

Readington Township Public Schools

Grades 6-8 Physical Education

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Readington Township Public Schools

www.readington.k12.nj.us

2.2 Physical Wellness Grades Sixth - Eighth	
Strategies	
Teacher presentation Teacher read-aloud Group discussion Small Group instruction Group presentations	
Accommodations	
Accommodations and Modification Addendum	
Assessments	
Formative	Summative
<ul style="list-style-type: none"> Classroom Discussion Anecdotal Notes from teacher observation Cooperative Learning Groups Exit Slips Open Ended Questions Checklists Teacher Observation 	<ul style="list-style-type: none"> Unit Tests Quizzes
Benchmark	Alternative
<ul style="list-style-type: none"> Assignments accessed through Google Classroom Notebook check with rubric End of unit presentation with rubric Physical Fitness Benchmark assessments 	<ul style="list-style-type: none"> Presentations Performance Assessments Role Play
Resources	
Required	Supplemental
<ul style="list-style-type: none"> Shape America Project Adventure publications Spark PE 	<ul style="list-style-type: none"> Openphysed.org Playmeo Sworkit FlipGrid Darebee.com
Movement Skills and Concepts Pacing: 2 weeks per unit over the course of the school year Movement Skills and Concepts include learning and investigating the fundamentals of movement (on land, water, snow, sand and ice) from one place to another and the understanding of biomechanics (how the body moves, grows and matures). Movement skills fall into three main categories: locomotor, non-locomotor, and manipulative skills. Concepts into categories such as spatial awareness (where the body moves), body awareness (what can the body do), qualities of movement (how the body moves and with whom/what does the body move). NJSL	
Core Ideas	Performance Expectations

<ul style="list-style-type: none"> ● Effective execution of movements is determined by the level of related skills and provides the foundation for physical competency and literacy to participate with confidence in a broad range of physical activities (e.g., games, sports, aerobics, martial arts, recreational activities). ● Feedback from others and self-assessment impacts performance of movement skills and concepts. ● Individual and team goals are achieved when applying effective tactical strategies in games, sports, and other physical fitness activities. 	<ul style="list-style-type: none"> ● 2.2.8.MSC.1: Explain and demonstrate the transition of movement skills from isolated settings (e.g., skill practice) into applied settings (e.g., games, sports, dance, recreational activities). ● 2.2.8.MSC.2: Demonstrate control of motion in relationship between force, flow, time, and space in interactive dynamic environments. ● 2.2.8.MSC.3: Create and demonstrate planned movement sequences, individually and with others, based on tempo, beat, rhythm, music, and physical activities (e.g., creative, cultural, social, fitness aerobics, dance, yoga). ● 2.2.8.MSC.4: Analyze, and correct movements and apply to refine movement skills. ● 2.2.8.MSC.5: Predict the impact of rules, etiquette, procedures, and sportsmanship on players' behavior in small groups and large teams during physical activities and games. ● 2.2.8.MSC.6: Demonstrate offensive, defensive, and cooperative strategies in a variety of games and settings. ● 2.2.8.MSC.7: Effectively manage emotions during physical activity (e.g., anger, frustration, excitement) in a safe manner to self and others
Enduring Understandings	Essential Questions
<ul style="list-style-type: none"> ● Developing manipulative movement skills improve one's abilities to participate in games and physical activities. ● Using movement and spatial skills improves overall performance in both isolated and applied settings. ● Performing movement skills in a technically correct manner improves overall performance and increases the likelihood of participation in lifelong physical activity. ● Demonstrating strategies in game situations will enhance performance. ● Comparing and contrasting strategies modifies and improves one's current individual and team effectiveness. ● Research shows that people who participate in regular physical activity, no matter what the form, are more likely to do so because they feel comfortable and competent in movement skills. ● Personal behaviors impact the outcome of an activity. ● Sport psychology techniques prepare athletes to compete at the optimum level. 	<ul style="list-style-type: none"> ● Why are movement skills important in isolated settings as well as applied settings? ● How do weight transfer, power, speed, agility, and range of motion impact performance? ● What are movement skills? ● How can we refine our movement skills? ● How can moving keep one physically fit? ● How can practicing movement skills make games more fun? ● Why do I have to understand concepts of movement when I can already perform the movement? ● How can practicing physical activity improve overall performance? ● To what extent does strategy influence performance in competitive games and activities? ● How can I become more mentally prepared for competition and sports performance? ● How can working cooperatively with teammates benefit the outcome of a game? ● Why is it important to follow rules and cooperate

