

Course Overview Physical Education

Content Area: **Physical Education**

Course(s): **ADAPTIVE PHYSICAL EDUCATION 9 5 DAY, PE 9 5 DAY, PE 8, ADAPTIVE PHYSICAL EDUCATION 8**

Time Period:

Length: **10 weeks**

Status: **Published**

Cover

EAST BRUNSWICK PUBLIC SCHOOLS

East Brunswick New Jersey

Superintendent of Schools

Dr. Victor P. Valeski

Physical Education

Grade- 8 and 9

Course Number: 2721, 2728, 2724, 2732

BOARD OF EDUCATION

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Course Adoption: **04/21/1986**

Curriculum Adoption: **05/09/1991**

Course Overview

SCED

08001 Physical Education

Physical Education courses provide students with knowledge, experience, and an opportunity to develop skills in more than one of the following sports or activities: team sports, individual/dual sports, recreational sports, and fitness/conditioning activities.

COURSE DESCRIPTION: Physical Education in grade 8 places an emphasis on the importance of positive effects of exercising regularly and maintaining a high level of fitness. The student will understand the four components of cardiovascular fitness: frequency, duration, type and intensity. They will be able to apply these concepts during work outs in the classroom via such activities as volleyball, basketball, badminton, etc. Students will also know the proper technique for flexibility exercises and will know how to perform flexibility exercises for their major muscle groups. Students will be provided with the knowledge of how to perform agility exercises such as rope-jumping and foot-agility skills, safe conditioning, as well as step aerobic maneuvers. The course will provide students with the opportunity to participate in various exercise programs and will be given information about the opportunities for fitness available to them in the community (UM/YWCA's, Recreation Dept., health clubs, and extra curricular programs). Skills that will aid the student in maintaining a healthy life-style such as identifying target heart rate, target heart rate zone, and maximum heart rate will be taught. The course emphasizes students to develop skills in sportsmanship and fair play, fundamental skills and techniques along with good body mechanics. Students are tested for their physical fitness and they are introduced to personal forms of conditioning and body development to practice and enjoy both in school activities and at home. During this course students are expected to demonstrate mastery/proficiency of all NJSLC CPI's from 2.1.8.A and 2.1.8.B, 2.2.8.C, 2.5.8.A through 2.5.8.C, 2.6.8.A. The course also reinforces the learning of other Standards and CPI's already mastered and contributes to the development of mastery of other standards in the areas of Language Arts Literacy, Mathematics, Science and Technology Literacy.

Textbooks and Other Resources

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COURSE RESOURCES

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Various Equipment as it relates to various activities

Fitnessgram

Standards

Scope and Sequence

COURSE SCOPE AND SEQUENCE

Sequential Unit Description:	Associated CPI 's to be Achieved	Marking Period Guide	Other Pacing Guide Reference
<p>Unit 1: Fitness and Aerobic Conditioning</p> <p>Students will learn to understand and explain the importance of physical fitness as it relates to them. Students will learn proper stretching and warm up exercises. Students will learn an understanding of the benefits of aerobic exercise. Students will perform a variety of fitness activities and understand the physiological benefits of each. Students will complete physical fitness tests during the school year, and attempt to improve their fitness level through their home fitness program.</p>	<p>2.1.8.A.1 (M)</p> <p>2.1.8.A.3 (M)</p> <p>2.1.8.B.2 (M)</p> <p>(M)</p> <p>2.2.8.C.1 (M)</p> <p>2.2.8.C.2 (M)</p> <p>2.5.8.A.1 (M)</p> <p>2.5.8.A.2 (M)</p> <p>2.5.8.A.3 (M)</p> <p>2.5.8.A.4 (M)</p> <p>2.5.8.B.2 (M)</p> <p>2.5.8.C.1 (M)</p> <p>2.5.8.C.2 (M)</p> <p>2.5.8.C3 (M)</p> <p>2.6.8.A.1 (M)</p> <p>2.6.8.A.2 (M)</p> <p>2.6.8.A.3 (M)</p>	<p>1,2,3,4</p>	<p>16-20 per</p>

