Physical Education

UNIT/PACING CHART

Course: Physical Education 09 Unit: Soccer

| TIMELINE | NJCCCS | SKILLS/ CONTENT OBJECTIVES: Students will be able to | TEACHER'S GUIDE/SUPPLEMENTAL MATERIALS | ASSESSMENTS |
|----------|--|---|---|---|
| 1 day | 2.5.12.A.1 2.5.12.A.2 2.5.12.C.1 2.5.12.C.2 2.5.12.C.3 | Lesson 1: History, rules, safety and terminology Objective: SWBAT: Interpret the history, rules and safety of soccer through class activities. Recall soccer terminology by developing a word wall | Lesson 1: Physical Education Activity Handbook Pages soccer handout Soccer Balls Cones Markers Paper cards pinnies | • Class participation |
| 2 days | 2.5.12.A.2 2.5.12.A.4 2.5.12.B.3 2.5.12.C.2 | Lesson 2: Dribbling, Passing and Trapping Objective: SWBAT: • Execute the proper skill techniques for dribbling, passing, and trapping through skill drill activities | Lesson 2: Physical Education Activity Handbook Pages Soccer Balls Cones pinnies | Class participation Formative Skill Assessment |

| 1 day | 2.5.12.A.2 2.5.12.A.4 2.5.12.B.3 2.5.12.C.2 | Lesson 3: Shooting Objective: SWBAT: • Practice shooting soccer ball into goal through drills and game activities | Lesson 3: Physical Education Activity Handbook Pages Soccer Balls Cones Nets pinnies | Class participation Summative Skill Assessment |
|--------|--|---|---|---|
| 2 days | 2.5.12.A.1 2.5.12.A.2 2.5.12.B.1 2.5.12.B.2 2.5.12.B.3 2.5.12.C.2 | Lesson 4: lead-up activities Objective: SWBAT: • Apply the proper soccer skills through participation in modified games | Lesson 4: Physical Education Activity Handbook Pages Soccer Balls Cones Nets pinnies | • Class participation |
| 3 days | 2.5.12.B.1 2.5.12.B.2 2.5.12.B.3 2.5.12.C.1 | Lesson 5: game/tournament Objective: SWBAT: • Perform the proper soccer skills and apply the rules and regulations of the game through game play. | Lesson 5: Physical Education Activity Handbook Pages Tournament sheet Clock Soccer Balls Nets pinnies | • Class participation |
| 1 day | 2.5.12.A.1 2.5.12.A.2 2.5.12.B.1 2.5.12.B.2 2.5.12.B.3 2.5.12.C.1 2.5.12.C.2 2.5.12.C.3 | End of Unit Assessment | | Written Test |

UNIT/ PACING CHART

Course: Physical Education 09 Section: Softball

| TIMELINE | NJCCCS | SKILLS/ CONTENT OBJECTIVES: Students will be able to | TEACHER'S GUIDE/SUPPLEMENTAL MATERIALS | ASSESSMENTS |
|----------|--|---|--|---|
| 1 day | 2.5.12.A.1 2.5.12.A.2 2.5.12.C.1 2.5.12.C.2 2.5.12.C.3 | Lesson 1: History, rules, safety and terminology Objective: SWBAT: • Interpret the history, rules and safety of softball through class activities. • Recall softball terminology by developing a word wall | Physical Education Activity Handbook Pages Softball handout Softballs Bases Gloves Markers Paper cards | • Class participation |
| 1 day | 2.5.12.A.2 2.5.12.A.4 2.5.12.B.3 2.5.12.C.2 | Lesson 2: Throwing and Catching Objective: SWBAT: • Execute the proper skill techniques for throwing and catching for softball through skill drill activities | Lesson 2: Physical Education Activity Handbook Pages Softball handout Softballs Bases Gloves Markers Paper cards | Class participation Formative Skill Assessment |

| 1 day | 2.5.12.A.2 2.5.12.A.4 2.5.12.B.3 2.5.12.C.2 | Lesson 3: Hitting and Base Running Objective: SWBAT: • Practice hitting and base running for softball through drills and game activities | Lesson 3: Physical Education Activity Handbook Pages Softballs Bases Gloves Markers Paper cards | Class participation Summative Skill Assessment |
|--------|---|---|--|---|
| 2 days | 2.5.12.A.1 2.512.A.2 2.5.12.B.1 2.5.12.B.2 2.5.12.B.3 2.5.12.C.1 2.5.12.C.2 | Descrive: SWBAT: Apply the proper softball skills through participation in modified games Perform the proper skills and apply the rules and regulations of the game of softball through game play Recall the rules and regulations of the game of softball by completing a written test. | Physical Education Activity Handbook Pages Softballs Bases Gloves Markers Paper cards | Class participation Written Test |