<ul style="list-style-type: none"> Implementing effective offensive, defensive and cooperative strategies is necessary for all players to be successful in game situations. 	<p>during an activity?</p> <ul style="list-style-type: none"> What factors help to keep activity safe?
Learning Objectives	
<ul style="list-style-type: none"> Movement Skills <ul style="list-style-type: none"> Demonstrate developmentally appropriate movement skills in applied settings; demonstrate the use of force and motion to impact the quality of physical movement. Evaluate the critical elements of a movement skill or skill combination; employ the principles of space, effort, and relationships to modify movement; perform planned movement sequences based on a theme and using rhythm or music. Movement Concept <ul style="list-style-type: none"> Describe how to refine and increase control when performing movement skills; discuss how practice, regular participation, and appropriate feedback improve performance. Discuss how movement activities pose opportunities for self-expression, creativity, and teamwork; analyze movement sequences for the proper use of body mechanics and suggest improvements. Students will be able to demonstrate the transition of movement skills from isolated settings into applied settings Students will be able to apply the concepts of force and motion to impact performance Students will be able to detect, analyze, and correct errors and apply to refine movement skills Strategy: <ul style="list-style-type: none"> Demonstrate the use of offensive, defensive, and cooperative strategies. Describe the use of offensive, defensive and cooperative strategies. Compare and contrast offensive, defensive, and cooperative strategies. Use offensive, defensive, and cooperative strategies effectively in applied settings. 	
Sixth Grade Activities	
<p>Soccer: Introduction to the fundamental skills and rules.</p> <ul style="list-style-type: none"> Dribbling Foot skills Passing with partner Trapping Kicking skills (in-step) Throw-in Goalkeeping <p>Football: Introduction to the fundamental skills and rules.</p> <ul style="list-style-type: none"> Throwing Catching Running Patterns Kicking/Punting Positions Defense <p>Volleyball: Through an introduction to the game of volleyball, students will learn the rules, techniques, strategies, and components of this team sport. Working collaboratively, students familiarize themselves with this game and participate in a modified game.</p> <ul style="list-style-type: none"> Bumping 	

- Setting
- Underhand Serve
- Correct Rotation
- Rally scoring

Basketball: Through an introduction to the game of basketball, students will learn the rules, techniques, strategies, and components of this team sport. Working collaboratively, students familiarize themselves with this game and participate in a modified game.

- Introduction to the fundamental skills and rules of basketball
- Rules
- Dribbling
- Chest/Bounce Pass with a partner
- Shooting

Floor Hockey: Through an introduction to the game of floor hockey, students will learn the rules, techniques, strategies, and components of this team sport. Working collaboratively, students familiarize themselves with this game and participate in a modified game.

- Puck-handling
- Passing
- Shooting
- Forehand
- Backhand
- Face-off
- Parts of the stick

Seventh Grade Activities

Soccer: Individual and small group drills will be used to develop the necessary skills for gameplay. Basic strategies and positioning will be covered. Teamwork and skill development are the foundations for this unit.

- Review of rules and safety
- Dribbling (speed and control)
- Passing (inside of foot and instep)
- Shooting and Goalie skills
- Receiving (foot, thigh, chest)
- Heading

Football: Students will learn the many skills necessary to play Flag Football. Students will have the opportunity to practice the skills, learn the basic rules of play and participate in modified games. Among these skills, students will gain the benefit of physical fitness and social opportunities to interact with classmates and be part of a team. Students will also assume various roles of leadership in a fun, recreational setting.