	2.6.8.A.4 (M)		
	2.6.8.A.5 (M)		
Unit 2: Basketball Students will learn the concepts of the game of basketball, including history and current events in the sport, offensive and defensive strategy, positioning and general rules, both of the game and of safety. Skills taught will be the concepts of dribbling, shooting, including the lay up, passing and catching, knowledge of basic violations of the game and rules of play, sportsmanship, self control, and respect for teammates and opponents.	2.5.8.A.1 (M) 2.5.8.A.2 (M) 2.5.8.A.3 (M) 2.5.8.A.4 (M) 2.5.8.B.1 (M) 2.5.8.B.2 (M) 2.5.8.B.3 (M) 2.5.8.C.1 (M) 2.5.8.C.2 (M) 2.5.8.C.3 (M) 2.6.8.A.1 (M) 2.6.8.A.4 (M) 2.6.8.A.5 (M)	1,2,3,4	16-20 per
Unit 3: Volleyball Students will learn the basic concepts of the game of volleyball, including history and current events in the sport, offensive and defensive strategy, and general rules, both of the game and of safety. Skills taught will be of the pass, set, spike, serve, rotation, scoring and basic game play, rules of play, sportsmanship, self control, and respect for teammates and opponents.	2.5.8.A.1 (M) 2.5.8.A.2 (M) 2.5.8.A.3 (M) 2.5.8.A.4 (M) 2.5.8.B.1 (M) 2.5.8.B.2 (M) 2.5.8.B.3 (M) 2.5.8.C.1 (M) 2.5.8.C.2 (M) 2.5.8.C.3 (M) 2.6.8.A.1 (M) 2.6.8.A.4 (M) 2.6.8.A.5 (M)	1,2,3,4	16-20 per
Unit 4: Interactive Games/Cooperative Activities	2.2.8.A.1 (M)	1,2,3,4	16-20 per

<p>Students will engage in various interactive type/cooperative activities or games that possess a physical component geared toward enhancing fitness. Students will utilize critical thinking skills, sportsmanship and teamwork within the frame work of physical challenges that provide the opportunity for utilization of form and control when using movement skills such as running, dodging, tagging and throwing.</p>	<p>2.2.8.B.1 (M) 2.2.8.B.2 (M) 2.2.8.C.1 (M) 2.5.8.A.1 (M) 2.5.8.A.2 (M) 2.5.8.A.4 (M) 2.5.8.B.1 (M) 2.5.8.B.2 (M) 2.5.8.B.3 (M) 2.5.8.C.1 (M) 2.5.8.C.2 (M) 2.6.8.A.1 (M)</p>		
<p>Pickle ball</p> <p>Students will learn the basic concepts of the game of pickle ball, including history, offensive and defensive strategy, and general rules, both of the game and of safety. Skills taught will include the serve, how to execute various shots, including the smash, drop, drive, and lob, and long and short serves. Students will recognize that pickle ball is a lifelong recreational activity that can be played by any age, at any activity level.</p>	<p>2.5.8.A.1 (M) 2.5.8.A.2 (M) 2.5.8.A.3 (M) 2.5.8.A.4 (M) 2.5.8.B.1 (M) 2.5.8.B.2 (M) 2.5.8.B.3 (M) 2.5.8.C.1 (M) 2.5.8.C.2 (M) 2.5.8.C.3 (M)</p>	<p>1,2,3,4</p>	<p>16-20 per:</p>

	2.6.8.A.1 (M) 2.6.8.A.4 (M) 2.6.8.A.5 (M)		
<p>Unit 5: Football (Two-hand Touch or Flag)</p> <p>Students will engage in a variety of drills geared towards enhancing skills involved with the game of football. Students will learn the basic concepts of the game and will be taught safety procedures in regards to team and individual play. Students will learn the proper grip and passing technique used to throw to a stationary and moving receiver. Students will learn to receive a football while stationary and while moving. Students will learn the proper technique to punting a football and receiving a punted football. Students learn to work as a team and practice good sportsmanship while engaging in two-hand touch or flag football game play.</p>	2.5.8.A.1 (M) 2.5.8.A.2 (M) 2.5.8.A.3 (M) 2.5.8.A.4 (M) 2.5.8.B.1 (M) 2.5.8.B.2 (M) 2.5.8.B.3 (M) 2.5.8.C.1 (M) 2.5.8.C.2 (M) 2.5.8.C.3 (M) 2.6.8.A.1 (M) 2.6.8.A.4 (M) 2.6.8.A.5 (M)	1,4	16-20 per
<p>Unit 6: Badminton</p> <p>Students will learn the basic concepts of the game of badminton, including history and current events in the sport, offensive and defensive strategy, and general rules, both of the game and of safety. Skills taught will be the serve, both backhand and forehand, how to execute various shots, including the overhead clear, smash, drive and the drop shot. Students will recognize that badminton can be both a non competitive and competitive sport and can be played by any age in many venues.</p>	2.5.8.A.1 (M) 2.5.8.A.2 (M) 2.5.8.A.3 (M) 2.5.8.A.4 (M) 2.5.8.B.1 (M) 2.5.8.B.2 (M)	1,2,3,4	16-20 per