PHYSICAL EDUCATION UNIT/PACING CHART GRADE 9

Course: Physical Education 09

Unit: Track and Field

| TIMELINE | NJCCCS | SKILLS/ CONTENT OBJECTIVES: Students will be able to | TEACHER'S GUIDE/SUPPLEMENTAL MATERIALS | ASSESSMENTS |
|----------|--|---|--|---|
| 1 day | 2.5.12.A.1 2.5.12.A.2 2.5.12.C.1 2.5.12.C.2 2.5.12.C.3 | Lesson 1: History, rules, safety and terminology Objective: SWBAT: Interpret the history, rules and safety of track and field through class activities. Recall track and field terminology by developing a word wall | Physical Education Activity Handbook Pages Track and Field handout | • Class participation |
| 1 day | 2.5.12.A.2 2.5.12.A.4 2.5.12.B.3 2.5.12.C.2 | Cobjective: SWBAT: • Execute the proper skill techniques for pushing the shot put through skill drill activities. | Physical Education Activity Handbook Pages Shot put Measuring tape Record sheet | Class participation Summative Skill Assessment |

| 1 day | 2.5.12.A.2 2.5.12.A.4 2.5.12.B.3 2.5.12.C.2 | Lesson 3: Long Jump Objective: SWBAT: • Demonstrate the correct form and control of the skill of jumping by participating in the long jump event. | Lesson 3: Physical Education Activity Handbook Pages Long Jump pit Measuring tape Record sheet | Class participation Summative Skill Assessment |
|--------|--|---|--|---|
| 2 days | 2.5.12.A.1 2.5.12.A.2 2.5.12.B.1 2.5.12.B.2 2.5.12.B.3 2.5.12.C.1 2.5.12.C.2 | Lesson 4: Running Events Objective: SWBAT: Apply the proper skills needed to run the individual running events and hurdles through participation various running activities. Perform the proper skills needed to exchange the baton by participating in class relay. Work cooperatively with classmates to perform a group event. | Lesson 4: Physical Education Activity Handbook Pages Record sheet Stop watch Hurdles | Class participation Summative Assessment |

Physical Education UNIT/PACING CHART

GRADE 9

Course: Physical Education 09

Unit: Flag Football

| TIMELINE | NJCCCS | SKILLS/ CONTENT OBJECTIVES: Students will be able to | TEACHER'S GUIDE/SUPPLEMENTAL MATERIALS | ASSESSMENTS |
|----------|--|---|---|--|
| 1 day | 2.5.12.A.1 2.5.12.A.2 2.5.12.C.1 2.5.12.C.2 2.5.12.C.3 | Lesson 1: History, rules, safety and terminology Objective: SWBAT: • Interpret the history, rules and safety of flag football through class activities. | Lesson 1: Physical Education Activity Handbook Pages Flag football handout Lined field Balls Flags/belts cones | Class participation |
| 1 day | 2.5.12.A.2 2.5.12.A.4 2.5.12.B.3 2.5.12.C.2 | Lesson 2: Receiving/catching Objective: SWBAT: • Execute the proper skill techniques for the football receiving and catching through skill drill activities | Lesson 2: Physical Education Activity Handbook Pages Balls Line field Flags/belts cones | Class participation Formative Skill Assessment |

