Ed./504 students: Guide through skills, modified test Modifications for ELL students: Work with a skilled partner Modifications for Gifted students: Assist classmates, demonstrate skills

Subject Area: Physical Education

Grade Level: 3-5	Brief Summary of Unit: Students will develop various skills related to basketball and apply to lead-up game settings

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Basketball	HE.3-5.2.2.5.MSC.1, 3, 5-7 HE.3-5.2.2.5.PF.1-3 HE.3-5.2.2.5.LF.1&3	Passing and catching Dribbling Shooting Guarding Footwork (pivot and reverse) Rules and gameplay Life and Career Skills	"Tadpole" "Pattern Passing" Critical Thinking and Problem Solving Cone Weave, Dribble Tag, Alternating Hands "Call Ball, Spot Shot, Horse" & Free Shooting "3-on-3 Alley Basketball" Half Court Basketball Game Communication and Collaboration	Teacher Observation of skills in various settings Partner Evaluation w/checklist Skill check on dribbling form Homework on Basketball scoring (Grade 4) Homework on Basketball concepts (Grade 5) Written Test (Grade 4 & 5)	6-8 class periods

Integrated Components

21 st Century Themes	<input type="checkbox"/> Global Awareness <input type="checkbox"/> Financial, Economic, Business, and Entrepreneurial Literacy <input type="checkbox"/> Civic Literacy <input type="checkbox"/> Health literacy
21 st Century Skills	<input type="checkbox"/> Creativity and Innovation <input checked="" type="checkbox"/> Critical Thinking and Problem Solving <input checked="" type="checkbox"/> Communication and Collaboration <input type="checkbox"/> Information Literacy <input type="checkbox"/> Media Literacy <input checked="" type="checkbox"/> Life and Career Skills

Interdisciplinary Connections	
Integration of Technology	Music NJSL 8.1 Educational Technology
Resources	For Teachers: Teacher created activity cards, study guide and test For Students: Basketballs, 8" Playground balls, Poly Spots, Pinnies, Cones
Integrated Accommodations and Modifications	Modifications for Special Ed./504 students: Guide through skills, allow use of bouncy ball, modified test Modifications for ELL students: Work with a skilled partner Modifications for Gifted students: Teacher Assistant for skills, help ref games

Subject Area: Physical Education

Grade Level: 3-5

Brief Summary of Unit: Students will develop various skills related to volleyball and apply to lead-up game settings

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Volleyball	HE.3-5.2.2.5.MSC.1,3-7 HE.3-5.2.2.5.PF.1-3 HE.3-5.2.2.5.LF.1-3	Underhand toss for Overhead/Set Pass Forearm/Bump Pass Overhead Serve (Gr 3) Underhand Serve Rules and gameplay Life and Career Skills	Practice high toss to partner, partner sets back. Practice below-the-shoulder toss to partner, partner passes back. Practice a two-hand toss and two-hand hit serve Practice serve off opposite hand Critical Thinking and Problem Solving Games Communication and Collaboration	Teacher Observation of skill application to game play Self Assess/Partner Assess Skill check on serve/set form Written test (Gr 4 & 5)	6-8 class periods

Integrated Components

21 st Century Themes	<input type="checkbox"/> Global Awareness <input type="checkbox"/> Financial, Economic, Business, and Entrepreneurial Literacy <input type="checkbox"/> Civic Literacy <input type="checkbox"/> Health literacy
21 st Century Skills	<input type="checkbox"/> Creativity and Innovation <input checked="" type="checkbox"/> Critical Thinking and Problem Solving <input checked="" type="checkbox"/> Communication and Collaboration <input type="checkbox"/> Information Literacy <input type="checkbox"/> Media Literacy <input checked="" type="checkbox"/> Life and Career Skills
Interdisciplinary Connections	
Integration of Technology	

Resources	For Teachers: Teacher created activity cards, study guide and test For Students: 12" Beach balls, Volleyballs, Volleyball Nets
Integrated Accommodations and Modifications	Modifications for Special Ed./504 students: Guide through skills, may use beach ball, adapt serve to a toss, modified test Modifications for ELL students: Work with a skilled partner Modifications for Gifted students: Assist classmates, demonstrate skills, side judge for games

Subject Area: Physical Education

Grade Level: 3-5

Brief Summary of Unit: Students will develop rhythm skills and apply to dance routines

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Rhythm/Dance	HE.3-5.2.2.5.MSC.1-4,6 HE.3-5.2.2.5.PF.1-3 HE.3-5.2.2.5.LF.1,2 & 4	<p align="center"><u>3rd Grade:</u></p> <p>Perform Folk Dances: keep proper rhythm, balances on body parts, dance with equipment</p> <p>Echo patterns presented by the teacher with Rhythm Sticks</p> <p align="center"><u>4th Grade:</u></p> <p>Perform Line Dances: employ various rhythms, tempos, directions, pathways, and speeds while moving.</p> <p>Create line dance to music and teach class</p> <p align="center">Creativity and Innovation</p> <p align="center"><u>5th Grade:</u></p> <p>Perform Square Dances: keeping time while working with a partner and small group with various dance moves</p> <p align="center">Communication and Collaboration</p>	<p>"Seven Jumps", "Bleking", "Pop Goes the Weasel"</p> <p align="center">Global Awareness</p> <p>"Another One Bites the Dust"</p> <p>Create new patterns with Rhythm Sticks and teach the patterns to classmates</p> <p align="center">Critical Thinking and Problem Solving</p> <p>"Alley Cat", "All Shook Up"(Bunny Hop,"Walk the Dinosaur","Kokomo"</p> <p>Honor Partner, Honor Corner Into Center and Back/"Hey" Circle Left and Right Swing Partner, Swing Corner Do-Si-Do, Promenade Perform Square Dance to Music</p> <p align="center">Life and Career Skills</p>	<p>Teacher Observation of keeping proper rhythm and balance</p> <p>Teacher Observation of following patterns in dance</p> <p>Teacher Observation of applying moves to dance</p> <p>Group feedback on Square Dance</p>	4-6 class periods

