

Grades 6-8 Physical Education
Lawton C. Johnson Summit Middle School, Summit, New Jersey
Authored by: Anthony Ferrante and Danielle DeGraw Summer 2019

Course Description:

Physical Education focuses on personal responsibility through an active, healthy lifestyle. The Physical Education course for grades 6-8 encompasses a wide array of physical, mental and cooperative activities that allow students to experience and apply fundamental skills and concepts. This course fosters a lifelong commitment to health and wellness. Health and Physical education also focuses on the development of knowledge and skills through sport that influence healthy behaviors through activity and personal choice. These skills develop over time and will lead to the understanding that physical activity and health have benefits that congregate with socialising for a lifetime.

Anchor Standard: Students will be able to follow the rules and expectations for sports and activities instructed during the course. This includes warm ups, fitness activities, cooperative games and team sports.

Students will participate, follow rules and execute proper skills in each sport unit. These sports include soccer, ultimate football, speedaway, basketball, badminton, volleyball, pickleball, rugby and kickball. Students will also be involved in a daily, varying warm-up routine as well as weekly fitness activities and small group and cooperative games.

Big Ideas:

Students will be able to...

- Utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle
- All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.
- Utilize self esteem, resiliency, tolerance and coping skills to support social and emotional health
- Take responsibility for one's own health as an essential step towards developing and maintaining a healthy, active lifestyle
- Effectively use communication skills to enhance a person's ability to express and defend their beliefs
- Perform movement skills in a technically correct manner improves overall performance and increases the likelihood of participation in lifelong physical activity
- Know and understand concepts of movement will improve performance in a specific skill and provide the foundation for transfer of skills in a variety of sports and activities
- Implement effective offensive, defensive and cooperative strategies is necessary for all players to be successful in game situations
- Demonstrate knowledge and commitment to sportsmanship, rules and safety guidelines
- Understand fitness concepts and skills and integrate them into your everyday routine supports wellness
- Understand how each fitness component is developed and measured and how to design and implement a personal fitness plan that supports a healthy, active lifestyle

Essential Questions	Enduring Understandings
<p><u>Unit 1: Football, soccer, speedaway</u></p> <p>Grade 6</p> <ul style="list-style-type: none"> • What is the proper grip to throw a football? • What elements constitute quality person to person defensive technique? • What players are used predominantly for defense? • Why do you use the instep of your foot when kicking a soccer ball? • Describe the elements of a sideline throw-in. • How does positioning help to transition from defense to offense? <p>Grade 7</p> <ul style="list-style-type: none"> • When catching an object what part of the body should be used? • What are two different types of conversions? • What are the key factors in a self conversion? <p>Grade 8</p> <ul style="list-style-type: none"> • What is the primary difference between person to person and zone defense? • What positions are used primarily for scoring? • Why is the placement of the hand important when throwing a football? • How are pass patterns used in football? • How does using a conversion in Speedway help to change the offensive strategy of the game? <p><u>Unit 2: Basketball, badminton</u></p> <p>Grade 6</p> <ul style="list-style-type: none"> • What are three essentials mechanics when executing a dribble? • Explain what squaring to the basket means when shooting a basketball. • How many hits per side are you allowed in badminton? • How can you use teamwork on badminton? <p>Grade 7</p> <ul style="list-style-type: none"> • What makes throwing a pass to a moving target different from throwing to a stationary one? • How should you use your strengths along with 	<p><u>All Units</u></p> <ul style="list-style-type: none"> • The importance of exercise and the benefits of physical activity • Regular physical activity is part of a healthy lifestyle • Movements in team sports are not isolated, but are done in connection with other movements • Repetition of proper technique can lead to improvement • Body awareness is important in all sports and fitness <p><u>Football</u></p> <ul style="list-style-type: none"> • Football skills include throwing, catching, agility, strategy, defense, and offense • There are many different positions in football • It is important to utilize the procedures and safety rules of flag football <p><u>Soccer</u></p> <ul style="list-style-type: none"> • Soccer skills include dribbling, passing, receiving, scoring, strategy, defense, and offense • Transitioning from offense to defense in soccer is important in gameplay <p><u>Speedaway</u></p> <ul style="list-style-type: none"> • Speedaway includes a combination of soccer and handball skills. • Spacing is important in movement of the game. <p><u>Basketball</u></p> <ul style="list-style-type: none"> • Ball control is essential in gameplay • When using the proper technique in shooting, the accuracy of the shot will greatly improve. • Basketball requires the inclusion of all players to determine a successful outcome. • Team play and strategy plays an important role in the game of basketball.

your partner in doubles badminton?

