

Unit #1: Handball-Type Games

Overview:

In this unit students learn basic rules and strategies of the team sport while focusing on throwing and catching. They will also continue to develop teamwork and communication skills.

Length of Unit: 10-12 classes

Suggested Activities and Resources:

Warm Up Activities: Catch 5, Perfect Pass, Pass and Free Tag, Passing Relay

Main Activities: Handball, Backboard Ball, Backwards Handball, Trash Can Ball, Ultimate Football, Pin Handball, Bench Ball

Standards/Performance Expectations Assessed with Corresponding Level of Proficiency:

Maturing 1.3.6-8.M Offensive and Defensive Skills
Maturing 4.2.6-8.M.a Cooperative Skills
Maturing 5.4.6-8.M Social Interaction

Knowledge Acquisition

Students will know...

- Common rules that span across all games in the unit
 - You cannot move your feet with the ball in your hands except for a pivot or catching yourself
 - If you drop the ball, the other team gets possession
 - There may be a box that prohibits travel or play around a certain area
 - After one shot on goal, the other team gets the ball
- Understanding the difference between offense and defense

Students will be skilled at...

- Identifying opponents that are equally matched in size and ability level (beginning of activities).
- Playing defense which consists of matching your opponent's locomotor patterns, maintaining an arm's distance away while watching the ball.
- When conflict arises during games, they are using communication skills to resolve it

Unit #2: Target Games

Overview:

In the target games unit, students focus on aiming, throwing, and hitting both stationary and dynamic targets. They also address safety concerns and practice taking responsibility.

Length of Unit: 10-12 classes

Suggested Activities and Resources:

Warm Up Activities: Messy Backyard, Perfect Pass, Bomb's Away, Touchdown, Pass and Free Tag, Save the Statues

Main Activities: Net Ball, Bounce Ball, Galactic Bombardment, War Ball, Battleship, Castle Pool

Standards/Performance Expectations Assessed with Corresponding Level of Proficiency:

Emerging 1.2.6-8.E
Emerging 4.1.6-8.E
Emerging 4.2.6-8.E.a
Emerging 4.2.6-8.E.b
Emerging 4.3.6-8.E
Emerging 5.4.6-8.E

Knowledge Acquisition

Students will know...

- Mathematical terms used in game play (area, perimeter, quadrant, angles, trajectory)
- How to take responsibility when they make a mistake and hit someone
- The strategies needed to be successful at various target games
- How to properly treat equipment including set up, clean up, and maintenance

Students will be skilled at...

- Stepping with the non-dominant foot towards the target
- Aiming and following through when throwing
- Defending targets using their bodies
- Taking responsibility when they make a mistake and hit someone

Unit #3: Invasion Games		
Overview:		
In this unit, students will work with a team to invade the opponent's area, usually to steal an object(s) and return it to their team.		
Length of Unit: 10-12 classes	Suggested Activities and Resources: Warm Up Activities: Foosball Tag; 8 Ball; Crossover; Steal the Diamonds Main Activities: Container Ball; Capture the Flag, 4-Way Capture the Flag	
Standards/Performance Expectations Assessed with Corresponding Level of Proficiency:	Knowledge Acquisition	
	Students will know...	Students will be skilled at...
	<ul style="list-style-type: none"> • Safe ways of tagging • Team strategies for defending area • Team strategies for invading opponent's area • Importance of freeing teammates when jailed 	<ul style="list-style-type: none"> • Working as a team to trap and tag • Identifying weak points in the opponent's strategy • Communicating effectively with teammates

Unit #4: Net Sports

Overview:

Net sports include games where two teams are divided by a net and include back-and-forth play. Students will learn skills needed to participate in these games as well as the rules involved.

Length of Unit: 10-12
Classes

Suggested Activities and Resources:

Warm Up Activities: Consecutive Hits; Partner Warm Up

Main Activities: Badminton (Individual; Partner, King's Court, Solo King's Court); Pickleball (Individual; Partner, King's Court, Solo King's Court); Volleyball; Kick It

**Standards/Performance
Expectations Assessed** with
Corresponding Level of Proficiency:

Emerging 1.2.6-8.E
Emerging 1.4.6-8.E
Emerging 2.1.6-8.E
Emerging 2.2.6-8.E
Emerging 4.2.6-8.E.a
Emerging 4.2.6-8.E.b
Emerging 4.3.6-8.E

Knowledge Acquisition

Students will know...

- Game specific rules including: scoring, types of swings allowed, specific hits allowed
- Safety rules including: saying "heads up", not throwing equipment, spacial awareness, correctly using equipment
- How to identify and correctly call an interference
- How to set up and begin a game
- Positions and what they are responsible for

Students will be skilled at...

- Serving
- Returning
- Scoring
- Score keeping
- Working as a team or partnership
- Transferring skills from practice to game play

Unit #5: Striking and Fielding

Overview:

This unit includes striking with an implement, throwing, or kicking an item into a field of play where the opposite team attempts to field the object and get the runners out.