Integrated Components

21 st Century Themes	<input checked="" type="checkbox"/> Global Awareness <input type="checkbox"/> Financial, Economic, Business, and Entrepreneurial Literacy <input type="checkbox"/> Civic Literacy <input type="checkbox"/> Health literacy
21 st Century Skills	<input checked="" type="checkbox"/> Creativity and Innovation <input checked="" type="checkbox"/> Critical Thinking and Problem Solving <input checked="" type="checkbox"/> Communication and Collaboration <input type="checkbox"/> Information Literacy <input type="checkbox"/> Media Literacy <input checked="" type="checkbox"/> Life and Career Skills
Interdisciplinary Connections	VPA: 1.1.5.Cr1a, 1.1.5.Cr3a, 1.1.5.Pr4a
Integration of Technology	Music NJSLS 8.1 Educational Technology
Resources	For Teachers: CDs, Dance Manuals, Folk Dance Series: "The World of Dance", Vol. 1-4 For Students: Rhythm Sticks, Parachute
Integrated Accommodations and Modifications	Modifications for Special Ed./504 students: Work with a partner/aide Modifications for ELL students: Guide through steps Modifications for Gifted students: Assist classmates, create dance & teach to class

Subject Area: Physical Education

Grade Level: 3-5	Brief Summary of Unit: Students will learn basic tumbling skills and develop skills on a variety of gymnastic equipment. They will also develop small equipment circus skills.

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Circus Stunts	HE.3-5.2.2.5.MSC.1,3--7 HE.3-5.2.2.5.PF.1-3 HE.3-5.2.2.5.LF.1&3	Climbing Scarf Juggling Plate Spinning Pogo Sticks	Climb horizontally and vertically on the cargo net. Critical Thinking and Problem Solving Juggle 2 then 3 scarves. Spin plates on sticks Practice individual jumping	Student Feedback Teacher Observation of skills with equipment Juggle 2 or 3 scarves Spin plate from starting position	4-6 class periods
Gymnastics	HE.3-5.2.2.5.MSC.1,3--7 HE.3-5.2.2.5.PF.2 & 3 HE.3-5.2.2.5.LF.1, 2 & 4	Gymnastics safety warning Safety Falls Body positions: tuck, pike, twist	Discuss with students behaviors and procedures that will reduce the risk of injury and allow them to safely participate in Gymnastics. Discuss safe techniques for falling: sideways, backward and forward Run, take-off, land on folded mat, and choose a body position for the dismount.	Student Feedback Teacher Observation of body control and landing on both feet	6-8 class periods

		<p>Balances</p> <p>Flight</p> <p>Rolls on mats</p> <p>Rolls on equipment</p> <p>Partner Stunts</p> <p>Creativity and Innovation</p>	<p>Cartwheel, handstand, tip-up, tripod, headstand, bridge, round-off, low beam, high beam</p> <p>1 or 2 foot take-off to a 1 or 2 foot landing</p> <p>"Tug-of-War on Steps"</p> <p>"Troll-on-the-Bridge"</p> <p>Log roll, forward roll, back roll, side roll</p> <p>Combine a starting position, a roll, two balances, and a finish position to create a mini-routine.</p> <p>Using balances learned, create a 2, 3, 4, and 5-person group formations.</p> <p>Communication and Collaboration</p>	<p>Rolls done on flat mats with safe body control</p> <p>Partner/Group Feedback</p>	
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Integrated Components

21 st Century Themes	<input type="checkbox"/> Global Awareness <input type="checkbox"/> Financial, Economic, Business, and Entrepreneurial Literacy <input type="checkbox"/> Civic Literacy <input type="checkbox"/> Health literacy
21 st Century Skills	<input checked="" type="checkbox"/> Creativity and Innovation <input checked="" type="checkbox"/> Critical Thinking and Problem Solving <input checked="" type="checkbox"/> Communication and Collaboration <input type="checkbox"/> Information Literacy <input type="checkbox"/> Media Literacy <input type="checkbox"/> Life and Career Skills
Interdisciplinary Connections	
Integration of Technology	Music NJSLS 8.1 Educational Technology
Resources	For Teachers: CDs , Gymnastics Manual For Students: Cargo Net, Scarves, Plates, Pogo sticks, Mats, Low and High Beams, Cylinders, Wedges, Hoops, Crash Mat, Mini-tramps, Rings, Horizontal Ladder, Blue Steps, Jump Ropes