Grade 8

- Where should your elbow on your shooting arm face when shooting a basketball?
- What is the best strategy to employ when trying to work for a layup shot?
- When should you use a forehand swing compared to backhand swing in badminton?
- When should you use an overhead smash in badminton?

Unit 3: Volleyball and pickleball

Grade 6

- Describe the hand position when performing the bump.
- What part of the body produces the power to execute the bump?
- What is the best way to communicate to teammates when going to play a ball?
- What is the best positioning for doubles pickleball?
- How can you use your strengths along with your partner in pickleball?

Grade 7

- In order, what three hits should a team use when volleying?
- What direction do you rotate when you are serving?
- Why is it important to use teamwork in doubles?

Grade 8

- How should your hands be placed when performing a set pass?
- When you perform the bump, set, spike what is the optimum height of ball for each skill?
- When setting up your formation what factors should you consider?
- Where do you set up when receiving a serve?
- Why should you stagger your positioning in pickleball?

Unit 4: Rugby and kickball

Grade 6

- What are the two directions the ball can be passed in rugby?
- How should you approach a moving ball to kick

Badminton

- Proper form and technique can increase performance.
- Good communication in doubles can help improve the team's performance.
- Positioning in badminton is an important part of strategy.
- Different types of strikes can be used depending on the skill and position of the opponent.
- Physical and cognitive skills are a part of this game.
- Following the rules and proper team etiquette will increase enjoyment of the sport.

Volleyball

- Volleyball is a lifetime sport and can be played in various settings throughout their lives.
- Mastery of the three basic skills of bump, set, and serve will allow them to enjoy team play in volleyball.
- Following a proper rotation for service is an indication of fair play.
- Application of passing in a game can increase the level of play.

Pickleball

- Sportsmanship is an important part of the game when self-officiating.
- Good communication in doubles can help improve the team's performance.
- Positioning in badminton is an important part of strategy.

it?

- What are the positions and their responsibilities in kickball?

Grade 7

- How do you score a try?
- Why is it important to position yourself according to the person carrying the rugby?
 - What is the objective of the pitcher?
 - What indicators would you use to decide what play to make when fielding?
 - What safety factors are used when playing kickball?

Grade 8

- In rugby is it typical for teammates to play behind or in front of the ball on offense?
- How would a player adjust their body to direct a kick or hit in a particular direction?
- How can understanding the game of wiffle ball help you to understand the rules of baseball?

Fitness Activities

Grade 6

- What is an example of an exercise for cardiovascular endurance?
- What are the muscles of the lower body?
 - What is an example of an exercise that falls under flexibility?
 - What is an example of an exercise that falls under muscular endurance?
 - What are the five components of fitness?

Grade 7

- How many minutes of cardiovascular exercise should be done each day for a healthy lifestyle?
- Which muscle group is responsible for a push up?
- Where are two places you can accurately check your pulse?
- What are examples of exercises for each of the four movement components of fitness?

Grade 8

- What are the health benefits of improved cardiovascular endurance?
- How do you improve your physical fitness level?
- What is the F.I.T.T. Principle?

Rugby

- Rugby is an international sport that comes with it's own culture.
- Efficient movement is beneficial and can create space for the team.
- Utilizing all players by passing effectively will increase the speed of the game.

Kickball

- Learning the rules of kickball can contribute to a better understanding of baseball.
- Effective communication is key when playing the field.
- Base running skills are important in the flow of the game.

Fitness Activities

- Fitness is an ongoing process.
- There are five components of fitness that they will define, practice identifying, learn specific exercises for and apply to their own fitness planning throughout the course of this school year.
- Different exercises are performed to increase the level of each component of fitness.
- 60 Minutes of cardiovascular exercise per day is the recommended amount by the CDC.
- The heart benefits the most from

- What would a sample workout program look like?
- How can you monitor your progression in fitness through the year?

Warm-up Activities

Grade 6

- Why are warm ups an essential part of physical education and before physical activity?
- What components of fitness are used during warm ups?

Grade 7

- Why are dynamic warm ups important?
- What are the different agility line warm ups and why do we perform them?

Grade 8

- How can varying warm ups benefit your physical activity readiness according to the sport we are playing in class?
- Why is it important to use both indoor and outdoor space during warm ups?

Small Group and Cooperative Games

Grade 6

- Why is it important we follow rules in all of the games that we play?
- Why are rules and directions set before beginning activities?

Grade 7

- Why is teamwork and collaboration important in small group and cooperative games?
- How can you apply cooperative games and activities in everyday life?
- How do rules keep you safe?

