

# BRIDGETON PUBLIC SCHOOLS

## Physical Education

### UNIT/PACING CHART

Course: Physical Education 12

Unit: 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	<b>Lesson 1: History, rules, safety and terminology</b>  <b>Objective: SWBAT:</b> <ul style="list-style-type: none"> <li>• Interpret the history, rules and safety of softball through class activities.</li> <li>• Recall softball terminology by developing a word wall</li> </ul>	<b>Lesson 1</b> <ul style="list-style-type: none"> <li>• Physical Education Activity Handbook Pages</li> <li>• Softball handout</li> <li>• Softballs</li> <li>• Bases</li> <li>• Gloves</li> <li>• Markers</li> <li>• Paper cards</li> </ul>	<ul style="list-style-type: none"> <li>• Class participation</li> </ul>
1 day	2.5.12.A.2 2.5.12.A.4 2.5.12.B.3 2.5.12.C.2	<b>Lesson 2: Throwing and Catching</b> <b>Objective: SWBAT:</b> <ul style="list-style-type: none"> <li>• Execute the proper skill techniques for throwing and catching for softball through skill drill activities</li> </ul>	<b>Lesson 2</b> <ul style="list-style-type: none"> <li>• Physical Education Activity Handbook Pages</li> <li>• Softball handout</li> <li>• Softballs</li> <li>• Bases</li> <li>• Gloves</li> <li>• Markers</li> <li>• Paper cards</li> </ul>	<ul style="list-style-type: none"> <li>• Class participation</li> <li>• Skills Check (Formative Assessment)</li> </ul>

<p><b>1 day</b></p>	<p>2.5.12.A.2 2.5.12.A.4 2.5.12.B.3 2.5.12.C.2</p>	<p><b>Lesson 3: Hitting and Base Running</b></p> <p><b>Objective: SWBAT:</b></p> <ul style="list-style-type: none"> <li>• Practice hitting and base running for softball through drills and game activities</li> </ul>	<p><b>Lesson 3</b></p> <ul style="list-style-type: none"> <li>• Physical Education Activity Handbook Pages</li> <li>• Softballs</li> <li>• Bases</li> <li>• Gloves</li> <li>• Markers</li> <li>• Paper cards</li> </ul>	<ul style="list-style-type: none"> <li>• Class participation</li> <li>• Skill Check (Summative Assessment)</li> </ul>
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<p><b>3 days</b></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 2.5.12.C.2</p>	<p><b>Lesson 4: lead-up activities/ games</b></p> <p><b>Objective: SWBAT:</b></p> <ul style="list-style-type: none"> <li>• Apply the proper softball skills through participation in modified games</li> <li>• Perform the proper skills and apply the rules and regulations of the game of softball through game play</li> <li>• Recall the rules and regulations of the game of softball by completing a written test.</li> </ul>	<p><b>Lesson 4</b></p> <ul style="list-style-type: none"> <li>• Physical Education Activity Handbook Pages</li> <li>• Softballs</li> <li>• Bases</li> <li>• Gloves</li> <li>• Markers</li> <li>• Paper cards</li> </ul>	<ul style="list-style-type: none"> <li>• Class Participation</li> </ul>
<p><b>3 days</b></p>	<p>2.5.12.B.1 2.5.12.B.2 2.5.12.B.3 2.5.12.C.1</p>	<p><b>Lesson 5: Game/Tournament</b></p> <p><b>Objective: SWBAT:</b></p> <ul style="list-style-type: none"> <li>• Perform the proper skills and apply the rules and regulations of the game of softball through game play.</li> <li>• Apply team developed strategies by working cooperatively during softball tournament.</li> </ul>	<p><b>Lesson 5</b></p> <ul style="list-style-type: none"> <li>• Physical Education Activity Handbook Pages</li> <li>• Softballs</li> <li>• Bases</li> <li>• Gloves</li> <li>• Markers</li> <li>• Paper cards</li> </ul>	<ul style="list-style-type: none"> <li>• Class Participation</li> </ul>
<p><b>1 day</b></p>	<p>2.5.12.A.1-2 2.5.12.B.1-3 2.5.12.C.1</p>	<p><b>End of Unit Assessment</b></p>		<ul style="list-style-type: none"> <li>• Written Test</li> </ul>