Integrated Accommodations and Modifications	Modifications for Special Ed./504 students: Work with a partner or teacher, adjust height for jumps, rolls, spot on equipment Modifications for ELL students: Guide through skills, allow to work with partner Modifications for Gifted students: Demonstrate skills and assist classmates, perform higher level skills
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Subject Area: Physical Education

Grade Level: 3-5	Brief Summary of Unit: Students will develop various skills related to Wiffle Ball or Softball and apply game

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Wiffle Ball (3&4) & Softball (5)	HE.3-5.2.2.5.MSC.1,3-7	Overhand Throw	Practice overhand throw to a partner	Teacher Observation of skills and game play	4-6 class periods
	HE.3-5.2.2.5.PF.1-3	Underhand Throw	Practice underhand throw to partner	Consistent form in throwing and batting	
	HE.3-5.2.2.5.LF.1-4		"Base Warm-ups"	Self-evaluation	
		Base Running	"Pickle"	Partner evaluation of throwing form	
		Fielding/Catching	Practice hitting off a tee then off a pitched ball	Team Feedback on games	
		Batting	Wiffle Ball or Softball Game		
		Rules and Gameplay			
	Life & Career Skills		Communication and Collaboration		

Integrated Components

21 st Century Themes	<input type="checkbox"/> Global Awareness <input type="checkbox"/> Financial, Economic, Business, and Entrepreneurial Literacy <input type="checkbox"/> Civic Literacy <input type="checkbox"/> Health literacy
21 st Century Skills	<input type="checkbox"/> Creativity and Innovation <input type="checkbox"/> Critical Thinking and Problem Solving <input checked="" type="checkbox"/> Communication and Collaboration <input type="checkbox"/> Information Literacy <input type="checkbox"/> Media Literacy <input checked="" type="checkbox"/> Life and Career Skills
Interdisciplinary Connections	
Integration of Technology	
Resources	For Teachers: Teacher created activity cards For Students: Wiffle balls, Softballs, Bases, Tees, Plastic Bats, Aluminum bats, Gloves & Helmets

Integrated Accommodations and Modifications	Modifications for Special Ed./504 students: Guide through skills, allow use of a “fat-bat,” allow to hit off “T,” “buddy” in the field Modifications for ELL students: Work with a skilled partner Modifications for Gifted students: Assist classmates, pitch in games
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Subject Area: Physical Education

Grade Level: 3-5	Brief Summary of Unit: Students will develop various skills related to Ultimate Frisbee and apply to lead-up game settings

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Ultimate Frisbee	HE.3-5.2.2.5.MSC.1,3,5-7 HE.3-5.2.2.5.PF.1-3 HE.3-5.2.2.5.LF.1-3	Backhand Throw Throws to a Target Guarding Rules and game play	Stationary tosser throws to stationary receiver and progresses to a moving receiver Toss to hoops in blocks "Frisbee Bombardment" "Partner Shadow" Ultimate Frisbee game Communication and Collaboration	Teacher Observation of skill progression Consistently throw through the hoop Record number of pins knocked down	3-4 class periods

Integrated Components

21 st Century Themes	___ Global Awareness ___ Financial, Economic, Business, and Entrepreneurial Literacy ___ Civic Literacy ___ Health literacy
21 st Century Skills	___ Creativity and Innovation ___ Critical Thinking and Problem Solving <u>X</u> Communication and Collaboration ___ Information Literacy ___ Media Literacy ___ Life and Career Skills
Interdisciplinary Connections	
Integration of Technology	
Resources	For Teachers: Teacher created activity cards For Students: Frisbees, Hoops, Blocks, Pinnies
Integrated Accommodations and Modifications	Modifications for Special Ed/504. students: Guide through skills, give bigger target Modifications for ELL students: Work with a skilled partner Modifications for Gifted students: Assist classmates, smaller targets

Subject Area: Physical Education

Grade Level: 3-5	Brief Summary of Unit: Students will apply skills and strategies to various game settings

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Low-Organization Games	HE.3-5.2.2.5.MSC. 1,3--7 HE.3-5.2.2.5. PF.2 & 3 HE.3-5.2.2.5. LF.1&3	Overhand Throw Dodging Eye-hand Coordination Critical Thinking and Problem Solving Eye-foot Coordination Communication and Collaboration	"Snowball Alley" "Scoops and Snowballs" "Speed Stacks" Creativity and Innovation "Score Four", "4-Square" "Continuous Kickball" "Scooters, partners and snowballs" "Stomper Board Relays"	Teacher Observation of proper striking form in 4-square Challenge to improve stack times	4-6 class periods

Integrated Components

21 st Century Themes	<input type="checkbox"/> Global Awareness <input type="checkbox"/> Financial, Economic, Business, and Entrepreneurial Literacy <input type="checkbox"/> Civic Literacy <input type="checkbox"/> Health literacy
21 st Century Skills	<input checked="" type="checkbox"/> Creativity and Innovation <input checked="" type="checkbox"/> Critical Thinking and Problem Solving <input checked="" type="checkbox"/> Communication and Collaboration <input type="checkbox"/> Information Literacy <input type="checkbox"/> Media Literacy <input type="checkbox"/> Life and Career Skills
Interdisciplinary Connections	
Integration of Technology	Music, Speed Stack video, Timer Mats NJSL 8.1 Educational Technology
Resources	For Teachers: Teacher created activity cards For Students: Yarn Balls, Cones, Volleyball Net, Speed stacks, Speed Stack video, Timer Mat, Domes, Hoops, Playground Balls, Scooters, Wands, Stomper Boards, buckets, beanbags, hula hoops
Integrated Accommodations and Modifications	Modifications for Special Ed./504 Students: Work with a partner/aide, kick stationary ball Modifications for ELL students: Observe activity first Modifications for Gifted students: Demonstrate skills and assist classmates with rotation in 4-square, pitch in continuous kickball

