

Teacher: CORE

PHYED45

Course: PhysEd 4-5

Month: All Months

S Safety ~ Students will move safely through the gym and build trust among classmates

e	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
p	- What is the role of the individual for being safe in the gymnasium?	rules vs procedures	NHES #1:	safe movements	Safety Assessment	Day 1 procedures		10.3.6.D-Safety and Injury Prevention ~ Analyze the role of individual responsibility for safety during physical activity.
t	- What does being safe look like when moving quickly throughout the gymnasium?	safety	Students will comprehend concepts related to health promotion and disease prevention to enhance health	controlled speeds		Personal Space		
e		responsibility		warm-up				
m		fitness	Identify safe practices and procedures during physical activity.	cool-down				
b		exertion						
e		perceived exertion						
r		moderate v. vigorous	Make conscious decisions about applying rules and procedures.					
		Self and General Space <u>Directions:</u> forward, backward, right, left, up, down, clockwise, counterclockwise						
		<u>Levels:</u> high, medium, low	Walking					
		<u>Pathways:</u> straight, curved, zigzag, surrounding, around, alongside	Jogging Running					
		<u>Time:</u> fast, slow, sudden, sustained	Hopping & Landing Jumping & Landing Leaping & Landing					

Skipping
 Galloping
 Sliding/Shuffling

O Cooperative Games ~

The students will work with their classmates and use cooperation skills to accomplish tasks

	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
o	How does the tone of communication(positive or negative) effect the dynamics of a group?	Self Discipline	communication	trustworthy	Team Checklist	Ship Wreck		10.4.6.F-Physical Activity ~ Identify and describe positive and negative interactions of group members in physical activities.
o					Integrity Checklist			10.3.6.C-Safety and Injury Prevention ~ Describe strategies to avoid or manage conflict and violence.
b	How does teamwork help your team or group be successful?	Forming Teams						
e		Responsibility	trust	Responsibility				
r		Communication:	teamwork	Respect				
			cooperation	Postive Communication vs Negative Communication				
		speaking, listening, verbal, nonverbal						
		Collaboration: patience						
		Trustworthiness						

N Invasion Games ~

The students will learn the purpose of invasion sports and develop strategies to invade another teams area and score points/goals

o	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
v	Why do strategies allow for more successful game play?	game strategies	NHES 1	Get Open	Strategy Rubric	Invasion Games		10.5.6.F-Concepts, Principles and Strategies of Movement ~ Identify and apply game strategies to basic games and physical activities.
e	Why is it beneficial to participate in team sports?	open space		Open Space				
m		give and go	Demonstrate the ability to apply basic strategies to games and physical activities.	Give/Go				
b				Team Work				
e				Aim				
r			Kicking & Punting Throwing & Catching Volleying & Dribbling Passing Shooting Striking with Short Implements Striking with Long Implements Striking with the Hand					

D Invasion/Team Sports ~
The students will develop enjoyment working as teams to play team sports (Basketball, Soccer, Floor Hockey, Lacrosse, Football)

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
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c	What are the basic motor skills needed for the different stages of development?	Analyze the effect of time, effort, and practice on skill development	Kicking & Punting	skill transferskill themes (throwing, catching, etc.)	Skills Checklist	Invasion Sports	10.5.6.B-Concepts, Principles and Strategies of Movement ~ Identify and apply the concepts of motor skill development to a variety of basic skills.
e				Partner Assessment			10.5.6.C-Concepts, Principles and Strategies of Movement ~ Describe the relationship between practice and skill development.

m			Throwing & Catching	form			
b							
e			Volleying & Dribbling	practice			
r	What is the connection between practice and skill development?		Passing	repetition			
			Shooting				
			Striking with Short Implements				
			Striking with Long Implements				
			Striking with the Hand				

J Fitness ~
The students will practice basic fitness concepts to work on getting and staying healthy

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
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a	How does regular physical activity promote good health?	Work independently in pursuit of personal fitness goals.	Strength	Strength	Journal Entries	Fitness Fun	10.4.6.B-Physical Activity ~ Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.
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u Heart Rate Assessment 10.4.6.C-Physical Activity ~ Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.

a Why is it important to monitor the body's response to physical activity? Endurance: Endurance: 10.4.6.D-Physical Activity ~ Describe factors that affect childhood physical activity preferences.

r What are factors that lead to enjoying a physical activity? Analyze the connection between physical activity and maintaining a healthy weight. cardiovascular, muscle cardiovascular, muscle

y Flexibility Flexibility Calculate resting, target, and maximum heart rate.

Agility Speed Agility Speed

F Jump Rope For Heart ~ The students will practice jump roping and heart healthy activities that benefit their life long fitness levels

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
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b How may basic movement skills be utilized to create more advanced skills?	gymnastics	Create combinations of movements needed to produce dance, gymnastics, and jump rope routines.	Balance	Skills Checklist	Jump Rope Stations		10.5.6.A-Concepts, Principles and Strategies of Movement ~ Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.
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u	dance		Rhythm		Fitness Concepts		
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a	jump rope		Tempo		Gymnastics		
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r	Balance		Beat				
y	Rhythm						
	Tempo						
	Beat						

M Bowling ~

The students will work on bowling skills, keeping score with adding and subtracting, and cooperation skills

	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
r	How does practicing a skill help you improve?	technique	Use proper rolling skills to knock down pins and communicate with group members to keep score correctly.	Strike	Bowling	Bowling		10.4.6.D-Physical Activity ~ Describe factors that affect childhood physical activity preferences.
c		score keeping		Spare				10.4.6.F-Physical Activity ~ Identify and describe positive and negative interactions of group members in physical activities.
h		cooperation	cooperation/communication skills	Split "fox fingers"				

A Volleying ~

Students will use volleying skills to keep a variety of object in the air for a set time

	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
r	How can movement skills and concepts help you become a better mover?	Bump- students take turns "bumping" from ball tossed from partner. (NO STING)	Students will use volleying to keep a variety of objects in the air for a set of time.	Bump	Volley Checklist	Volleyball		10.5.6.B-Concepts, Principles and Strategies of Movement ~ Identify and apply the concepts of motor skill development to a variety of basic skills.
i				Set		Volleyball 2		10.5.6.C-Concepts, Principles and Strategies of Movement ~ Describe the relationship between practice and skill development.
l		Set- Students will practice setting a ball with a partner using proper form.(BEACH BALL) Serve-Students will serve a ball into the wall using underhand serve. (NO STING) Volley over		Serve Spike				

Net - students practice tapping ball over the net (BEACH BALL).

M Lacrosse and Soccer ~

Lacrosse and Soccer and manipulation skills

a	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
y	How can movement skills and concepts help you become a better mover?	Accuracy	Students will control objects with a given implement	Tap	Lax Ticket Out the Door	Lacrosse		10.5.6.B-Concepts, Principles and Strategies of Movement ~ Identify and apply the concepts of motor skill development to a variety of basic skills.
		High to low	The students will use their feet to control and manipulate the soccer ball	Scoop		Soccer		
		Control	The students will work as a team to develop strategies to play the game	Cradle				
		Passing/Catching or Trapping		Trap				

J Summer Games ~

summer physical activities

u	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
n	Why should you be physically active?	basic physical activities	Students will identify reasons to be physically active outside of school. Students will play basic games for enjoyment of physical activity	Activity enjoyment	Observation	Fun Games		10.4.6.D-Physical Activity ~ Describe factors that affect childhood physical activity preferences.
e		Creative games		60 minutes/day				