**BRIDGETON PUBLIC SCHOOLS**

**Physical Education**

**UNIT/PACING CHART**

**Course: Physical Education 12**

**Unit: Archery**

<b>TIMELINE</b>	<b>NJCCCS</b>	<b>SKILLS/ CONTENT OBJECTIVES: Students will be able to</b>	<b>TEACHER'S GUIDE/SUPPLEMENTAL MATERIALS</b>	<b>ASSESSMENTS</b>
<b>1 day</b>	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><b>Lesson 1: History, rules, safety and terminology</b></p> <p><b>Objective: SWBAT:</b></p> <ul style="list-style-type: none"> <li>• Interpret the history, rules and safety of archery through class activities.</li> <li>• Recall archery terminology by developing a word wall</li> </ul>	<p><b>Lesson 1</b></p> <ul style="list-style-type: none"> <li>• Physical Education Activity Handbook Pages</li> <li>• Archery handout</li> <li>• Bows</li> <li>• Arrows</li> <li>• Quivers</li> </ul>	<ul style="list-style-type: none"> <li>• Class participation</li> </ul>
<b>1 day</b>	2.5.12.A.2 2.5.12.A.4 2.5.12.B.3 2.5.12.C.1 2.5.12.C.2	<p><b>Lesson 2: Knocking Arrow</b></p> <p><b>Objective: SWBAT:</b></p> <ul style="list-style-type: none"> <li>• Execute the proper skill techniques for knocking the arrow through skill drill activities</li> </ul>	<p><b>Lesson 2</b></p> <ul style="list-style-type: none"> <li>• Physical Education Activity Handbook Pages</li> <li>• Bows</li> <li>• Arrows</li> </ul>	<ul style="list-style-type: none"> <li>• Class participation</li> <li>• Knocking skill check (Formative Assessment)</li> </ul>

<b>1 day</b>	2.5.12.A.2 2.5.12.A.4 2.5.12.B.3 2.5.12.C.1 2.5.12.C.2	<b>Lesson 3: Shooting Stance / Release Command</b>  <b>Objective: SWBAT:</b> <ul style="list-style-type: none"> <li>Practice knocking arrows and shooting by following teacher shooting commands.</li> </ul>	<b>Lesson 3</b> <ul style="list-style-type: none"> <li>Physical Education Activity Handbook Pages</li> <li>Bows</li> <li>Arrows</li> <li>Quivers</li> <li>Targets</li> </ul>	<ul style="list-style-type: none"> <li>Class participation</li> </ul>
<b>3 days</b>	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	<b>Lesson 4: Shooting Activities</b>  <b>Objective: SWBAT:</b> <ul style="list-style-type: none"> <li>Demonstrate the proper skill techniques of shooting an arrow by shooting at target.</li> <li>Apply the proper shooting techniques through participation in shooting at a variety of distances and targets.</li> </ul>	<b>Lesson 4</b> <ul style="list-style-type: none"> <li>Physical Education Activity Handbook Pages</li> <li>Bows</li> <li>Arrows</li> <li>Quivers</li> <li>Targets</li> </ul>	<ul style="list-style-type: none"> <li>Class participation</li> </ul>
<b>3 days</b>	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	<b>Lesson 5: Archery Games</b>  <b>Objective: SWBAT:</b> <ul style="list-style-type: none"> <li>Apply the proper skill technique of shooting an arrow for accuracy by participating in shooting relay</li> <li>Calculating archery scoring for relay team by completing score card</li> </ul>	<b>Lesson 5</b> <ul style="list-style-type: none"> <li>Physical Education Activity Handbook Pages</li> <li>Bows</li> <li>Arrows</li> <li>Quivers</li> <li>Targets</li> <li>Score Card</li> </ul>	<ul style="list-style-type: none"> <li>Class participation</li> </ul>
<b>1 day</b>	2.5.12.A.1-2 2.5.12.B.1-3 2.5.12.C.1	<b>End of Unit Assessment</b>		<ul style="list-style-type: none"> <li>Written Test</li> </ul>

