

BRIDGETON PUBLIC SCHOOLS
PHYSICAL EDUCATION
UNIT/PACING CHART
GRADE 10

Unit: Star ball

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: <ul style="list-style-type: none"> • Interpret the history, rules and safety of starball through class activities. • Recall starball terminology by developing a word wall 	Lesson 1: <ul style="list-style-type: none"> • Physical Education Activity Handbook Pages • Starball handout • Nets • Paddles • Balls • Markers • Paper cards 	<ul style="list-style-type: none"> • 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: Serving Objective: SWBAT: <ul style="list-style-type: none"> • Execute the proper skill techniques for the starball serve through skill drill activities 	Lesson 2: <ul style="list-style-type: none"> • Physical Education Activity Handbook Pages • Nets • Paddles • Balls • cones 	<ul style="list-style-type: none"> • 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: Backhand and forehand Objective: SWBAT: <ul style="list-style-type: none"> Practice the backhand and forehand skills through drills and game activities 	Lesson 3: <ul style="list-style-type: none"> Physical Education Activity Handbook Pages Nets Paddles Balls cones 	<ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> Serve the starball into service area by completing a skill check. Apply the proper starball skills through participation in modified games 	Lesson 4: <ul style="list-style-type: none"> Physical Education Activity Handbook Pages Nets Paddles Balls cones 	<ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> Exhibit game strategies by communicating with partner during game play. Perform the proper skill and apply the rules and regulations of the game through game play. 	Lesson 5: <ul style="list-style-type: none"> Physical Education Activity Handbook Pages Nets Paddles Balls 	<ul style="list-style-type: none"> 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		<ul style="list-style-type: none"> Written Test

**PHYSICAL EDUCATION
UNIT/PACING CHART
GRADE 10**

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: <ul style="list-style-type: none"> • Interpret the history, rules and safety of flag football through class activities. 	Lesson 1: <ul style="list-style-type: none"> • Physical Education Activity Handbook Pages • Flag football handout • Lined field • Balls • Flags/belts • cones 	<ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • Execute the proper skill techniques for the football receiving and catching through skill drill activities 	Lesson 2: <ul style="list-style-type: none"> • Physical Education Activity Handbook Pages • Balls • Line field • Flags/belts • cones 	<ul style="list-style-type: none"> • Class participation • Summative Skill Assessment

<p>1 day</p>	<p>2.5.12.A.2 2.5.12.A.4 2.5.12.B.3 2.5.12.C.2</p>	<p>Lesson 3: Passing/throwing Objective: SWBAT:</p> <ul style="list-style-type: none"> • Execute the passing and throwing skills of football through drills and game activities 	<p>Lesson 3:</p> <ul style="list-style-type: none"> • Physical Education Activity Handbook Pages • Balls • Line field • Flags/belts • cones 	<ul style="list-style-type: none"> • Class participation • Formative Skill Assessment
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2 days	2.5.12.A.2 2.5.12.A.4 2.5.12.B.3 2.5.12.C.2	Lesson 4: Offense and defense positions Objective: SWBAT: <ul style="list-style-type: none"> • Identify the role of different positions through class drills. • Perform the positions of offense and defense in flag football through participation in modified games 	Lesson 4: <ul style="list-style-type: none"> • Physical Education Activity Handbook Pages • Balls • Line field • Flags/belts • cones 	<ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • Perform the proper flag football skills and apply the rules and regulations of the game through game play. • Establish game strategies by working as team to score a touchdown. 	Lesson 5: <ul style="list-style-type: none"> • Physical Education Activity Handbook Pages • Balls • Line field • Flags/belts • cones 	<ul style="list-style-type: none"> • 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		<ul style="list-style-type: none"> • Written Test

BRIDGETON PUBLIC SCHOOLS
PHYSICAL EDUCATION
UNIT/PACING CHART
GRADE 10

Unit: Weight Training

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 and Safety of Weight Training Objective: SWBAT: <ul style="list-style-type: none"> • Interpret the history of weight training. • Understand the basic equipment and personal safety procedures when weight training by demonstration and discussions of the activity. 	Lesson 1: <ul style="list-style-type: none"> • Physical Education Activity Handbook Pages • Weight Room • Weight Training equipment • Weight Training Cards • Music 	<ul style="list-style-type: none"> • 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: Introduction of equipment Objective: SWBAT: <ul style="list-style-type: none"> • Identify each piece of equipment and describe the body parts that are trained by participating in teacher/student demonstrations. 	Lesson 2: <ul style="list-style-type: none"> • Physical Education Activity Handbook Pages • Weight Room • Weight Training equipment • Weight Training Cards • Music 	<ul style="list-style-type: none"> • Class participation