- Review of rules
- Safety procedures and precautions
- Throwing (Using the laces and getting the football to spiral)
- Catching (Using your hands and not your body)
- Running Patterns (running a specific route)
- Positions (know what each position's job is)
- Defense (Man vs. Zone)

Volleyball: Extending upon their introduction to the game of volleyball in sixth grade, students will refine their understanding and application of the rules, techniques, strategies, and components of this team sport. Working collaboratively, students continue to familiarize themselves with this game and participate in a modified game.

- Bumping
- Setting
- Serve (underhand and introduction to overhand)
- Correct rotation
- Rally Scoring
- Offense/defensive play
- Game-play rules

Basketball: Extending upon their introduction to the game of basketball in sixth grade, students will refine their understanding and application of the rules, techniques, strategies, and components of this team sport. Working collaboratively, students continue to familiarize themselves with this game and participate in a modified game.

- Review of rules
- Safety Issues
- Dribbling (speed and control)
- Bounce/Chest Pass in a game setting
- Shooting
- Player Positions
- Jumpstop
- Terminology
- Offense and defensive skills

Floor Hockey: Extending upon their introduction to the game of floor hockey in sixth grade, students will refine their understanding and application of the rules, techniques, strategies, and components of this team sport. Working collaboratively, students continue to familiarize themselves with this game and participate in a modified game.

- Positions
- Puck handling
- Shooting
- Forehand
- Backhand
- Slap Shot
- Wrist Shot
- Face-off
- Parts of the stick

Eighth Grade Activities

Soccer: Further develop dribbling, shooting, passing, receiving, and heading skills to be used in game situations. Offensive and defensive strategies will be included in in-game instruction. This unit is designed to incorporate previously learned skills and strategies into a game situation.

- Review of rules
- Offensive fundamentals and strategies
- Defensive fundamentals and strategies

- Refine skills of dribbling, shooting, passing, receiving, and heading

Football: Students will demonstrate competency in passing and receiving skills. Students will utilize skills to participate in modified games to advanced game situations. Students will apply the basic rules and skills of flag football in a game-like situation and continue to develop offensive plays and defensive strategies.

- Throwing (Always using the laces and getting the football to spiral)
- Catching (Always using your hands and not your body)
- Running Patterns (running multiple specific routes)
- Positions (know where to line up on the field & what each position's job is)
- Defense (Man vs. multiple Zones cover 1, cover 2, & blitzes)
- Offensive fundamentals (calling a play in the huddle and changing the play at the line of scrimmage if necessary)
- Defensive fundamentals (Playing man/zone defense based on offensive tendencies)

Volleyball: Extending upon their first two years of exposure to the game of volleyball, students will master their understanding and application of the rules, techniques, strategies, and components of this team sport. Working collaboratively, students can work independently to master their skills, while the emphasis will be on the rules of the game and offensive and defensive strategies. Students will also incorporate different formations (3-3 or 4-2) into gameplay and the unit will conclude with a volleyball tournament.

- Bumping
- Setting
- Underhand/Overhand Serve
- Spike
- Correct Rotation
- Rally Scoring
- Game-play rules

Basketball: Extending upon their first two years of exposure to the game of basketball, students will master their understanding and application of the rules, techniques, strategies, and components of this team sport. Working collaboratively, students can work independently to master their skills as they continue to participate in a modified game.

- Bounce/Chest Pass in a game setting
- Jumpstop
- Pivoting/Defensive Stance
- Refine skills of dribbling, shooting, passing
- Zone defense (1-3-1, 2-3) and man-to-man defense

Floor Hockey: Extending upon their first two years of exposure to the game of floor hockey, students will master their understanding and application of the rules, techniques, strategies, and components of this team sport. Working collaboratively, students can work independently to master their skills as they continue to participate in a modified game.