| 2 days | 2.5.12.A.2 2.5.12.A.4 2.5.12.B.3 2.5.12.C.2 | Lesson 3: Passing/throwing Objective: SWBAT: • Execute the passing and throwing skills of football through drills and game activities | Lesson 3: Physical Education Activity Handbook Pages Balls Line field Flags/belts cones | Class participation Summative Skill Assessment |
|--------|--|--|---|---|
| 2 days | 2.5.12.A.1 2.5.12.A.2 2.5.12.B.1 2.5.12.B.2 2.5.12.B.3 2.5.12.C.2 | Lesson 4: Modified Games Objective: SWBAT: Perform the skills necessary to play flag football by participating in a variety of modified games. | Lesson 4: Physical Education Activity Handbook Pages Balls Line field Flags/belts cones | • Class participation |
| 3 days | 2.5.12.B.1 2.5.12.B.2 2.5.12.B.3 2.5.12.C.1 | Lesson 5: Game/tournament Objective: SWBAT: • Perform the proper flag football skills and apply the rules and regulations of the game through game play. | Lesson 5: Physical Education Activity Handbook Pages Balls Line field Flags/belts cones | • Class participation |
| 1 day | 2.5.12.A.1 2.5.12.A.2 2.5.12.B.1 2.5.12.B.2 2.5.12.B.3 2.5.12.C.1 | End of Unit Assessment | | Written Test |

BRIDGETON PUBLIC SCHOOLS PHYSICAL EDUCATION UNIT/PACING CHART GRADE 9

Course: Physical Education 09

Unit: Team Building/Wall Climbing

| TIMELINE | NJCCCS | SKILLS/ CONTENT OBJECTIVES: Students will be able to | TEACHER'S GUIDE/SUPPLEMENTAL MATERIALS | ASSESSMENTS |
|----------|--|---|--|---------------------|
| 1 day | 2.5.12.A.1 2.5.12.A.2 2.5.12.C.1 2.5.12.C.2 2.5.12.C.3 | Lesson 1: Safety and Terminology Objective: SWBAT: Interpret the safety regulations of wall climbing through class activities. Discuss the terminology used in wall climbing by developing a word wall | Physical Education Activity Handbook Pages Climbing wall handout Cones Markers Paper cards | Class participation |

| 3 days | 2.5.12.A.2 2.5.12.A.4 2.5.12.B.3 2.5.12.C.2 | Lesson 2: Team Building Activities Objective: SWBAT: Accomplish a specific goal by working as a team Demonstrate positive social interactions with peers by showing good sportsmanship and team work skills when performing activities Apply a variety of strategies in game situations by working a team to meet a common goal. | Physical Education Activity Handbook Pages Sheets Aerobic steppers Long jump rope | • Class participation |
|--------|--|--|--|---|
| 1 day | 2.5.12.A.2 2.5.12.A.4 2.5.12.B.3 2.5.12.C.2 | Lesson 3: Harnesses Objective: SWBAT: Correctly put on the climbing harness by working with a partner. Place the harness on safely and securely by participating in harness skill check. | Physical Education Activity Handbook Pages Harnesses Skill sheet | Class participation Summative Assessment |

| 1 day | 2.5.12.A.2 2.5.12.A.4 2.5.12.B.3 2.5.12.C.2 | Lesson 4: Commands Objective: SWBAT: • Recite the appropriate commands for belaying and climbing the wall by participating in command activities. • Discuss and practice the roles and responsibilities of the participants in wall climbing activities by working in group activity. | Physical Education Activity Handbook Pages Harnesses Command sheet | Class participation Summative Skill Assessment |
|--------|--|--|--|---|
| 3 days | 2.5.12.B.1 2.5.12.B.2 2.5.12.B.3 2.5.12.C.1 | Lesson 5: Wall Climbing Objective: SWBAT: Apply the proper skills and command need to climb the rock wall by participating in wall climbing activity. Demonstrate the roles and responsibilities of the participants in wall climbing activities by following climbing commands and safety regulations. | Lesson 5: • Physical Education Activity Handbook Pages • Harnesses • Command sheet • | • Class participation |
| 1 day | 2.5.12.A.1 2.5.12.A.2 2.5.12.B.1 2.5.12.B.2 2.5.12.B.3 2.5.12.C.1 | End of Unit Assessment | | Written Test |