# BRIDGETON PUBLIC SCHOOLS

## Physical Education

### UNIT/PACING CHART

Course: Physical Education 12

Unit: Tennis

TIMELINE	NJCCCS	SKILLS/ CONTENT OBJECTIVES: Students will be able to	TEACHER'S GUIDE/SUPPLEMENTAL MATERIALS	ASSESSMENTS
<b>1 day</b>	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	<b>Lesson 1: History, rules, safety and terminology</b>  <b>Objective: SWBAT:</b> <ul style="list-style-type: none"> <li>• Interpret the history, rules and safety of tennis through class activities.</li> <li>• Recall tennis terminology by developing a word wall</li> </ul>	<b>Lesson 1:</b> <ul style="list-style-type: none"> <li>• Physical Education Activity Handbook Pages</li> <li>• Tennis handout</li> </ul>	<ul style="list-style-type: none"> <li>• Class participation</li> </ul>
<b>1 day</b>	2.5.12.A.2 2.5.12.A.4 2.5.12.B.3 2.5.12.C.1 2.5.12.C.2	<b>Lesson 2: Forehand and Backhand</b>  <b>Objective: SWBAT:</b> <ul style="list-style-type: none"> <li>• Execute the proper skill techniques of the forehand and backhand in tennis through skill drill activities.</li> </ul>	<b>Lesson 2:</b> <ul style="list-style-type: none"> <li>• Physical Education Activity Handbook Pages</li> <li>• Balls</li> <li>• Courts</li> <li>• Rackets</li> </ul>	<ul style="list-style-type: none"> <li>• Class participation</li> <li>• Skills Check (Summative Assessment)</li> </ul>

<b>1 day</b>	2.5.12.A.2 2.5.12.A.4 2.5.12.B.3 2.5.12.C.2	<b>Lesson 3: Serve</b> <b>Objective: SWBAT:</b> <ul style="list-style-type: none"> <li>Execute the serve in tennis by participating in drills and game activities</li> </ul>	<b>Lesson 3:</b> <ul style="list-style-type: none"> <li>Physical Education Activity Handbook Pages</li> <li>Balls</li> <li>Courts</li> <li>Rackets</li> </ul>	<ul style="list-style-type: none"> <li>Class participation</li> <li>Skills Check (Summative Assessment)</li> </ul>
<b>3 days</b>	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	<b>Lesson 4: Lead-up Activities</b> <b>Objective: SWBAT:</b> <ul style="list-style-type: none"> <li>Perform the skills of volley, lob, and overhead smash in tennis through participation in modified games.</li> <li>Demonstrate the correct scoring method for singles and doubles by playing mini-tennis</li> </ul>	<b>Lesson 4:</b> <ul style="list-style-type: none"> <li>Physical Education Activity Handbook Pages</li> <li>Balls</li> <li>Courts</li> <li>Rackets</li> </ul>	<ul style="list-style-type: none"> <li>Class participation</li> </ul>
<b>3 days</b>	2.5.12.B.1 2.5.12.B.2 2.5.12.B.3 2.5.12.C.1	<b>Lesson 5: Game Play</b> <b>Objective: SWBAT</b> <ul style="list-style-type: none"> <li>Perform the proper tennis skills and apply scoring procedures of the game through singles and doubles matches</li> </ul>	<b>Lesson 5:</b> <ul style="list-style-type: none"> <li>Physical Education Activity Handbook Pages</li> <li>Balls</li> <li>Courts</li> <li>Rackets</li> </ul>	<ul style="list-style-type: none"> <li>Class Participation</li> </ul>
<b>1 day</b>	2.5.12.A.1-2 2.5.12.B.1-3 2.5.12.C.1	<b>End of Unit Assessment</b>		<ul style="list-style-type: none"> <li>Written Test</li> </ul>