Subject Area: Physical Education

Grade Level: 6	Brief Summary of Unit: Students will work in several group settings with a variety of equipment to develop teamwork and cooperation skills

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Cooperative Activities	HE.6-8.2.2.8.MSC.6 & 7 HE.6-8.2.2.8.PF.2 HE.6-8.2.2.8.LF.4 & 7	Choosing and working with a partner Critical Thinking and Problem Solving Working cooperatively with a group Communication and Collaboration	"Rock, Paper, Scissors" using the "win/try again format" "Tug of War " on steps using the "win/try again" format "Eskimo Carry" "Around the World" "Orbit" "Find Someone Who..." "Tic, Tac, Toe Musical Chairs" "Bola", Long Jump Roping	Teacher Observation for fairness and following rules Partner Feedback Group Feedback Students able to quickly change partners without conflict Life and Career Skills	4-6 class periods

Integrated Components

21 st Century Themes	_____ Global Awareness _____ Financial, Economic, Business, and Entrepreneurial Literacy _____ Civic Literacy _____ Health literacy
21 st Century Skills	_____ Creativity and Innovation <u> X </u> Critical Thinking and Problem Solving <u> X </u> Communication and Collaboration _____ Information Literacy _____ Media Literacy <u> X </u> Life and Career Skills
Interdisciplinary Connections	
Integration of Technology	Music NJSLS 8.1 Educational Technology
Resources	For Teachers: Teacher created activity cards For Students: Bola Ropes, Wooden Dowels, Cageball

Integrated Accommodations and Modifications	Modifications for Special Ed./504 students: Help to choose partner Modifications for ELL students: Help to choose partner Modifications for Gifted students: Assist classmates
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Subject Area: Physical Education

Grade Level: 6	Brief Summary of Unit: Students will develop skills related to Lacrosse and apply to games

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Lacrosse	HE.6-8.2.2.8.MSC.1, 4-7 HE.6-8.2.2.8.PF.2 HE.6-8.2.2.8.LF.3	Cradling Scooping Passing/Catching Shooting Game Play Communication and Collaboration	Jog and Carry Scoop across floor “Race Across” Critical Thinking and Problem Solving Against wall/ with a Partner Open net 7v7 games	Teacher Observation of skill application to game setting Partner/Team Feedback Basic skills form check:step into scoop, cradle without dropping ball, follow through on shooting Written test	6-8 class periods

Integrated Components

21 st Century Themes	___ Global Awareness ___ Financial, Economic, Business, and Entrepreneurial Literacy ___ Civic Literacy ___ Health literacy
21 st Century Skills	___ Creativity and Innovation X Critical Thinking and Problem Solving X Communication and Collaboration ___ Information Literacy ___ Media Literacy ___ Life and Career Skills
Interdisciplinary Connections	SOC.6.1.5.HistoryCC.8
Integration of Technology	
Resources	For Teachers: Lacrosse Manual For Students: Sticks, Balls, Goals, Goggles
Integrated Accommodations and Modifications	Modifications for Spec Ed./504 students: Guide through skills, assist with positioning, Extra time on modified test , read aloud Modifications for ELL students: Work with a skilled partner, written test in Spanish Modifications for Gifted students: Assist classmates, teach skills

Subject Area: Physical Education

Grade Level: 6	Brief Summary of Unit: Students will work in small group setting to design or adapt a game to teach to a younger grade level in order to develop cooperation and presentation skills

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Cooperative Activities	HE.6-8.2.2.8.MSC.1&3 & 7 HE.6-8.2.2.8.PF.2 HE.6-8.2.2.8.LF.4 & 7	Choosing and working with a partner or small group Critical Thinking and Problem Solving Communication and Collaboration Designing or adapting a game or activity Creativity and Innovation	SW use own experiences or internet to research and design a new PE activity SW write out the steps and procedures to be used SW then teach a younger grade level this game	Teacher Observation of presentations Partner/Group Feedback Rubric for written evaluation Younger grade Peer Input Self Assessment of project Life and Career Skills	2-4 class periods

Integrated Components

21 st Century Themes	<input type="checkbox"/> Global Awareness <input type="checkbox"/> Financial, Economic, Business, and Entrepreneurial Literacy <input type="checkbox"/> Civic Literacy <input type="checkbox"/> Health literacy
21 st Century Skills	<input checked="" type="checkbox"/> Creativity and Innovation <input checked="" type="checkbox"/> Critical Thinking and Problem Solving <input checked="" type="checkbox"/> Communication and Collaboration <input type="checkbox"/> Information Literacy <input type="checkbox"/> Media Literacy <input checked="" type="checkbox"/> Life and Career Skills
Interdisciplinary Connections	LA.W.6.1.B, LA.W.6.2.D, LA.W.6.4, LA.W.6.5, LA.W.6.7
Integration of Technology	Music NJSLS 8.1 Educational Technology
Resources	For Teachers: Teacher created activity & assessment For Students: Equipment of Choice
Integrated Accommodations and Modifications	Modifications for Special Ed./504 students: Help to choose partner, assist with ideas, more time given Modifications for ELL students: Help to choose partner Modifications for Gifted students: Lead role in presentations