- Positions
- Puck handling
- Shooting
- Forehand
- Backhand
- Slap Shot
- Wrist Shot

- Face-off
- Goaltending
- Defense
- Parts of the stick

CAREER, COMPUTER SCIENCE, KEY SKILLS, AND INTERDISCIPLINARY CONNECTIONS

- **Career Ready Practices**
Model integrity, ethical leadership, and effective management.
Work productively in teams while using cultural/global competence.
Act as a responsible and contributing community member and employee.
Activity: Throughout the sports units, students will participate in their respective jobs as a part of the sport education model. Concerning cultural, physical, emotional, and social boundaries, coaches and captains will create practice plans as well as manage their team, managers report attendance and scores, equipment managers gather the necessary equipment for the day and fitness instructors create and lead a warmup for their teams.
- **9.2 Career Awareness, Exploration, and Preparation**
9.2.8.CAP.2: Develop a plan that includes information about career areas of interest.
Activity: Teacher-led discussion on what types of careers a person could obtain after graduating from college if they chose a major concentrated on physical fitness (dance major, health and physical education, kinesiology and exercise science, sport and fitness administration, sports studies, etc.).
- **9.4 Life Literacies and Key Skills**
9.4.8.CI.2: Repurpose an existing resource in an innovative way.
Activity: Students will use the movement concept sheet that they previously created and input the information into an online format using graphics and sound.
- **8.1 Computer Science**
8.1.8.DA.1: Organize and transform data collected using computational tools to make it usable for a specific purpose.
Activity: Students will use a spreadsheet to collect self and peer evaluations on movement performance or team effectiveness for a month. At the end of the month, students will compile summary data and compare results.
8.1.8.DA.3: Identify the appropriate tool to access data based on its file format.
Activity: After gathering the appropriate information and choosing the right application. Students will create an end-of-unit tournament bracket, as well as, flyers to advertise safety rules, equipment, or procedures.
- **Interdisciplinary Connections**
SL.PE.6.1. Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 6 topics, texts, and issues, building on others' ideas and expressing their own clearly.
Activity: Students will participate in small group conversations that explain movement skills building on others' ideas and clearly expressing their thoughts.

Physical Fitness

Pacing: 15 days dispersed throughout the course of the year

Physical Fitness is the ability to move, perform daily tasks and unexpected physical challenges effectively without losing energy reserves. Fitness activities can be performed at many levels (low, moderate, and high), which will impact how efficiently the body functions. (NJSLS)

Core Ideas	Performance Expectations
<ul style="list-style-type: none"> A variety of effective fitness principles applied consistently over time, enhance personal fitness levels, performance, and health status (e.g., Frequency, Intensity, Time, Type (F.I.T.T)). 	<ul style="list-style-type: none"> 2.2.8.PF.1: Summarize the short and long-term physical, social, mental, and emotional health benefits of regular physical fitness activity. 2.2.8.PF.2: Recognize and involve others of all ability levels into a physical activity. 2.2.8.PF.3: Execute the primary principles of training (FITT) and technology for the purpose of modifying personal levels of fitness (e.g., pedometers, heart rate monitors, health tracking systems, wearable technology, virtual classes, exergames). 2.2.8. PF.4: Implement and assess the effectiveness of a fitness plan based on health data, the assessment of one's personal fitness levels and monitor health/fitness indicators before, during, and after the workout program. 2.2.8.PF.5: Use evidence to predict how factors such as health status, body composition, interests, environmental conditions, healthy eating, anabolic steroids, physical activity, and lifestyle behaviors impact personal fitness and health.
Enduring Understandings	Essential Questions
<ul style="list-style-type: none"> Physical fitness is a vital element of all individuals' lives. Their health and fitness levels will enhance their overall lifestyle and contribute to lifelong fitness. Elements of teamwork in games will enhance one's ability to interact positively with others. Participating in organized games will aid in the overall development of adolescents by offering skills of strategy, adaptability, and communication. Enhance the sense of rhythm through various fitness-related activities and performances. Understanding fitness concepts and skills and integrating them into your everyday routine supports wellness. Physical fitness is the ability of your whole body to work together efficiently to be able to do the most work with the least amount of effort. Research shows that people who participate in regular physical activity, no matter what the form, are more likely to do so because they feel comfortable and competent in movement skills. Implementing movement principles such as space, speed, force, projection or tempo 	<ul style="list-style-type: none"> What changes in lifestyle will lead to improved health and wellness? How will your daily choices affect your lifestyle? What is the minimum amount of exercise I can do to stay physically fit? How do I develop an appropriate personal fitness program and find the motivation to commit to it? How do you recognize age-appropriate fitness activities? Why do we move? How can movement make my body healthy? How can moving keep one physically fit? How can practicing physical activity improve overall performance? How can physical fitness improve your quality of life? How does overall fitness affect other aspects of life?