	2.5.8.B.3 (M) 2.5.8.C.1 (M) 2.5.8.C.2 (M) 2.5.8.C.3 (M) 2.6.8.A.1 (M) 2.6.8.A.4 (M) 2.6.8.A.5 (M)		
Unit 7: Frisbee Students will learn the basic concepts of Frisbee, including history and current trends in the sport, offensive and defensive strategies, and general rules of both the game and safety. Skills taught will include a variety of throws and catches and throwing both on the move and from a stationary position. Students will participate in a variety of lead up games and learn the dynamics of regulation game play. Students will recognize that Frisbee is a life long recreational activity that can be played at any age and skill level.	2.2.8.C.1 (M) 2.5.8.A.1 (M) 2.5.8.A.2 (M) 2.5.8.B.1 (M) 2.5.8.B.2 (M) 2.5.8.B.3 (M) 2.5.8.C.1 (M) 2.5.8.C.2 (M) 2.5.8.C.3 (M) 2.6.8.A.1 (M) 2.6.8.A.4 (M) 2.6.8.A.5 (M)	1,4	16-20 per
Unit 8: Softball Students will learn the concepts of the game of softball, including rules, history, current trends in the sport, skills, and offensive and defensive strategy involved. Students will also learn and practice safe behaviors and good sportsmanship when engaging in softball drills and games. Skills taught will include throwing, catching, fielding, and hitting. Students will participate in a variety drills, learn the dynamics of regulation game play, and engage in regulation games.	2.2.8.C.1 (M) 2.5.8.A.1 (M) 2.5.8.A.2 (M) 2.5.8.B.1 (M) 2.5.8.B.2 (M) 2.5.8.B.3 (M) 2.5.8.C.1 (M) 2.5.8.C.2 (M) 2.5.8.C.3 (M)	1,4	16-20 per

	2.6.8.A.1 (M) 2.6.8.A.4 (M) 2.6.8.A.5 (M)		
Unit 9: Lacrosse Students will learn the basic concepts of lacrosse, including rules, history, current trends in the sport, skills, and offensive and defensive strategy involved. Students will learn the general rules and safety procedures of the game of lacrosse. Skills taught will include throwing and catching, cradling, scooping ground balls, shooting and defense, including positions. Students will practice good sportsmanship, self control and respect for teammates and opponents while participate in a variety of drills, lead up and mini games.	2.2.8.C.1 (M) 2.5.8.A.1(M) 2.5.8.A.2 (M) 2.5.8.B.1 (M) 2.5.8.B.2 (M) 2.5.8.B.3 (M) 2.5.8.C.1 (M) 2.5.8.C.2 (M) 2.5.8.C.3 (M) 2.6.8.A.1 (M) 2.6.8.A.4 (M) 2.6.8.A.5 (M)	1,4	16-20 per
Unit 12: Dance Students will learn the steps to various line, social/ballroom, square, and current dances. These steps will be put together in a sequence to be performed to different music. The skills learned will be heel-toe, grapevine, cha cha, slide, thriller, and many more. A primary focus during the skill development is social dance and interaction.	1.1.8.A.4 (M) 2.1.8.A.1 (M) 2.5.8.A.1 (M) 2.5.8.A.2 (M) 2.5.8.A.3 (M) 2.6.8.A.1 (M)		

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Grading and Evaluation Guidelines

GRADING PROCEDURES

In terms of proficiency level the East Brunswick grades equate to:

A+	98-100
A	92-97
A-	90-91
B+	86-89
B	82-85
B-	80-81
C+	76-79
C	72-75
C-	70-71
D+	66-69
D	62-65
D-	60-61
F	0-59

EVALUATIVE CRITERIA OF INDIVIDUAL TEACHING UNITS

1. Units should be evaluated using three general areas: ACQUISITION APPLICATION EVALUATION

1. ACQUISITION includes the learning of skills, drills and comprehension.
2. APPLICATION is the students' utilization of those items in the acquisition portion.
3. EVALUATION is the grading of the degree of successful accomplishment of the acquisition and application.

Grade 8 and 9

20% Cognitive and affective oral/written tests (mental comprehension & understanding)

20% Psychomotor acquisition of skills (physical)

10% Fitness

50% Teacher professional evaluation (participation/preperation, effort, sportsmanship)

1. Students should be evaluated on a daily basis.
2. Roll book notations could include a legend that designates grading system as well as numerical designations, etc.

Other Details

CONTENT FOCUS AREA AND COURSE NAME

Grade 8-9 Physical Education

Course #	School #'s	Course Level	Grade(s)	Credits	Min. Per Week	Elective/Required	Initial Course Adopted
2727	55	A	8	3.75	162	R	04/21/1986
2721	55	A	9	3.75	162	R	02/09/1989

PRIMARY CONTENT AREA AND SECONDARY AREAS OF FOCUS (P= Primary and S= Secondary)

NJSLS Standard		NJSLS Standard		NJSLS Standard	
1. Visual and Performing Arts	S	5. Science	S	9. Career Education and Consumer/ Family/ Life Skills	
2. Health and Physical Education	P	6. Social Studies			
3. Language Arts Literacy		7. World Languages			
4. Mathematics		8. Technology Literacy			