# BRIDGETON PUBLIC SCHOOLS

## Physical Education

### UNIT/PACING CHART

**Course: Physical Education 12  
Volleyball**

**Unit:**

TIMELINE	NJCCCS	SKILLS/ CONTENT OBJECTIVES: Students will be able to	TEACHER'S GUIDE/SUPPLEMENTAL MATERIALS	ASSESSMENTS
<b>1 day</b>	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	<b>Lesson 1: History, rules, safety and terminology</b>  <b>Objective: SWBAT:</b> <ul style="list-style-type: none"> <li>• Interpret the history, rules and safety of volleyball through class activities.</li> <li>• Recall volleyball terminology by developing a word wall</li> </ul>	<b>Lesson 1</b> <ul style="list-style-type: none"> <li>• Physical Education Activity Handbook Pages</li> <li>• Volleyball handout</li> <li>• Nets</li> <li>• Balls</li> <li>• Markers</li> <li>• Paper cards</li> </ul>	<ul style="list-style-type: none"> <li>• Class participation</li> </ul>
<b>1 day</b>	2.5.12.A.2 2.5.12.A.4 2.5.12.B.3 2.5.12.C.2	<b>Lesson 2: Serving</b> <b>Objective: SWBAT:</b> <ul style="list-style-type: none"> <li>• Execute the proper skill techniques for the volleyball serve through skill drill activities</li> </ul>	<b>Lesson 2</b> <ul style="list-style-type: none"> <li>• Physical Education Activity Handbook Pages</li> <li>• Nets</li> <li>• Balls</li> <li>• cones</li> </ul>	<ul style="list-style-type: none"> <li>• Class participation</li> <li>• Formative Skill Assessment</li> </ul>



<p><b>1 day</b></p>	<p>2.5.12.A.2 2.5.12.A.4 2.5.12.B.3 2.5.12.C.2</p>	<p><b>Lesson 3: Bump/Forearm pass and Set/Overhead pass</b></p> <p><b>Objective: SWBAT:</b></p> <ul style="list-style-type: none"> <li>Practice the bump and set skills through drills and game activities</li> </ul>	<p><b>Lesson 3</b></p> <ul style="list-style-type: none"> <li>Physical Education Activity Handbook Pages</li> <li>Nets</li> <li>Balls</li> <li>cones</li> </ul>	<ul style="list-style-type: none"> <li>Class participation</li> <li>Summative Skill Assessment</li> </ul>
<p><b>3 days</b></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><b>Lesson 4: lead-up activities</b></p> <p><b>Objective: SWBAT:</b></p> <ul style="list-style-type: none"> <li>Apply the proper volleyball skills through participation in modified games</li> </ul>	<p><b>Lesson 4</b></p> <ul style="list-style-type: none"> <li>Physical Education Activity Handbook Pages</li> <li>Nets</li> <li>Balls</li> <li>cones</li> </ul>	<ul style="list-style-type: none"> <li>Class participation</li> </ul>
<p><b>3 days</b></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><b>Lesson 4: lead-up activities</b></p> <p><b>Objective: SWBAT:</b></p> <ul style="list-style-type: none"> <li>Apply the proper volleyball skills through participation in modified games</li> </ul>	<p><b>Lesson 5</b></p> <ul style="list-style-type: none"> <li>Physical Education Activity Handbook Pages</li> <li>Nets</li> <li>Balls</li> <li>cones</li> </ul>	<ul style="list-style-type: none"> <li>Class participation</li> </ul>
<p><b>1 day</b></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><b>End of Unit Assessment</b></p>		<ul style="list-style-type: none"> <li>Written Test</li> </ul>