<p>makes movement more effective and more interesting.</p> <ul style="list-style-type: none"> • Developing and implementing a program that utilizes appropriate training principles is necessary for lifetime fitness. • Achieving and maintaining fitness requires age-appropriate intensity, duration, and frequency of exercise. • Ongoing feedback and assessment are necessary for determining the effectiveness of a personal fitness program. 	
Learning Objectives	
<ul style="list-style-type: none"> • Fitness, Physical Activity: describe the physical, social, and emotional benefits of regular physical activity; describe how body systems adapt over time to regular physical activity; describe how age, heredity, training, and healthy behaviors impact fitness; differentiate among activities that improve skill fitness versus health-related fitness; describe the relationship between physical activity, healthy eating, and body composition • Training: discuss the relationship between practice, training, and injury prevention; apply the appropriate training principles to various forms of physical activity used to improve personal fitness; discuss how the principles of training improve personal fitness; describe the physical and behavioral effects of anabolic steroids and other performance-enhancing substances; discuss legal and competition issues related to their use • Achieving, & Assessing Fitness: engage in physical activity at a target heart rate for a minimum of 20 minutes; monitor physiological indicators before, during, and after exercise; assess personal fitness, develop a personal fitness plan based on the findings, and use technology to implement the plan • Use technology to monitor and set fitness goals. 	
Sixth Grade Activities	
<p>Functional fitness: Performing exercises to train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at school, or in sports/dance. While using various muscles in the upper and lower body at the same time, functional fitness exercises also emphasize core stability. These movements can be put into different workouts and can challenge each student differently based on their fitness level. This type of training, properly applied, can make everyday activities easier, reduce the risk of injury and improve your quality of life.</p> <ul style="list-style-type: none"> • Upper Body Strength • Abdominal Strength • Cardio-Fitness • Flexibility • Isolated and coordinated movements in dance compositions <ul style="list-style-type: none"> ○ making use of all major muscle groups ○ proper body mechanics ○ range of motion 	
Seventh Grade Activities	
<p>Functional Fitness: Extending upon their introduction to functional fitness movements, students will continue to learn the benefits and concepts of improved strength, endurance, and flexibility. This course is designed to help students develop healthy living habits and understand basic fitness concepts.</p>	

- Upper Body/Abdominal Strength
- Proper Spotting
- Flexibility
- Cardio-Fitness
- Isolated and coordinated movements in dance compositions
- body patterning
- balance

Eighth Grade Activities

Functional Fitness: Extending upon their first two years of exposure, students will review the exercises that will help improve strength, endurance, and flexibility. Students will participate in various exercise programs to build muscle strength, muscle endurance, flexibility, speed, agility and cardio strength, and endurance. Students will review the importance of being physically active throughout their lives and hopefully stimulate an interest to improve one's health and fitness level.

- Upper Body/Abdominal Strength
- Proper Spotting
- Flexibility
- Cardio-Fitness
- Proper Lifting
- Agility Training
- Balance
- Isolated and coordinated movements in dance compositions
 - making use of all major muscle groups
 - proper body mechanics
 - range of motion

CAREER, COMPUTER SCIENCE, KEY SKILLS, AND INTERDISCIPLINARY CONNECTIONS

- **Career Ready Practices**
Use technology to enhance productivity, increase collaboration and communicate effectively.
Activity: Students will use a variety of technology to enhance physical fitness. Technology can include but is not limited to heart rate monitors, fitness videos, QR codes, and fitness applications.
- **9.2 Career Awareness, Exploration, and Preparation**
9.2.8.CAP.12: Assess personal strengths, talents, values, and interests to appropriate jobs and careers to maximize career potential.
Activity: Students will watch a video highlighting various careers related to personal fitness and discuss what skills could be useful for future endeavors.
- **9.4 Life Literacies and Key Skills**
9.4.8.TL.6: Collaborate to develop and publish work that provides perspectives on a real-world problem.
Activity: Students will summarize a teacher-assigned reading and highlight the benefits of regular physical activity. Students will then work in groups to create a bulletin board to publicize the importance of exercise for health and general well-being.
- **8.1 Computer Science**
8.1.8.DA.1: Organize and transform data collected using computational tools to make it usable for a specific purpose.