Grade 8

- How can you use each person on your team?
- Why is communication important during small group and cooperative games?
- What makes a good leader?

cardiovascular exercise.

- The health benefits of cardiovascular exercise include decreased risk for heart disease and diabetes.
- Improving the heart rate improves fitness level
- Staying physically active throughout life will assist in a healthy physical, emotion, and mental state.
- FITT (frequency, intensity, type, time) is an effective exercise style.

Warm-up Activities

- Playing games and team sports can help improve overall physical fitness
- Lead-up games can prepare students to play in team games
- Warming up can help avoid future injuries

Small Group & Cooperative Games

- Positive social interactions and cooperation with peers can help accomplish tasks
- It is important to appreciate different ideas and strategies when problem solving.
- Learning to trust others is essential in being a team player.
- Cooperating with others has a positive impact on everyone involved.
- The social skills learned in this unit can be applied in life, and into adulthood.
- Efficient movement improves performance.

Areas of Focus: Proficiencies (Progress Indicators)	Examples, Outcomes, Assessments
<p>By the end of 8th grade, students should be able to...</p> <p>2.5.8.A.1 Explain and demonstrate the transition of movement skills from isolated settings (i.e., skill practice) into applied settings (i.e., games, sports, dance, and recreational activities).</p> <p>2.5.8.A.2 Apply the concepts of force and motion (weight transfer, power, speed, agility, range of motion) to impact performance.</p> <p>2.5.8.B.1 Compare and contrast the use of offensive, defensive, and cooperative strategies in a variety of settings.</p> <p>2.5.8.B.2 Assess the effectiveness of specific mental strategies applied to improve performance.</p> <p>2.5.6.B.3 Analyze individual and team effectiveness in achieving a goal and make recommendations for improvement.</p> <p>2.5.8.C.1 Assess player behavior for evidence of sportsmanship in individual, small group, and team activities.</p> <p>2.6.8.A.1 Summarize the short- and long-term physical, social, and emotional benefits of regular physical activity.</p>	<p>Instructional Focus:</p> <p>Students will be able to:</p> <ul style="list-style-type: none"> ○ Follow rules and directions in all sporting units through the year. ○ Explain why rules are to be followed. ○ Explain why fair play and teamwork is important. ○ Understand class protocol and understand fair play. ○ Listen to teachers. ○ Play in teams together cooperatively and involve everyone. ○ Transfer skills learned in one activity to another for example the use of defensive or offensive strategies. <p>Interdisciplinary skills:</p> <ul style="list-style-type: none"> ○ Connecting math skills with the amounts of sets and reps. ○ Reading comprehension with illustrations and descriptions of exercises and cues. <p>Sample Assessments:</p> <ul style="list-style-type: none"> ○ Cognitive tests on sports played in class. ○ Cognitive test on fitness. ○ Questioning before during and after activities. ○ Performance based. <p>Projects/Post Assessment:</p> <ul style="list-style-type: none"> ○ Fitness assessments such as the mile run and the beep test. ○ Self monitoring. ○ Skills assessments and improvements. <p>Instructional Strategies</p> <ul style="list-style-type: none"> ● Interdisciplinary Connections: <ul style="list-style-type: none"> ○ Connecting math skills with the amounts of sets and reps. ○ Reading comprehension with illustrations and descriptions of exercises and cues. ● Technology Integration:

- Providing students a google classroom code where rules of the games and other class happenings will be posted.
- Media Literacy Integration
 - Provide articles and research to the google classroom.
 - Posting on gymnasium bulletins. Updating bulletins.
- Global Perspectives
 - Teaching history of sport and physical activities connected to different parts of the world.
 - Connect happenings in class compared to sporting events around the world such as the Olympics, the World Cup and other international events.

Supports for English Language Learners

Sensory Supports	Graphic Supports	Interactive Supports
Real life objects	Charts	In pairs or partners
Manipulatives	Numbered lines	In small groups
Pictures	Tables	In a whole group
Illustrations, diagrams & drawings	Diagrams and schedules	Using cooperative group
Physical activities	Demonstrations	Structures
Videos & Film	Videos	In the home language
Models & Figures	Bulletin boards	Student mentors
		Demonstrations
		Google Classroom

Intervention Strategies

Accomodations	Interventions	Modifications
Allow for verbal responses	Multi-sensory techniques	Modified tasks/expectations
Repeat/confirm directions	Increase task structure (e.g. directions, checks for understanding, feedback)	Differentiated materials
	Increase opportunities to engage in active academic responding	Individualized assessment tools based on student need
		Modified assessment grading