

BRIDGETON PUBLIC SCHOOLS
PHYSICAL EDUCATION
UNIT/PACING CHART
GRADE 11

Course: Physical Education 11

Unit: Golf

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 golf through class activities. • Recall golf terminology by developing a word wall 	Lesson 1: <ul style="list-style-type: none"> • Physical Education Activity Handbook Pages • Golf handout • Clubs • Wiffle balls 	<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: Chip and put Objective: SWBAT: <ul style="list-style-type: none"> • Execute the proper mechanical techniques for chipping and putting the golf ball through teacher demonstration and skill drill activities 	Lesson 2: <ul style="list-style-type: none"> • Physical Education Activity Handbook Pages • Golf handout • Clubs • Wiffle balls 	<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: Drive Objective: SWBAT: <ul style="list-style-type: none"> Practice driving the golf ball through drills and game activities 	Lesson 3: <ul style="list-style-type: none"> Physical Education Activity Handbook Pages Clubs Wiffle balls 	<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"> Exhibit the proper skill of hitting a golf ball through skill check activity. Apply the proper golf swings(chip, put, drive) through participation in modified games 	Lesson 4: <ul style="list-style-type: none"> Physical Education Activity Handbook Pages Clubs Wiffle balls Cones Skill Check Sheet 	<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: Games Objective: SWBAT: <ul style="list-style-type: none"> Measure distance of golf ball by driving the ball for distance. Apply the proper skill technique of driving the golf ball for distance by participating in a modified course. 	Lesson 5: <ul style="list-style-type: none"> Physical Education Activity Handbook Pages Clubs Restricted flight balls 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

**PHYSICAL EDUCATION
UNIT/PACING CHART
GRADE 11**

Course: Physical Education 11

Unit: Floor 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	<p>Lesson 1: History, rules, safety and terminology</p> <p>Objective: SWBAT:</p> <ul style="list-style-type: none"> • Interpret the history, rules and safety of floor tennis through class activities. • Recall floor tennis terminology by developing a word wall 	<p>Lesson 1:</p> <ul style="list-style-type: none"> • Physical Education Activity Handbook Pages • Floor tennis handout • Nets • Paddles • Balls • Markers • Paper cards 	<ul style="list-style-type: none"> • Class participation
2 day	2.5.12.A.2 2.5.12.A.4 2.5.12.B.3 2.5.12.C.2	<p>Lesson 2: Serving</p> <p>Objective: SWBAT:</p> <ul style="list-style-type: none"> • Execute the proper skill techniques for the floor tennis serve through skill drill activities 	<p>Lesson 2:</p> <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

<p>2 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: Backhand and forehand</p> <p>Objective: SWBAT:</p> <ul style="list-style-type: none"> Practice the backhand and forehand skills through drills and game activities 	<p>Lesson 3:</p> <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
<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.2</p>	<p>Lesson 4: Lead-up activities</p> <p>Objective: SWBAT:</p> <ul style="list-style-type: none"> Demonstrate the floor tennis serve by completing a floor tennis skill test. Apply the proper floor tennis skills through participation in modified games 	<p>Lesson 4:</p> <ul style="list-style-type: none"> Physical Education Activity Handbook Pages Nets Paddles Balls Cones Skill check sheet 	<ul style="list-style-type: none"> Class participation
<p>3 days</p>	<p>2.5.12.B.1 2.5.12.B.2 2.5.12.B.3 2.5.12.C.1</p>	<p>Lesson 5: Game/tournament</p> <p>Objective: SWBAT:</p> <ul style="list-style-type: none"> Perform the proper skill and apply the rules and regulations of the game through game play. 	<p>Lesson 5:</p> <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 11**

Course: Physical Education 11

Unit: Badminton

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 badminton through class activities. • Recall badminton terminology by developing a word wall 	Lesson 1: <ul style="list-style-type: none"> • Physical Education Activity Handbook Pages • badminton handout • nets • rackets • birdies • cones 	<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: Serving Objective: SWBAT: <ul style="list-style-type: none"> • Execute the proper skill techniques for the badminton serve through skill drill activities 	Lesson 2: <ul style="list-style-type: none"> • Physical Education Activity Handbook Pages • Nets • rackets • birdies • cones 	<ul style="list-style-type: none"> • Class participation • Formal 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: 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 rackets birdies cones 	<ul style="list-style-type: none"> 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 4: lead-up activities Objective: SWBAT: <ul style="list-style-type: none"> Demonstrate the floor tennis serve by completing a floor tennis skill test. Apply the proper badminton skills through participation in modified games 	Lesson 4: <ul style="list-style-type: none"> Physical Education Activity Handbook Pages Nets rackets birdies Skill Sheet 	<ul style="list-style-type: none"> Class participation Summative Skill Assessment
3 days	2.5.12.B.1 2.5.12.B.2 2.5.12.B.3 2.5.23.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 rackets birdies 	<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 11

Course: Physical Education 11

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	<p>Lesson 1: History, rules, safety and terminology</p> <p>Objective: SWBAT:</p> <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 	<p>Lesson 1:</p> <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	<p>Lesson 2: Serving</p> <p>Objective: SWBAT:</p> <ul style="list-style-type: none"> • Execute the proper skill techniques for the volleyball serve through skill drill activities 	<p>Lesson 2:</p> <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 volleyball 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 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	1 day	<ul style="list-style-type: none"> written test

BRIDGETON PUBLIC SCHOOLS

Physical Education

UNIT/PACING CHART

GRADE 11

Course: Physical Education 11

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 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 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

UNIT/PACING CHART

Course: Physical Education 11

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"> • 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"> • 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"> • 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</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. • Recall square dancing origin, terminology, and movements by completing end of unit assessment. 	<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"> • Class participation • Written Test

**PHYSICAL EDUCATION
UNIT/PACING CHART
GRADE 11**

Course: Physical Education 11

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	<p>Lesson 1: History and Safety of Weight Training</p> <p>Objective: SWBAT:</p> <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. 	<p>Lesson 1:</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"> • Teacher observation • Class participation
2 days	2.5.12.A.2 2.5.12.A.4 2.5.12.B.3 2.5.12.C.2	<p>Lesson 2: Introduction of equipment</p> <p>Objective: SWBAT:</p> <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. 	<p>Lesson 2:</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"> • Teacher observation • 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"> • Teacher observation • 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 • Evaluate knowledge of weight training by completing a written assessment. 	<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"> • Teacher observation • Class participation • Written Test