Activity: Students will use the data from their heart rate monitors to determine the correct level of fitness for their age.

- **Interdisciplinary Connections**

RI.CI.7.2. Determine a central idea in an informational text and explain how it is conveyed through particular details; provide a summary of the text distinct from personal opinions or judgments.

Activity: Students will read teacher-provided articles on rules and regulations and participate in a class discussion that summarizes the main ideas and supporting details.

Lifelong Fitness

Pacing: 2 weeks per unit throughout the course of the year

Lifelong Fitness requires making fitness a part of a person's daily life. It is about creating fitness habits that support individuals to plan and stay healthy throughout their lifetime. In addition, a person recognizes the medical consequences of a sedentary lifestyle and that the benefits of an active body and mind over time reduces diseases, injuries and pain. Lifelong fitness doesn't focus on competition or high-level skill development, but rather on self-evaluation, personal goal setting, social engagement, sportsmanship, enjoyment of movement, and leisure-time fitness activities. (NJSLS)

Core Ideas	Performance Expectations
<ul style="list-style-type: none"> ● Effective Fitness principles combined with mental and emotional endurance over time will enhance performance and wellness. ● Community resources can provide participation in physical activity for self and family members. 	<ul style="list-style-type: none"> ● 2.2.8.LF.1: Develop and build an effective movement and physical fitness vocabulary for self, peers, and family members that can enhance wellness. ● 2.2.8.LF.2: Explain the importance of assuming responsibility for personal health behaviors through physical activity throughout one's lifetime. ● 2.2.8.LF.3: Explore by leading self and others to experience and participate in different cultures' physical fitness activities. ● 2.2.8.LF.4: Identify and recognize factors that generate positive emotions from participating in movement and physical fitness activities. ● 2.2.8.LF.5: Engages in a variety of physical activities (e.g., aerobic-fitness, strengthen, endurance-fitness activities) using technology and cross-training, and lifetime activities ● 2.2.8.LF.6: Develop a strategy to overcome barriers that allows for a visit in the community that promotes physical activities. ● 2.2.8.LF.7: Evaluate personal attributes as they relate to career options in physical activity and health professions
Enduring Understandings	Essential Questions
<ul style="list-style-type: none"> ● Accept other students' abilities and skills by working together and building good sportsmanship. ● Not following rules have consequences. ● Rules are necessary to ensure safety and organization. 	<ul style="list-style-type: none"> ● How can you demonstrate good sportsmanship? ● Why do I have to show good sportsmanship and follow the rules when others do not? ● How can cooperating strategies help one be a better team player? ● Why is it necessary to follow rules? ● What can you do to be physically active as you

<ul style="list-style-type: none"> ● To introduce students to a variety of recreational sports to help promote lifelong physical activity. ● To provide content and learning experiences in basic motor skills, movement patterns, and movement concepts as they apply to physical activity and health-related physical fitness, as well as lifetime sports and recreation. ● Students will develop and learn how to become more effective communicators. ● Cooperative and group games help to challenge students and get them out of their comfort zones while working together in a group. ● Students will have to come up with strategies and be able to present their ideas to the group. ● Students will strive to give only constructive/positive comments to their classmates, this will help promote respectfulness amongst each other. The group's success will be determined by how well they listen and are courteous to one another. ● Lifelong fitness activities also help students become better self-directed learners. They have to take initiative and use critical thinking to accomplish the tasks that lie before them ● Project Adventure is adventure-based learning which combines challenging and engaging activities that focus on reflection to build character, promote teamwork and encourage responsibility. ● Students will be able to participate fully and actively in various team-building activities. ● Students will have a greater understanding of self-awareness and be able to define key concepts of how to be a better leader throughout this unit. ● Students will develop strategies with other classmates and develop cooperation and teamwork skills throughout the unit. 	<p>age, and why is it important?</p> <ul style="list-style-type: none"> ● How will physical activity help me now and in the future? ● How can you move more effectively and efficiently? ● What are some strategies that your team used to accomplish your task at hand? ● Did any group change up their game plan halfway through because their first strategy wasn't working? ● How many groups watched other groups and stole ideas of how to get the task at hand done and what ideas were they? ● Why is it important to communicate and work together as a team? ● How can being an effective communicator help you later on in life (ie work; business) ● Why is it important to cooperate? ● What were some challenges you've come across while working together and how did you overcome them? ● Why is it important to be open to other peoples' ideas?
<p align="center">Learning Objectives</p>	
<ul style="list-style-type: none"> ● Sportsmanship, Rules, and Safety <ul style="list-style-type: none"> ○ Compare the roles and responsibilities of participants and observers; summarize general and specific activity rules. ○ Recommend strategies to improve behavior, participation, and enjoyment. ● Sport Psychology <ul style="list-style-type: none"> ○ Describe the use of mental preparation strategies. 	