Length of Unit: 10-12
Classes

Suggested Activities and Resources:

Warm Up Activities:

Main Activities: Jonesball; Barkball; Long Ball; Bean Bag Baseball; Double Kickball; Frenzy; Skyball; Kickball; Mat Ball

**Standards/Performance
Expectations Assessed** with
Corresponding Level of Proficiency:

Emerging 1.2.6-8.E

Emerging 1.3.6-8.E

Emerging 2.1.6-8.E

Emerging 4.3.6-8.E

Emerging 5.2.6-8.E

Knowledge Acquisition

Students will know...

- Game specific rules
- Game specific safety concerns
- Baserunning and fielding strategies
- Striking strategies
- How to keep track of outs, lineups, and score

Students will be skilled at...

- Striking (either with a foot or implement) and making contact with the ball
- Fielding the ball and getting it to the appropriate base
- Following game procedures

Unit #6: Outdoor Pursuits		
Overview:		
This unit encompasses activities that can only be done outdoors with weather conditions permitting.		
Length of Unit: Varies depending on weather and availability	Suggested Activities and Resources: Activities: Orienteering; Lawn Games; Snowshoeing; Sledding	
Standards/Performance Expectations Assessed with Corresponding Level of Proficiency: Emerging 1.4.6-8.E Emerging 3.6.6-8.E Emerging 4.3.6-8.E Emerging 5.3.6-8.E.a Emerging 5.3.6-8.E.b	Knowledge Acquisition	
	Students will know...	Students will be skilled at...
	<ul style="list-style-type: none">• The value of outdoor pursuits• How to dress properly for the elements• Safety considerations for each pursuit	<ul style="list-style-type: none">• Using the equipment properly and efficiently

Unit #7: Miscellaneous Theme Games

Overview:

This unit, with lessons spread throughout the year, includes non-traditional games and activities as well as simple set-up games that can be used by other teachers.

Length of Unit: Varies depending on time of year

Suggested Activities and Resources:

Warm Up Activities: Flag Tag; Sharks and Minnows; Straddle Ball; 10 Second Tag; Team Tag; Tree Tag; Pacman Tag; Rock, Paper, Scissors, Catch; Heads or Tails; Everybody's It; Eraser Football; Bench Police; Jewel Thieves, Slither Tag, Tom and Jerry; Ben's Game; Chicken Football
Main Activities: Gaga; Team Gaga; Video Game Stations; Cooperative Games (Survivor Pyramid, Mat Challenges, Human Knot, Parachute); Minute to Win It

Standards/Performance Expectations Assessed with Corresponding Level of Proficiency:

Emerging 2.1.6-8.E
Emerging 2.2.6-8.E
Emerging 4.1.6-8.E
Emerging 4.2.6-8.E.a
Emerging 4.2.6-8.E.b

Knowledge Acquisition

Students will know...

- The movement concepts required of the activity
- Cooperation skills needed to accomplish group goals

Students will be skilled at...

- Identifying strategies and tactics that would enhance success
- Appropriately resolving conflicts
- Encouraging teammates

Unit #8: Team Sports

Overview:

This unit addresses team sports that are not necessarily included in other units, but are popular and commonly played in the area.

Length of Unit: 3-6 classes per sport

Suggested Activities and Resources:

Activities: Floor Hockey; Basketball; Soccer; Ultimate Frisbee

Standards/Performance Expectations Assessed with Corresponding Level of Proficiency:

Emerging 1.2.6-8.E
Emerging 1.3.6-8.E
Emerging 2.2.6-8.E
Emerging 4.1.6-8.E
Emerging 4.2.6-8.E.a
Emerging 4.2.6-8.E.b
Emerging 4.3.6-8.E

Knowledge Acquisition

Students will know...

- The skills and techniques that are appropriate and applicable for the activity
- The difference between offense and defense in each activity
- When to employ different tactics or strategies
- The importance of teamwork to achieve desired goals
- The safety considerations of the activity

Students will be skilled at...

- Basic locomotor patterns required in the sport
- Basic implement skills required in the sport
- Identifying opponents to guard

(If time allows) Unit #9: Health and Fitness Integration		
Overview:		
Length of Unit: 1-2 classes per month	Suggested Activities and Resources: Gym Activities: Pacer Test Classroom Activities:	
Standards/Performance Expectations Assessed with Corresponding Level of Proficiency: Emerging 3.6.6-8.E Emerging 4.3.6-8.E Emerging 5.1.6-8.E	Knowledge Acquisition	
	Students will know...	Students will be skilled at...
	<ul style="list-style-type: none">• The grading scale used for self assessment• The importance of lifestyle fitness	<ul style="list-style-type: none">• Setting goals• Safety considerations about each activity• Identifying health benefits of activities