# BRIDGETON PUBLIC SCHOOLS

## Physical Education

### UNIT/PACING CHART

#### GRADE 12

Course: Physical Education 12

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	<b>Lesson 1: History, rules, safety and terminology</b>  <b>Objective: SWBAT:</b> <ul style="list-style-type: none"> <li>• Interpret the history, rules and safety of basketball through class activities.</li> <li>• Recall basketball terminology by developing a word wall</li> </ul>	<b>Lesson 1</b> <ul style="list-style-type: none"> <li>• Physical Education Activity Handbook Pages</li> <li>• basketball handout</li> <li>• Courts</li> <li>• Balls</li> <li>• Markers</li> <li>• Paper cards</li> </ul>	<ul style="list-style-type: none"> <li>• Class participation</li> </ul>
1 day	2.5.12.A.2 2.5.12.A.4 2.5.12.B.3 2.5.12.C.2	<b>Lesson 2: Dribbling and Passing</b>  <b>Objective: SWBAT:</b> <ul style="list-style-type: none"> <li>• Execute the proper skill techniques for the basketball dribbling and passing through skill drill activities</li> </ul>	<b>Lesson 2</b> <ul style="list-style-type: none"> <li>• Physical Education Activity Handbook Pages</li> <li>• Courts</li> <li>• Balls</li> <li>• cones</li> </ul>	<ul style="list-style-type: none"> <li>• Class participation</li> <li>• Skills Check (Summative Assessment)</li> </ul>

<p><b>1 day</b></p>	<p>2.5.12.A.2 2.5.12.A.4 2.5.12.B.3 2.5.12.C.2</p>	<p><b>Lesson 3: Shooting</b></p> <p><b>Objective: SWBAT:</b></p> <ul style="list-style-type: none"> <li>• Practice the lay-up, jump shot and fall shot through drills and game activities</li> </ul>	<p><b>Lesson 3</b></p> <ul style="list-style-type: none"> <li>• Physical Education Activity Handbook Pages</li> <li>• Courts</li> <li>• Balls</li> <li>• cones</li> </ul>	<ul style="list-style-type: none"> <li>• Class participation</li> <li>• Skills Check (Summative Assessment)</li> </ul>
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<p><b>3 days</b></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><b>Lesson 4: lead-up activities</b></p> <p><b>Objective: SWBAT:</b></p> <ul style="list-style-type: none"> <li>• Apply the proper basketball skills through participation in modified games</li> </ul>	<p><b>Lesson 4</b></p> <ul style="list-style-type: none"> <li>• Physical Education Activity Handbook Pages</li> <li>• Courts</li> <li>• Balls</li> <li>• Cones</li> <li>• pinnies</li> </ul>	<ul style="list-style-type: none"> <li>• Class participation</li> </ul>
<p><b>3 days</b></p>	<p>2.5.12.B.1 2.5.12.B.2 2.5.12.B.3 2.5.12.C.1</p>	<p><b>Lesson 5: game/tournament</b></p> <p><b>Objective: SWBAT:</b></p> <ul style="list-style-type: none"> <li>• Perform basketball the proper skills and apply the rules and regulations of the game through game play.</li> </ul>	<p><b>Lesson 5</b></p> <ul style="list-style-type: none"> <li>• Physical Education Activity Handbook Pages</li> <li>• Courts</li> <li>• Balls pinnies</li> <li>•</li> <li>• Tournament sheet</li> <li>• clock</li> </ul>	<ul style="list-style-type: none"> <li>• Class participation</li> </ul>
<p><b>1 day</b></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><b>End of Unit Assessment</b></p>		<ul style="list-style-type: none"> <li>• Written Test</li> </ul>

# BRIDGETON PUBLIC SCHOOLS

## Physical Education

### UNIT/PACING CHART

Course: Physical Education 12

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	<p><b>Lesson 1: History/Origin</b></p> <p><b>Objective: SWBAT:</b></p> <ul style="list-style-type: none"> <li>• Interpret the history/origin of interactive game.</li> <li>• Understand the basic fundamentals and terminology of interactive game.</li> </ul>	<p><b>Lesson 1</b></p> <ul style="list-style-type: none"> <li>• Physical Education Activity Handbook Pages</li> <li>• Cones/lines</li> <li>• Balls(soccer, polo hockey, gator)</li> <li>• Sticks</li> <li>• goals</li> </ul>	<ul style="list-style-type: none"> <li>• Class participation</li> </ul>
1 day	2.5.12.A.2 2.5.12.A.4 2.5.12.B.3 2.5.12.C.2	<p><b>Lesson 2: Introduction of Activity</b></p> <p><b>Objective: SWBAT:</b></p> <ul style="list-style-type: none"> <li>• Execute a variety of manipulative skills by participating in interactive games.</li> </ul>	<p><b>Lesson 2</b></p> <ul style="list-style-type: none"> <li>• Physical Education Activity Handbook Pages</li> <li>• Cones/lines</li> <li>• Balls(soccer, polo hockey, gator)</li> <li>• Sticks</li> <li>• goals</li> </ul>	<ul style="list-style-type: none"> <li>• Class participation</li> </ul>