- Demonstrate the use of mental preparation strategies.

Sixth Grade Activities

Yoga: Introduction to the fundamental ideas and poses.

- Rudimentary Poses
- Basic routines/Sun Salutation
- Relaxation Period
- Promotes proper posture

Project Adventure: Through an introduction to Project Adventure, students will learn the rules, techniques, strategies, and components of Project Adventure. Working collaboratively, students familiarize themselves with this game and participate in a modified game.

- Collaborative group work
- Problem-solving

Bowling: Students will learn the various skills for bowling. With this skill development and knowledge, the opportunity to bowl outside of school can build meaningful experience for social and group interaction and a great recreational activity. Class lessons will focus on stance, grip, approach, scoring, lane etiquette, and play strategy.

- Rules
- Scorekeeping
- Utilize the underhand throw, a skill previously taught to manipulate objects

Net Sports: Introduction to the fundamental skills, techniques, strategies, and rules of different net sports. Working collaboratively, students familiarize themselves with this game and participate in a modified game.

- Refine their “striking with an object” skills in the context of a game.
- Forehand grip
- Backhand grip
- Serving (underhand)
- Scoring

Cooperative and Recreational Games: Introduce students to a variety of recreational sports to help promote lifelong physical activity. Such sports include but are not limited to ultimate frisbee, disc golf, cornhole, KanJam, ladder ball, spike ball, and various other recreational games. Through this introduction, students will learn the rules, techniques, strategies, and components of the various sports. Working collaboratively, students familiarize themselves with such games and participate in modified games.

- Rules
- Scorekeeping
- Skills previously taught to manipulate objects
- Basic motor skills
- Movement concepts as they apply to physical activity

Seventh Grade Activities

Yoga: Lifetime fitness activities are an important lifetime objective of Readington Middle School's physical education philosophy. Seventh-grade students will continue further development with yoga poses and incorporate them into a routine. Students will focus attention on the different muscle groups and mental aspects of routines.

- Demonstrate and recognize flexibility and abdominal strength.
- Intermediate Poses
- Perform a variety of balance poses while using proper form.

- Demonstrate the ability to perform a variety of standing poses.
- Improve muscle tone and flexibility.

Project Adventure: Extending upon their introduction to the project adventure unit in sixth grade, students will refine their understanding and application of the rules, techniques, strategies, and components of Project Adventure. Working collaboratively, students continue to familiarize themselves with these games and participate in modified games.

- Collaborative group work
- Problem-solving
- Assume various roles of leadership
- Correct spotting technique

Bowling: Extending upon their introduction to Bowling, students will continue to learn the various skills needed. With this skill development and knowledge, the opportunity to bowl outside of school can build a meaningful experience for social and group interaction and is a great recreational activity. Class lessons will focus on stance, grip, approach, scoring, lane etiquette, and play strategy.

- Review of rules
- Review of Scorekeeping
- Refine skills necessary to manipulate objects

Net Sports: Extending upon their introduction to the game of badminton in sixth grade, students will refine their understanding and application of the rules, techniques, strategies, and components of this team sport. Working collaboratively, students continue to familiarize themselves with this game and participate in a modified game.