Subject Area: Physical Education

Grade Level: 6	Brief Summary of Unit: Students will demonstrate ability in various fitness areas

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Physical Best Fitness Testing	HE.6-8.2.2.8.MSC.7 HE.6-8.2.2.8.PF.1, 3-5 HE.6-8.2.2.8.LF.1,2, 5 & 7	1 mile walk/run Push-ups Curl-ups Sit and reach Trunk Lift Pacer Run	Walk/run progressively longer distances until full distance is accomplished. Review and practice the correct form of test items. Perform stretches to improve flexibility Set goals to increase number of laps each time Pacer Run is performed	Fitnessgram Report Card sent home with individual results compared to previous year Health literacy	6-8 class periods
Yoga	HE.3-5.2.2.8.MSC.2 & 7 HE.3-5.2.2.8.PF.1 HE.3-5.2.2.8.LF.1-4 Global Awareness	Balance Core strength Coordination Mindfulness	Participate in the Jog-A-Thon Yoga Spots, Yoga Circuit	Teacher Observation of correct forms Self Assessment of poses	Throughout the year
Roller Skating	HE.6-8.2.2.8.MSC.2,4 & 7 HE.6-8.2.2.8.PF.1 HE.6-8.2.2.8.LF.5 & 7	Balance Core strength Coordination	Skating or Rollerblading to Music Roller-skating in oval and weave through cones Life and Career Skills	Teacher Observation of starting and stopping safely, skating without falling or interfering with classmates Student Assessment on skill level	4 class periods

Integrated Components

21 st Century Themes	<input checked="" type="checkbox"/> Global Awareness <input type="checkbox"/> Financial, Economic, Business, and Entrepreneurial Literacy <input type="checkbox"/> Civic Literacy <input checked="" type="checkbox"/> Health literacy
21 st Century Skills	<input type="checkbox"/> Creativity and Innovation <input type="checkbox"/> Critical Thinking and Problem Solving <input type="checkbox"/> Communication and Collaboration <input type="checkbox"/> Information Literacy <input type="checkbox"/> Media Literacy <input checked="" type="checkbox"/> Life and Career Skills
Interdisciplinary Connections	
Integration of Technology	Music, Pacer CD's NJSLS 8.1 Educational Technology
Resources	For Teachers: Physical Best Fitnessgram Manual, computer, stopwatch, yardstick, Physical Best Pacer Run CD For Students: Domes, Mats, Sit and Reach box, Jog-A-Thon Scoresheets, Roller Skates & Roller Blades, yoga mats & yoga spots.
Integrated Accommodations and Modifications	Modifications for Special Ed./504 students: Assist with skill forms, shorten distance for Pacer Run, buddy for skating Modifications for ELL students: Work with a partner to observe correct forms Modifications for Gifted students: Assist classmates, Pacer challenge

Subject Area: Physical Education

Grade Level: 6	Brief Summary of Unit: Students will develop skills related to Football and apply to various game settings

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Football	HE.6-8.2.2.8.MSC.1, 4-7 HE.6-8.2.2.8.PF.2 HE.6-8.2.2.8.LF.3	Throwing Catching Punting Tagging Guarding Rules and Game play Communication and Collaboration	Passing and Punting with Partner "Flag tag" "Bulldog" "Keep Away" "End Zone Football" Critical Thinking and Problem Solving Flag Football Game Ultimate Football Game	Teacher Observation of skills applied to game play Partner/Team Feedback Written test	6-8 class periods

Integrated Components

21 st Century Themes	___ Global Awareness ___ Financial, Economic, Business, and Entrepreneurial Literacy ___ Civic Literacy ___ Health literacy
21 st Century Skills	___ Creativity and Innovation ___ X Critical Thinking and Problem Solving ___ X Communication and Collaboration ___ Information Literacy ___ Media Literacy ___ Life and Career Skills
Interdisciplinary Connections	
Integration of Technology	
Resources	For Teachers: Teacher created activity cards, study guide and test For Students: Footballs, flag belts
Integrated Accommodations and Modifications	Modifications for Special Ed./504 students: Guide through skills, extended time on modified test, read aloud Modifications for ELL students: Work with a skilled partner, translate test if necessary Modifications for Gifted students: Assist classmates, teach skills

Subject Area: Physical Education

Grade Level: 6	Brief Summary of Unit: Students will apply skills and strategies to various game settings

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Low-Organization Games	HE.6-8.2.2.8.MSC.2,5-7 HE.6-8.2.2.8.PF.2 HE.6-8.2.2.8.LF.3-5	Overhand Throw/Dodging Blocking/Throwing Eye-hand Coordination Critical Thinking and Problem Solving Eye-foot Coordination	"Snowball Alley" "Builderball" "Speed Stacks" Creativity and Innovation "Score Four", "4-Square" Communication and Collaboration "Continuous Kickball" "Scooters, partners and snowballs" "Stomper Board Relays"	Teacher Observation of skills in various settings Record stack times Game scoring Safe baserunning and fielding in games	4-6 class periods