<p>5 days</p>	<p>2.5.12.A.2 2.5.12.A.4 2.5.12.B.3 2.5.12.C.2</p>	<p>Lesson 3: Weight Training Circuit</p> <p>Objective: SWBAT:</p> <ul style="list-style-type: none"> • Operate weight training equipment by participating in circuit activities. • Adjust the number of sets and repetitions when weight training based on individual needs by keeping a log of circuit activities. 	<p>Lesson 3:</p> <ul style="list-style-type: none"> • Physical Education Activity Handbook Pages • Weight Room • Weight Training equipment • Weight Training Cards • Music 	<ul style="list-style-type: none"> • Class participation
<p>2 days</p>	<p>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</p>	<p>Lesson 4: Evaluation of Personal Weight Training Goals</p> <p>Objective: SWBAT:</p> <ul style="list-style-type: none"> • Modify their weight training program by reviewing circuit training log and making need adjustments for future individual success • Participate in weight training circuit. 	<p>Lesson 4:</p> <ul style="list-style-type: none"> • Physical Education Activity Handbook Pages • Weight Room • Weight Training equipment • Weight Training Cards • Music 	<ul style="list-style-type: none"> • Class participation • Summative Assessment

BRIDGETON PUBLIC SCHOOLS
PHYSICAL EDUCATION
UNIT/PACING CHART
GRADE 10

Unit: Tennis

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: <ul style="list-style-type: none"> • Interpret the history, rules and safety of tennis through class activities. 	Lesson 1: <ul style="list-style-type: none"> • Physical Education Activity Handbook Pages • Tennis Handout • Balls • Courts • rackets 	<ul style="list-style-type: none"> • Teacher observation • 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: Forehand and Backhand Objective: SWBAT: <ul style="list-style-type: none"> • Execute the proper skill techniques of the forehand and backhand in tennis through skill drill activities 	Lesson 2: <ul style="list-style-type: none"> • Physical Education Activity Handbook Pages • Balls • Courts • rackets 	<ul style="list-style-type: none"> • Teacher observation • 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: Serve Objective: SWBAT: <ul style="list-style-type: none"> • Execute the serve in tennis by participating in drills and game activities 	Lesson 3: <ul style="list-style-type: none"> • Physical Education Activity Handbook Pages • Balls • Courts • rackets 	<ul style="list-style-type: none"> • Class participation • Formative 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	Lesson 4: Lead-up games/skills Objective: SWBAT: <ul style="list-style-type: none"> • Perform the skills of volley, lob and overhead smash in tennis through participation in modified games. • Apply the appropriate scoring method to a tennis match by participating in a demonstrate tennis match. 	Lesson 4: <ul style="list-style-type: none"> • Physical Education Activity Handbook Pages • Balls • Courts • rackets 	<ul style="list-style-type: none"> • 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 play Objective: SWBAT: <ul style="list-style-type: none"> • Perform the proper tennis skills and apply scoring procedures of the game tennis through game play. 	Lesson 5: <ul style="list-style-type: none"> • Physical Education Activity Handbook Pages • Balls • Courts • rackets 	<ul style="list-style-type: none"> • 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		<ul style="list-style-type: none"> • Written Test

BRIDGETON PUBLIC SCHOOLS

Physical Education

UNIT/PACING CHART

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: <ul style="list-style-type: none"> • Interpret the history, rules and safety of volleyball through class activities. • Recall volleyball terminology by developing a word wall 	Lesson 1: <ul style="list-style-type: none"> • Physical Education Activity Handbook Pages • Volleyball handout • Nets • Balls • Markers • Paper cards 	<ul style="list-style-type: none"> • 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: Serving Objective: SWBAT: <ul style="list-style-type: none"> • Execute the proper skill techniques for the volleyball serve through skill drill activities 	Lesson 2: <ul style="list-style-type: none"> • Physical Education Activity Handbook Pages • Nets • Balls • cones 	<ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> Practice the bump and set skills through drills and game activities 	Lesson 3: <ul style="list-style-type: none"> Physical Education Activity Handbook Pages Nets Balls cones 	<ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> Apply the proper volleyball skills through participation in modified games 	Lesson 4: <ul style="list-style-type: none"> Physical Education Activity Handbook Pages Nets Balls cones 	<ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> Perform the proper skill and apply the rules and regulations of the game through game play. 	Lesson 5: <ul style="list-style-type: none"> Physical Education Activity Handbook Pages Nets Balls Tournament sheet clock 	<ul style="list-style-type: none"> 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		<ul style="list-style-type: none"> Written Test