Physical Education

UNIT/PACING CHART

Course: Physical Education 09 Unit: Volleyball

| TIMELINE | NJCCCS | SKILLS/ CONTENT OBJECTIVES: Students will be able to | TEACHER'S GUIDE/SUPPLEMENTAL MATERIALS | ASSESSMENTS |
|----------|--|---|--|---|
| 1 day | 2.5.12.A.1 2.5.12.A.2 2.5.12.C.1 2.5.12.C.2 2.5.12.C.3 | Lesson 1: History, rules, safety and terminology Objective: SWBAT: • Interpret the history, rules and safety of volleyball through class activities. • Recall volleyball terminology by developing a word wall | Name of Resource and Page #'s Physical Education Activity Handbook Pages Volleyball handout Nets Balls Markers Paper cards | Class participation |
| 1 day | 2.5.12.A.2 2.5.12.A.4 2.5.12.B.3 2.5.12.C.2 | Cobjective: SWBAT: • Execute the proper skill techniques for the volleyball serve through skill drill activities | Name of Resource and Page #'s Physical Education Activity Handbook Pages Nets Balls cones | Class participation Formative Skill Assessment |

| 1 day | 2.5.12.A.2 2.5.12.A.4 2.5.12.B.3 2.5.12.C.2 | Lesson 3: Bump/Forearm pass and Set/Overhead pass Objective: SWBAT: • Practice the bump and set skills through drills and game activities | Name of Resource and Page #'s • Physical Education Activity Handbook Pages • Nets • Balls • cones | Class participation Summative Skill Assessment |
|--------|--|---|--|---|
| 3 days | 2.5.12.A.1 2.5.12.A.2 2.5.12.B.1 2.5.12.B.2 2.5.12.B.3 2.5.12.C.2 | Lesson 4: lead-up activities Objective: SWBAT: • Apply the proper volleyball skills through participation in modified games | Name of Resource and Page #'s • Physical Education Activity Handbook Pages • Nets • Balls • cones | • Class participation |
| 3 days | 2.5.12.B.1 2.5.12.B.2 2.5.12.B.3 2.5.12.C.1 | Lesson 5: game/tournament Objective: SWBAT: • Perform the proper skill and apply the rules and regulations of the game through game play. | Name of Resource and Page #'s • Physical Education Activity Handbook Pages • Nets • Balls • Tournament sheet • clock | • Class participation |
| 1 day | 2.5.12.A.1 2.5.12.A.2 2.5.12.B.1 2.5.12.B.2 2.5.12.B.3 2.5.12.C.1 | End of Unit Assessment | | Written Test |

Physical Education

UNIT/PACING CHART

GRADE 9

Course: Physical Education 09

Unit: Basketball

| TIMELINE | NJCCCS | SKILLS/ CONTENT OBJECTIVES: Students will be able to | TEACHER'S GUIDE/SUPPLEMENTAL MATERIALS | ASSESSMENTS |
|----------|--|---|---|---|
| 1 day | 2.5.12.A.1 2.5.12.A.2 2.5.12.C.1 2.5.12.C.2 2.5.12.C.3 | Lesson 1: History, rules, safety and terminology Objective: SWBAT: Interpret the history, rules and safety of basketball through class activities. Recall basketball terminology by developing a word wall | Physical Education Activity Handbook Pages basketball handout Courts Balls Markers Paper cards | • Class participation |
| 1 day | 2.5.12.A.2 2.5.12.A.4 2.5.12.B.3 2.5.12.C.2 | Lesson 2: Dribbling and Passing Objective: SWBAT: • Execute the proper skill techniques for the basketball dribbling and passing through skill drill activities | Lesson 2: Physical Education Activity Handbook Pages Courts Balls cones | Class participation Summative Skill Assessment |

| 1 day 2.5.12.A.2 2.5.12.A.4 2.5.12.B.3 2.5.12.C.2 | Cobjective: SWBAT: Practice the lay-up, jump shot and fall shot through drills and game activities | Physical Education Activity Handbook Pages Courts Balls cones | Class participation Summative Skill Assessment |
|---|---|--|---|
|---|---|--|---|

| 3 days | 2.5.12.A.1 2.5.12.A.2 2.5.12.B.1 2.5.12.B.2 2.5.12.B.3 2.5.12.C.2 | Lesson 4: lead-up activities Objective: SWBAT: • Apply the proper basketball skills through participation in modified games | Lesson 4: Physical Education Activity Handbook Pages Courts Balls Cones pinnies | • Class participation |
|--------|--|---|---|-----------------------|
| 3 days | 2.5.12.B.1 2.5.12.B.2 2.5.12.B.3 2.5.12.C.1 | Lesson 5: game/tournament Objective: SWBAT: • Perform basketball the proper skills and apply the rules and regulations of the game through game play. | Lesson: 5 • Physical Education Activity Handbook Pages • Courts • Balls • pinnies • Tournament sheet • clock | • Class participation |
| 1 day | 2.5.12.A.1 2.5.12.A.2 2.5.12.B.1 2.5.12.B.2 2.5.12.B.3 2.5.12.C.1 | End of Unit Assessment | | • Written Test |