<p><b>2 days</b></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><b>Lesson 3: Lead-up activities</b></p> <p><b>Objective: SWBAT:</b></p> <ul style="list-style-type: none"> <li>• Practice various skills and techniques by participating in interactive games.</li> <li>• Demonstrate the proper rules and regulations of each interactive game by participating lead-up activities.</li> </ul>	<p><b>Lesson 4</b></p> <ul style="list-style-type: none"> <li>• Physical Education Activity Handbook Pages</li> <li>• Cones/lines</li> <li>• Balls(soccer, polo hockey, gator)</li> <li>• Sticks</li> <li>• goals</li> </ul>	<ul style="list-style-type: none"> <li>• Class participation</li> </ul>
<p><b>6 days</b></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 2.5.12.C.2</p>	<p><b>Lesson 4: Activity</b></p> <p><b>Objective: SWBAT:</b></p> <ul style="list-style-type: none"> <li>• Apply the proper skills, techniques and strategies by participating in game play.</li> <li>• Recall origin, terminology, and movements of interactive games by completing end of unit assessment.</li> </ul>	<p><b>Lesson 4</b></p> <ul style="list-style-type: none"> <li>• Physical Education Activity Handbook Pages</li> <li>• Cones/lines</li> <li>• Balls(soccer, polo hockey, gator)</li> <li>• Sticks</li> <li>• goals</li> </ul>	<ul style="list-style-type: none"> <li>• Class participation</li> <li>• Written Test</li> </ul>

# BRIDGETON PUBLIC SCHOOLS

## Physical Education

### UNIT/PACING CHART

Course: Physical Education 12

Unit: Wellness

TIMELINE	NJCCCS	SKILLS/ CONTENT OBJECTIVES: Students will be able to	TEACHER'S GUIDE/SUPPLEME NTAL MATERIALS	ASSESSMENTS
1 day	2.6.12.A.3	<b>Lesson 1: Introduction to Wellness</b>  <b>Objective: SWBAT:</b> <ul style="list-style-type: none"> <li>• Understand the importance of making daily healthy choices to promote individual lifelong health and wellbeing by viewing PowerPoint presentation and completing guide sheet.</li> <li>• Record their daily food intake by completing their food/beverage daily intake log.</li> <li>• Record their physical activity by completing their activity record sheet</li> </ul>	<b>Lesson 1</b> <ul style="list-style-type: none"> <li>• PowerPoint presentation</li> <li>• Guide Sheet</li> <li>• Personal Fitness information and assessment worksheet</li> </ul>	<ul style="list-style-type: none"> <li>• Personal Journal Entry</li> <li>• Class participation</li> <li>• Completion of worksheets</li> </ul>
1 day	2.6.12.A.1 2.6.12.A.2 2.6.12.A.3 2.6.12.A.4	<b>Lesson 2: Heart Rate / Blood Pressure</b>  <b>Objective: SWBAT:</b> <ul style="list-style-type: none"> <li>• Recognize resting heart rate and target heart by viewing a PowerPoint Presentation.</li> <li>• Check and monitor heart rate by participating in activities with different intensity levels and record personal findings on a handout.</li> <li>• Understand the changes in heart rate any introducing different levels of activity through class discussion.</li> </ul>	<b>Lesson 2</b> <ul style="list-style-type: none"> <li>• PowerPoint</li> <li>• Vital signs worksheet</li> </ul>	<ul style="list-style-type: none"> <li>• Personal Journal Entry</li> <li>• Class participation</li> <li>• Completion of worksheets</li> </ul>