Integrated Components

21 st Century Themes	<input type="checkbox"/> Global Awareness <input type="checkbox"/> Financial, Economic, Business, and Entrepreneurial Literacy <input type="checkbox"/> Civic Literacy <input type="checkbox"/> Health literacy
21 st Century Skills	<input checked="" type="checkbox"/> Creativity and Innovation <input checked="" type="checkbox"/> Critical Thinking and Problem Solving <input checked="" type="checkbox"/> Communication and Collaboration <input type="checkbox"/> Information Literacy <input type="checkbox"/> Media Literacy <input type="checkbox"/> Life and Career Skills
Interdisciplinary Connections	
Integration of Technology	Music, Speed Stack video, Timer Mat NJSLS 8.1 Educational Technology
Resources	For Teachers: Teacher created activity cards For Students: Yarn Balls, Cones, Speed stacks, Speed Stack video, Timer Mat, Domes, Hoops, Playground Balls, Scooters, Wands, Stomper Boards, buckets, beanbags, hula hoops

Integrated Accommodations and Modifications	Modifications for Special Ed./504 Students: Work with a partner/aide, bounce ball in 4 square instead of strike, larger scooter Modifications for ELL students: Observe activity first Modifications for Gifted students: Demonstrate skills and assist classmates, pitch in game
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Subject Area: Physical Education

Grade Level: 6	Brief Summary of Unit: Students will develop various skills related to floor hockey and apply to games

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Floor Hockey	HE.6-8.2.2.8.MSC.1,2, 4-7 HE.6-8.2.2.8.PF.2 HE.6-8.2.2.8.LF.3 & 7	Grip Dribbling Shooting Goalie Skills Rules and game play Life and Career Skills	Demonstrate and practice proper hand position. Demonstrate dribbling and shooting with stick below waist Practice zigzag dribbling around cones Practice dribbling and passing to a partner Practice shooting at a goal "Hockey Bombardment" "7-on-7 Floor Hockey Game" Communication and Collaboration	Teacher Observation of skill forms & safety procedures Self-Assessment Partner Feedback Skill check on dribbling and shooting-push dribble/shot and tap dribble/slap shot Written Test	6-8 class periods

Integrated Components

21 st Century Themes	<input type="checkbox"/> Global Awareness <input type="checkbox"/> Financial, Economic, Business, and Entrepreneurial Literacy <input type="checkbox"/> Civic Literacy <input type="checkbox"/> Health literacy
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21 st Century Skills	<input type="checkbox"/> Creativity and Innovation <input type="checkbox"/> Critical Thinking and Problem Solving <input checked="" type="checkbox"/> Communication and Collaboration <input type="checkbox"/> Information Literacy <input type="checkbox"/> Media Literacy <input checked="" type="checkbox"/> Life and Career Skills
Interdisciplinary Connections	
Integration of Technology	Music NJSLS 8.1 Educational Technology
Resources	For Teachers: Teacher created activity cards, study guide and test For Students: Floor Hockey sticks, Plastic pucks, Goals, Goggles, Bowling pins
Integrated Accommodations and Modifications	Modifications for Special Ed/504. students: Guide through skills, extra time on modified test, read aloud Modifications for ELL students: Work with a skilled partner Modifications for Gifted students: Assist classmates, demonstrate skills, weave dribble

Subject Area: Physical Education

Grade Level: 6	Brief Summary of Unit: Students will develop various skills related to basketball and apply to lead-up game settings

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Basketball	HE.6-8.2.2.8.MSC.1, 2, 4-7 HE.6-8.2.2.8.PF.2 HE.6-8.2.2.8.LF.3, 4 & 7	Passing and catching Dribbling Shooting Guarding Footwork(pivot and reverse) Rules and gameplay Life & Career Skills	"Pattern Passing" Critical Thinking and Problem Solving "Dribble Tag" "Call Ball", "Spot Shot" "3-on-3 Alley Basketball" "Basketball Game" Communication and Collaboration	Teacher Observation of skill & concepts as applied to game play Partner Evaluation w/checklist Skill check on dribbling/shooting form-alternating hand dribble and jump shot with follow through Homework on Basketball History or Skills used Written Test	6-8 class periods

Integrated Components

21 st Century Themes	___ Global Awareness ___ Financial, Economic, Business, and Entrepreneurial Literacy ___ Civic Literacy ___ Health literacy
21 st Century Skills	___ Creativity and Innovation ___ X Critical Thinking and Problem Solving ___ X Communication and Collaboration ___ Information Literacy ___ Media Literacy ___ X Life and Career Skills
Interdisciplinary Connections	
Integration of Technology	Music NJSL 8.1 Educational Technology

Resources	For Teachers: Teacher created activity cards, study guide and test, homework sheets For Students: Basketballs, Poly Spots, Pinnies, Cones
Integrated Accommodations and Modifications	Modifications for Special Ed./504 students: Guide through skills, use bouncy ball, extra time on modified test, read aloud Modifications for ELL students: Work with a skilled partner, translate test if necessary Modifications for Gifted students: Assist classmates, teach skill lessons and ref games

Subject Area: Physical Education

Grade Level: 6	Brief Summary of Unit: Students will develop various skills related to volleyball and apply to games