Physical Education

UNIT/PACING CHART

GRADE 9

Course: Physical Education 09 Unit: Interactive Games

| TIMELINE 1 day | 2.5.12.A.1 2.5.12.A.2 2.5.12.C.1 2.5.12.C.2 2.5.12.C.3 | SKILLS/ CONTENT OBJECTIVES: Students will be able to Lesson 1: History/Origin Objective: SWBAT: Interpret the history/origin of interactive game. Understand the basic | TEACHER'S GUIDE/SUPPLEMENTAL MATERIALS Lesson 1: Physical Education Activity Handbook Pages Cones/lines Balls(soccer, polo hockey, gator) | • Class participation |
|-----------------|--|---|---|-----------------------|
| 1 day | 2.5.12.A.2 2.5.12.A.4 2.5.12.B.3 2.5.12.C.2 | fundamentals and terminology of interactive game. Lesson 2: Introduction of Activity Objective: SWBAT: • Execute a variety of manipulative skills by participating in interactive games. | Sticks goals Lesson 2: Physical Education Activity Handbook Pages Cones/lines Balls(soccer, polo hockey, gator) Sticks goals | Class participation |

| 2 days | 2.5.12.A.1 2.5.12.A.2 2.5.12.B.1 2.5.12.B.2 2.5.12.B.3 2.5.12.C.2 | Lesson 3: Lead-up activities Objective: SWBAT: Practice various skills and techniques by participating in interactive games. Demonstrate the proper rules and regulations of each interactive game by participating lead-up activities. | Physical Education Activity Handbook Pages Cones/lines Balls(soccer, polo hockey, gator) Sticks goals | • Class participation |
|--------|--|--|---|---|
| 6 days | 2.5.12.A.1 2.5.12.A.2 2.5.12.B.1 2.5.12.B.2 2.5.12.B.3 2.5.12.C.1 2.5.12.C.2 | Lesson 4: Activity Objective: SWBAT: Apply the proper skills, techniques and strategies by participating in game play. | Physical Education Activity Handbook Pages Cones/lines Balls(soccer, polo hockey, gator) Sticks goals | Class participation Summative Assessment |

Physical Education

UNIT/PACING CHART

GRADE 9

Course: Physical Education 09

Unit: Rhythms

| TIMELINE | NJCCCS | SKILLS/ CONTENT OBJECTIVES: Students will be able to | TEACHER'S GUIDE/SUPPLEMENTAL MATERIALS | ASSESSMENTS |
|----------|--|--|---|-----------------------|
| 1 day | 2.5.12.A.1 2.5.12.A.2 2.5.12.A.3 2.5.12.C.1 2.5.12.C.2 2.5.12.C.3 | Lesson 1: History/Origin Objective: SWBAT: Interpret the history/origin of square dancing. Understand the basic fundamentals and terminology of square dancing. | Physical Education Activity Handbook Pages Record player Cones/lines Records | • Class participation |
| 1 day | 2.5.12.A.2 2.5.12.A.3 2.5.12.A.4 2.5.12.B.3 2.5.12.C.2 | Lesson 2: Introduction of dance/activity Objective: SWBAT: • Execute a variety of square dancing movement patterns by participating in class square dancing activities. | Physical Education Activity Handbook Pages Record player Cones/lines Records | • Class participation |

| 2 days | 2.5.12.A.2 2.5.12.A.4 2.5.12.B.3 2.5.12.C.2 | Lesson 3: Dance/activity sequences Objective: SWBAT: Practice square dancing movement patterns with partners by participating in dance activity. Coordinate movement patterns with music by participating with partners and whole group dance | Physical Education Activity Handbook Pages Record player Cones/lines Records | • Class participation |
|--------|--|--|---|---|
| 1 day | 2.5.12.A.1 2.5.12.A.2 2.5.12.B.1 2.5.12.B.2 2.5.12.B.3 2.5.12.C.1 | Apply the proper movement patterns and sequence by presenting dance to audience. | Lesson 4: • Physical Education Activity Handbook Pages • Record player • Cones/lines • Records | Class participation Summative Assessment |