- Review of different grips
- Work on proper footwork to be successful
- Execution of a volley
- Serving (long/short)
- Long clears
- Drop Shot
- Drive
- Scoring techniques

Cooperative and Recreational Games: Extending upon their introduction to backyard lawn games in sixth grade, students will refine their understanding and application of the rules, techniques, strategies, and components of this sport. Working collaboratively, students continue to familiarize themselves with this game and participate in modified games.

- Rules
- Scorekeeping
- Skills previously taught to manipulate objects
- Basic motor skills
- Movement concepts as they apply to physical activity

Eighth Grade Activities

Yoga: Students will continue to further their development in yoga poses and routines, as well as practice different breathing techniques. Students will utilize these yoga skills and poses to help improve their personal fitness levels.

- Expert Poses
- Basic Routines/Sun Salutation

- Promotes proper posture
- Identifying muscle groups for each pose
- Specific Breathing techniques
- Relaxation Period

Project Adventure: Extending upon their first two years of exposure to project adventure, students will master their understanding and application of the rules, techniques, strategies, and components of project adventure. Working collaboratively, students can work independently to master their skills as they continue to participate in modified games.

- Collaborative group work
- Problem-solving
- Assume various roles of leadership
- Correct spotting technique
- Lifting techniques

Bowling: Extending upon their introduction to Bowling, students will continue to learn the various skills needed. With this skill development and knowledge, the opportunity to bowl outside of school can build a meaningful experience for social and group interaction and is a great recreational activity. Class lessons will focus on stance, grip, approach, scoring, lane etiquette, and play strategy.

- Review of rules
- Review of Scorekeeping
- Gripping the ball
- Refine skills necessary to manipulate objects
- Terminology
- Playing etiquette

Net Sports: Extending upon their first two years of exposure to the games of badminton and pickleball, students will master their understanding and application of the rules, techniques, strategies, and components of this team sport. Working collaboratively, students can work independently to master their skills as they continue to participate in a modified game.

- Scoring techniques
- Execution of overhead and underhand strokes
- Execution of a volley
- Proper footwork
- Serving Techniques
- Rotation

Cooperative and Recreational Games: Extending upon their first two years of exposure to a variety of recreational sports, students will master their understanding and application of the rules, techniques, strategies, and components of these sports. Working collaboratively, students can work independently to master their skills as they continue to participate in modified games.

- Mastery of rules
- Scorekeeping
- Mastery of skills previously taught to manipulate objects
- Mastery of basic motor skills
- Mastery of movement concepts as they apply to physical activity

CAREER, COMPUTER SCIENCE, KEY SKILLS, AND INTERDISCIPLINARY CONNECTIONS

- **Career Ready Practices**

Consider the environmental, social and economic impacts of decisions.

Activity: Students will research local physical fitness programs that can be engaging at different stages of life. For example, students will research the cost of fitness club, CrossFit, yoga/pilates studio, Pickleball club membership, bowling leagues, golf membership, ect. and compare and contrast the benefits of each type of activity.

- **9.2 Career Awareness, Exploration, and Preparation**

9.2.8.CAP.15: Present how the demand for certain skills, the job market, and credentials can determine an individual's earning power.

Activity: Students will participate in a class discussion on what skills related to lifelong fitness could be useful for a future career.

- **9.4 Life Literacies and Key Skills**

9.4.8.CI.3: Examine challenges that may exist in the adoption of new ideas.

Activity: Students will evaluate different lifestyles and analyze the effects on lifelong physical fitness.

- **Computer Science**

8.1.8.DA.3: Identify the appropriate tool to access data based on its file format.

Activity: Students will use the proper application, to create a PSA video encouraging participation in a lifelong fitness activity of their choosing.

- **Interdisciplinary Connections**

RI.CI.6.2. Determine the central idea of an informational text and explain how it is supported by key details; provide a summary of the text distinct from personal opinions or judgments.

Activity: Students will read teacher-provided articles on rules and regulations and participate in a class discussion that summarizes the main ideas and supporting details.