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Volleyball	HE.6-8.2.2.8.MSC.1,2, 4-7 HE.6-8.2.2.8.PF.2 HE.6-8.2.2.8.LF.2-4 & 7	Set Pass Bump Pass Serve Spiking Rules and gameplay Life & Career Skills	Practice high toss to partner, partner sets back. Practice below-the-shoulder toss to partner, partner bumps back. Practice serve: under and over Critical Thinking and Problem Solving "Around the World"-serving game Teacher Toss for Student to Spike Games Communication and Collaboration	Teacher Observation of skills applied to game play Peer evaluation with checklist Skill check on set form-soft set Written test	6-8 class periods

Integrated Components

21 st Century Themes	<input type="checkbox"/> Global Awareness <input type="checkbox"/> Financial, Economic, Business, and Entrepreneurial Literacy <input type="checkbox"/> Civic Literacy <input type="checkbox"/> Health literacy
21 st Century Skills	<input type="checkbox"/> Creativity and Innovation <input checked="" type="checkbox"/> Critical Thinking and Problem Solving <input checked="" type="checkbox"/> Communication and Collaboration <input type="checkbox"/> Information Literacy <input type="checkbox"/> Media Literacy <input checked="" type="checkbox"/> Life and Career Skills

Interdisciplinary Connections	
Integration of Technology	
Resources	For Teachers: Teacher created activity cards, study guide and test For Students: Volleyballs, Volleyball Nets
Integrated Accommodations and Modifications	<p>Modifications for Special Ed./504 students: Guide through skills, use large foam ball, allow to catch and toss over net, extra time on modified test, read aloud</p> <p>Modifications for ELL students: Work with a skilled partner, translate test in needed</p> <p>Modifications for Gifted students: Assist classmates, demonstrate skills, allow to spike, ref games</p>

Subject Area: Physical Education

Grade Level: 6	Brief Summary of Unit: Students will develop rhythm skills and apply to dance routines
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<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Rhythms/Dance	HE.6-8.2.2.8. MSC.1-3 & 7 HE.6-8.2.2.8. PF.2 HE.6-8.2.2.8. LF.1, 3-4 & 7	Perform line dances with various skills: heal/toe, grapevine, pivot, etc. Creativity and Innovation Critical Thinking and Problem Solving Create line dance to music and teach class Life and Career Skills	"Men In Black" "Jailhouse Rock" "Cotton-Eyed Joe" "Walk the Dinosaur" "The Electric Slide" "Kokomo" "5,6,7,8"	Teacher Observation of dance timing & steps Self-Assessment of patterns Student designed line dance taught to class with proper measures	4-6 class periods

Integrated Components

21 st Century Themes	<input type="checkbox"/> Global Awareness <input type="checkbox"/> Financial, Economic, Business, and Entrepreneurial Literacy <input type="checkbox"/> Civic Literacy <input type="checkbox"/> Health literacy
21 st Century Skills	<input checked="" type="checkbox"/> Creativity and Innovation <input checked="" type="checkbox"/> Critical Thinking and Problem Solving <input type="checkbox"/> Communication and Collaboration <input type="checkbox"/> Information Literacy <input type="checkbox"/> Media Literacy <input checked="" type="checkbox"/> Life and Career Skills
Interdisciplinary Connections	VPA: 1.1.8.Pr5a & 1.1.8.Pr4a
Integration of Technology	Music NJSLS 8.1 Educational Technology
Resources	For Teachers: CDs, Dance Manuals For Students: NA
Integrated Accommodations and Modifications	Modifications for Special Ed./504 students: Work with a partner/aide Modifications for ELL students: Guide through steps Modifications for Gifted students: Assist classmates, Design dance routine

Subject Area: Physical Education

Grade Level: 6	Brief Summary of Unit: Students will learn basic tumbling skills and develop skills on a variety of gymnastic equipment. They will also develop small equipment circus skills.

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Circus Stunts	HE.6-8.2.2.8.MSC.1,2,4 & 7 HE.6-8.2.2.8.LF.1, 4-5 & 7	Scarf Juggling Plate Spinning Pogo Sticks Stilts	Juggle 2 then 3 scarves. Spin plates on sticks Practice individual jumping Develop proper body positioning	Student Feedback on success Teacher Observation of safety procedures	4-6 class periods
Gymnastics	HE.6-8.2.2.8.MSC.1-7 HE.6-8.2.2.8.PF.2 HE.6-8.2.2.8.LF.1, 2, 4 & 5	Life and Career Skills Gymnastics safety warning Body positions: tuck, pike, layout, twist Balances Flight Rolls on mats	Discuss with students behaviors and procedures that will reduce the risk of injury and allow them to safely participate in Gymnastics. Run, take-off, land on folded mat, and choose a body position for the dismount. Cartwheel, handstand, headstand, bridge-up, round-off, low beam, high beam 2-foot take-off to a 2-foot landing SpringBoard "Troll-on-the-Bridge" Forward roll, back roll, straddle roll	Student Feedback Teacher Observation of skills Controlled 2 foot landings	8-10 class periods

		Rolls on equipment	Combine a starting position, a roll, two balances, and a finish position to create a mini-routine.	Forward and Backward roll on flat mat with chin tucked	
		Partner Stunts	Using balances learned, create a 2, 3, 4, and 5-person group balance.		
		Creativity and Innovation	Communication and Collaboration	Partner/Group Feedback	
		Climbing	Climb vertically on the cargo net.		
			Critical Thinking and Problem Solving	Climb to top of cargo net	