BRIDGETON PUBLIC SCHOOLS

Physical Education

UNIT/PACING CHART

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: <ul style="list-style-type: none"> • Interpret the history, rules and safety of basketball through class activities. • Recall basketball terminology by developing a word wall 	Lesson 1: <ul style="list-style-type: none"> • Physical Education Activity Handbook Pages • basketball handout • Courts • Balls • Markers • Paper cards 	<ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • Execute the proper skill techniques for the basketball dribbling and passing through skill drill activities 	Lesson 2: <ul style="list-style-type: none"> • Physical Education Activity Handbook Pages • Courts • Balls • cones 	<ul style="list-style-type: none"> • 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: Shooting Objective: SWBAT: <ul style="list-style-type: none"> Practice the lay-up, jump shot and fall shot through drills and game activities 	Lesson 3: <ul style="list-style-type: none"> Physical Education Activity Handbook Pages Courts Balls cones 	<ul style="list-style-type: none"> Class participation Formative 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: <ul style="list-style-type: none"> Apply the proper basketball skills through participation in modified games 	Lesson 4: <ul style="list-style-type: none"> Physical Education Activity Handbook Pages Courts Balls Cones pinnies 	<ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> Perform basketball the proper skills and apply the rules and regulations of the game through game play. 	Lesson 5: <ul style="list-style-type: none"> Physical Education Activity Handbook Pages Courts Balls pinnies Tournament sheet clock 	<ul style="list-style-type: none"> 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		<ul style="list-style-type: none"> Written Test

BRIDGETON PUBLIC SCHOOLS
PHYSICAL EDUCATION
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GRADE 10

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: <ul style="list-style-type: none"> • Interpret the history/origin of square dancing. • Understand the basic fundamentals and terminology of square dancing. 	Lesson 1: <ul style="list-style-type: none"> • Physical Education Activity Handbook Pages • Record player • Cones/lines • Records 	<ul style="list-style-type: none"> • Teacher observation • 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: <ul style="list-style-type: none"> • Execute a variety of square dancing movement patterns by participating in class square dancing activities. 	Lesson 2: <ul style="list-style-type: none"> • Physical Education Activity Handbook Pages • Record player • Cones/lines • Records 	<ul style="list-style-type: none"> • Teacher observation • Class participation

<p>2 days</p>	<p>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</p>	<p>Lesson 3: Dance/activity sequences</p> <p>Objective: SWBAT:</p> <ul style="list-style-type: none"> • 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 activity. 	<p>Lesson 3:</p> <ul style="list-style-type: none"> • Physical Education Activity Handbook Pages • Record player • Cones/lines • Records 	<ul style="list-style-type: none"> • Teacher observation • Class participation
<p>1 day</p>	<p>2.5.12.A.1 2.5.12.A.2 2.5.12.A.3 2.5.12.B.1 2.5.12.B.2 2.5.12.B.3 2.5.12.C.1</p>	<p>Lesson 4: Presentation of dance/activity</p> <p>Objective: SWBAT:</p> <ul style="list-style-type: none"> • Apply the proper movement patterns and sequence by presenting dance to audience. 	<p>Lesson 4:</p> <ul style="list-style-type: none"> • Physical Education Activity Handbook Pages • Record player • Cones/lines • Records 	<ul style="list-style-type: none"> • Teacher observation • Class participation • Summative Assessment

BRIDGETON PUBLIC SCHOOLS
PHYSICAL EDUCATION
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GRADE 10

Unit: Interactive Games

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/Origin Objective: SWBAT: <ul style="list-style-type: none"> • Interpret the history/origin of interactive game. • Understand the basic fundamentals and terminology of interactive game. 	Lesson 1: <ul style="list-style-type: none"> • Physical Education Activity Handbook Pages • Cones/lines • Balls(soccer, polo hockey, gator) • Sticks • goals 	<ul style="list-style-type: none"> • 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: Introduction of Activity Objective: SWBAT: <ul style="list-style-type: none"> • Execute a variety of manipulative skills by participating in interactive games. 	Lesson 2: <ul style="list-style-type: none"> • Physical Education Activity Handbook Pages • Cones/lines • Balls(soccer, polo hockey, gator) • Sticks • goals 	<ul style="list-style-type: none"> • Class participation

<p>3 days</p>	<p>2.5.12.A.1 2.5.12.A.2 2.5.12.A.4 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</p>	<p>Lesson 3: Activity</p> <p>Objective: SWBAT:</p> <ul style="list-style-type: none"> • Apply the proper skills, techniques and strategies by participating in game play. 	<p>Lesson 3:</p> <ul style="list-style-type: none"> • Physical Education Activity Handbook Pages • Cones/lines • Balls(soccer, polo hockey, gator) • Sticks • goals 	<ul style="list-style-type: none"> • Class participation • Summative Assessment
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