<p><b>2 days</b></p>	<p>2.6.12.A.3 2.6.12.A.5</p>	<p><b>Lesson 3: Fad Diets/Food Trends/Supplements</b></p> <p><b>Objective: SWBAT:</b></p> <ul style="list-style-type: none"> <li>• Understand the effects fad diets and supplements have on the body by viewing a PowerPoint presentation.</li> <li>• Discuss fad diets, supplements, and obesity by participating in class discussion and note taking</li> </ul>	<p><b>Lesson 3</b></p> <ul style="list-style-type: none"> <li>• PowerPoint</li> <li>• Food Label worksheet</li> </ul>	<ul style="list-style-type: none"> <li>• Personal Journal Entry</li> <li>• Class participation</li> <li>• Completion of worksheets</li> </ul>
<p><b>2 day</b></p>	<p>2.6.12.A.1 2.6.12.A.2 2.6.12.A.3 2.6.12.A.4 2.6.12.A.5</p>	<p><b>Lesson 4: Wellness Research Project</b></p> <p><b>Objective: SWBAT:</b></p> <ul style="list-style-type: none"> <li>• Research a wellness topic using the internet with a partner and complete the article report form.</li> <li>• Present the wellness topic to class through a jigsaw formation</li> </ul>	<p><b>Lesson 4</b></p> <ul style="list-style-type: none"> <li>• Internet</li> <li>• Article report from</li> <li>• Presentation Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Personal Journal Entry</li> <li>• Class Participation</li> <li>• Completion of article report</li> <li>• Presentation grade</li> </ul>
<p><b>1 day</b></p>	<p>2.6.12.A.2 2.6.12.A.3 2.6.12.A.4</p>	<p><b>Lesson 5: Personal Assessment</b></p> <p><b>Objective: SWBAT</b></p> <ul style="list-style-type: none"> <li>• Determine personal wellness status by participating in wellness circuit.</li> <li>• Evaluate personal wellness circuit data and identify areas that need improvement</li> </ul>	<p><b>Lesson 5</b></p> <ul style="list-style-type: none"> <li>• Blood pressure cuff</li> <li>• Pulseoximetry</li> <li>• Blood pressure PowerPoint</li> <li>• Body fat analyzers</li> <li>• Personal assessment worksheet</li> </ul>	<ul style="list-style-type: none"> <li>• Personal Journal Entry</li> <li>• Class participation</li> <li>• Completion of worksheet</li> </ul>



<p><b>1 day</b></p>	<p>2.6.12.A.1 2.6.12.A.2 2.6.12.A.3 2.6.12.A.4</p>	<p><b>Lesson 6: Personal Improvement Plan</b></p> <p><b>Objective: SWBAT</b></p> <ul style="list-style-type: none"> <li>• Design and evaluate a nutrition and physical activity plan for health living by using their complied wellness information</li> </ul>	<p><b>Lesson 6</b></p> <ul style="list-style-type: none"> <li>• Wellness worksheet</li> <li>• Exercise plan worksheet</li> <li>• Nutritional plan worksheet</li> </ul>	<ul style="list-style-type: none"> <li>• Personal Journal Entry</li> <li>• Class Participation</li> <li>• Completion of worksheet</li> </ul>
<p><b>1 day</b></p>		<p><b>Lesson 7: Muscle Groups/Muscular Strength and Endurance</b></p> <p><b>Objective: SWBAT</b></p> <ul style="list-style-type: none"> <li>• Identify the muscle groups in the body by viewing and discussing handouts.</li> <li>• Maintain muscle strength and endurance through proper technique and exercise by participating in weight room exercises.</li> <li>• Understand disease and injuries that can rise from poor nutritional and exercise habits through class discussion</li> </ul>	<p><b>Lesson 6</b></p> <ul style="list-style-type: none"> <li>• Handout</li> <li>• Weight room</li> <li>• Worksheets</li> </ul>	<ul style="list-style-type: none"> <li>• Personal Journal Entry</li> <li>• Class Participation</li> <li>• Completion of worksheet</li> </ul>
<p><b>1 day</b></p>	<p>2.6.12.A.1 2.6.12.A.2 2.6.12.A.3 2.6.12.A.4 2.6.12.A.5</p>	<p><b>End of Unit Assessment</b></p>		<ul style="list-style-type: none"> <li>• Written Test</li> </ul>