Integrated Components

21 st Century Themes	<input type="checkbox"/> Global Awareness <input type="checkbox"/> Financial, Economic, Business, and Entrepreneurial Literacy <input type="checkbox"/> Civic Literacy <input type="checkbox"/> Health literacy
21 st Century Skills	<input checked="" type="checkbox"/> Creativity and Innovation <input checked="" type="checkbox"/> Critical Thinking and Problem Solving <input checked="" type="checkbox"/> Communication and Collaboration <input type="checkbox"/> Information Literacy <input type="checkbox"/> Media Literacy <input checked="" type="checkbox"/> Life and Career Skills
Interdisciplinary Connections	SOC.6.2.8.HistoryCA.3.a
Integration of Technology	Music NJSL 8.1 Educational Technology
Resources	For Teachers: CDs , Gymnastics Manual For Students: Cargo Net, Scarves, Plates, Pogo sticks, Mats, Low and High Beams, Cylinders, Wedges, Hoops, Crash Mat, Mini-tramps, Horizontal Ladder, Springboard
Integrated Accommodations and Modifications	Modifications for Special Ed./504 students: Work with a partner or teacher, use wedge for rolls, climb horizontally Modifications for ELL students: Guide through steps Modifications for Gifted students: Demonstrate skills and assist classmates, teacher assistant for cartwheels and rolls

Subject Area: Physical Education

Grade Level: 6	Brief Summary of Unit: Students will develop various skills related to Softball and apply to game

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Softball	HE.6-8.2.2.8.MSC.1, 4-7 HE.6-8.2.2.8.PF.1 & 2 HE.6-8.2.2.8.LF.1, 2, 4, 5 & 7	Overhand Throw Underhand Throw Base Running Fielding/Catching Batting Rules and Gameplay	Practice overhand throw to a partner Practice underhand throw to partner "Base Warm-ups" "Pickle" Communication and Collaboration Softball Game Life and Career Skills	Teacher Observation of skills and game play Self-evaluation Partner feedback	4-6 class periods

Integrated Components

21 st Century Themes	<input type="checkbox"/> Global Awareness <input type="checkbox"/> Financial, Economic, Business, and Entrepreneurial Literacy <input type="checkbox"/> Civic Literacy <input type="checkbox"/> Health literacy
21 st Century Skills	<input type="checkbox"/> Creativity and Innovation <input type="checkbox"/> Critical Thinking and Problem Solving <input checked="" type="checkbox"/> Communication and Collaboration <input type="checkbox"/> Information Literacy <input type="checkbox"/> Media Literacy <input checked="" type="checkbox"/> Life and Career Skills
Interdisciplinary Connections	
Integration of Technology	
Resources	For Teachers: Teacher created activity cards For Students: Softballs, Bases, Bats, Helmets, Gloves
Integrated Accommodations and Modifications	Modifications for Special Ed/504. students: Guide through skills, allow to hit off "T" Modifications for ELL students: Work with a skilled partner Modifications for Gifted students: Assist classmates, pitch in games

Subject Area: Physical Education

Grade Level: 6

Brief Summary of Unit: Students will develop skills related to various field sports

<u>Content/Objective</u>	<u>Standards</u>	<u>Skills – SWBAT</u>	<u>Suggested Activities</u>	<u>Suggested Assessments</u>	<u>Pacing Guide</u>
Frisbee	HE.6-8.2.2.8.MSC.1, 4-7 HE.6-8.2.2.8.PF.1 & 2 HE.6-8.2.2.8.LF.1, 2, 4, 5 & 7	Backhand Throw Throws to a Target Guarding Rules and game play Life and Career Skills	Stationary tosser throws to stationary receiver then moving receiver Moving tosser throws to a moving receiver Toss to hoops in blocks "Frisbee Bombardment" "Partner Shadow" Ultimate Frisbee Game Can Jam Frisball (Frisbee skills with Wiffle Ball Rules) Communication and Collaboration	Teacher Observation of aiming/catching skills Consistently throw through the hoop Record number of pins knocked down Successful throws to and into can Teacher Observation of games	6-8 class periods
Kickball		Baserunning Kicking a pitched ball Fielding	Base races Kickball Game	Team Assessment	

Integrated Components

21 st Century Themes	<input type="checkbox"/> Global Awareness <input type="checkbox"/> Financial, Economic, Business, and Entrepreneurial Literacy <input type="checkbox"/> Civic Literacy <input type="checkbox"/> Health literacy
21 st Century Skills	<input type="checkbox"/> Creativity and Innovation <input type="checkbox"/> Critical Thinking and Problem Solving <input checked="" type="checkbox"/> Communication and Collaboration <input type="checkbox"/> Information Literacy <input type="checkbox"/> Media Literacy <input checked="" type="checkbox"/> Life and Career Skills
Interdisciplinary Connections	
Integration of Technology	
Resources	For Teachers: Teacher created activity cards For Students: Kickballs, Bases, Frisbees, Cans, Pins & Hoops
Integrated Accommodations and Modifications	Modifications for Special Ed/504. students: Guide through skills, allow to kick stationary ball, closer target in frisbee activities Modifications for ELL students: Work with a skilled partner Modifications for Gifted students: Assist classmates, pitch in games

