

# Course Overview Physical Education

Content Area: **Physical Education**  
Course(s): **Physical Education 6, Physical Education 7**  
Time Period:  
Length: **10 weeks**  
Status: **Published**

## Cover

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### **EAST BRUNSWICK PUBLIC SCHOOLS**

**East Brunswick New Jersey**

#### **Superintendent of Schools**

Dr. Victor P. Valeski

#### **Physical Education**

#### **Grade- 6th and 7th**

Course Number: 3700, 3701, 3710

#### **BOARD OF EDUCATION**

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

Curriculum Adoption: **11/2/2017**

## **Course Overview**

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### **58036 Physical Education (grade 6)**

Physical Education (grade 6) courses typically involve the acquisition of knowledge and skills that provide the foundation for sport, a physically active lifestyle, and social development through physical activity. Activities typically include those that increase strength, endurance, and flexibility; reinforce safe technique; teach the rules and conventions of games and sports; and explore the relationship between physical activity and health. Health topics (such as the effects of drugs and alcohol, sexual education, and healthy lifestyles) may also be included. Specific content depends upon state standards for grade 6.

### **58037 Physical Education (grade 7)**

Physical Education (grade 7) courses typically involve the acquisition of knowledge and skills that provide the foundation for sport, a physically active lifestyle, and social development through physical activity. Activities typically include those that increase strength, endurance, and flexibility; reinforce safe technique; teach the rules and conventions of games and sports; and explore the relationship between physical activity and health. Health topics (such as the effects of drugs and alcohol, sexual education, and healthy lifestyles) may also be included. Specific content depends upon state standards for grade 7.

**COURSE DESCRIPTION** The physical education in grade 6 places an emphasis on health related fitness and skill related fitness as well as the introduction to individual and team activities/games that foster a life-long commitment to wellness. 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 NJSLs CPI's from 2.1.6.A through 2.1.6.B, 2.2.6.A through 2.2.6.C, 2.5.6.A through 2.5.6.C and 2.6.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

## Standards

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HPE.2.1.6.A.1	Explain how health data can be used to assess and improve each dimension of personal wellness.
HPE.2.1.6.B.1	Determine factors that influence food choices and eating patterns.
HPE.2.1.6.B.2	Summarize the benefits and risks associated with nutritional choices, based on eating patterns.
HPE.2.1.6.D.1	Summarize the common causes of intentional and unintentional injuries in adolescents and related prevention strategies.
HPE.2.2.6.B.1	Use effective decision-making strategies.
HPE.2.2.6.B.3	Determine how conflicting interests may influence one's decisions.
HPE.2.5.6.A.1	Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).
HPE.2.5.6.A.2	Explain concepts of force and motion and demonstrate control while modifying force, flow, time, space, and relationships in interactive dynamic environments.
HPE.2.5.6.A.3	Create and demonstrate planned movement sequences, individually and with others, based on tempo, beat, rhythm, and music (creative, cultural, social, and fitness dance).
HPE.2.5.6.A.4	Use self-evaluation and external feedback to detect and correct errors in one's movement performance.
HPE.2.5.6.B.1	Demonstrate the use of offensive, defensive, and cooperative strategies in individual, dual, team and group activities.
HPE.2.5.6.B.2	Compare and contrast strategies used to impact individual, team and group effectiveness and make modifications for improvement.
HPE.2.5.6.C.1	Compare the roles and responsibilities of players and observers and recommend strategies to enhance sportsmanship-like behavior.
HPE.2.5.6.C.2	Apply rules and procedures for specific games, sports, and other competitive activities and describe how they enhance participation and safety.
HPE.2.5.6.C.3	Relate the origin and rules associated with certain games, sports, and dances to different cultures.

## Scope and Sequence

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### COURSE SCOPE AND SEQUENCE

#### Sequential Unit Description:

Associated CPI 's to be Achieved	Marking Period	Other Pacing Guide Referen
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Guide			
<b>Unit 1: Badminton</b>	2.1.6.D.1 (M)	3	6 class periods
Students will learn the basic skills of badminton. Students will learn a drop-serve, forehand and backhand drive, underhand and overhead stroke, drop-shot and a smash. Students will learn singles and doubles rules, strategy and score-keeping.	2.2.6.B.3 (M)		
	2.2.6.C.1 (M)		
	2.2.6.C.2 (M)		
	2.5.6.A.1 (M)		
	2.5.6.A.2 (M)		
	2.5.6.A.4 (M)		
	2.5.6.B.1 (M)		
	2.5.6.B.2 (M)		
	2.5.6.C.1 (M)		
	2.5.6.C.2 (M)		
	2.5.6.C.3 (M)		
<b>Unit 2: Basketball</b>	2.1.6.D.1 (M)	2	7 class periods
Students will learn the concepts of the game and safety rules. Skills taught will be the concepts of dribbling, shooting a set shot, lay up, passing and catching, knowledge of basic rules of the game, sportsmanship, self control and respect for teammates and opponents.	2.2.6.B.3 (M)		
	2.2.6.C.1 (M)		
	2.2.6.C.2 (M)		
	2.5.6.A.1 (M)		
	2.5.6.A.2 (M)		
	2.5.6.A.4 (M)		
	2.5.6.B.1 (M)		
	2.5.6.B.2 (M)		
	2.5.6.C.1 (M)		
	2.5.6.C.2 (M)		
	2.5.6.C.3 (M)		
<b>Unit 3: Cooperative Games</b>	2.1.6.D.1 (M)	3,4	6 class periods
Students will work together to accomplish goals working as a team, using critical thinking, sportsmanship and teamwork while performing physical challenges and physical activity.	2.2.6.B.1 (M)		
	2.2.6.B.3 (M)		

2.2.6.C.1 (M)

2.2.6.C.2 (M)

2.5.6.B.1 (M)

2.5.6.B.2 (M)

2.5.6.C.1 (M)

2.5.6.C.2 (M)

2.6.6.A.1 (M)

### **Pickle Ball**

Students will learn proper technique for the serve, forehand and backhand stroke. Students will learn positions and safety of doubles play. Students will learn the rules, strategy and scoring of a doubles Pickle ball game.

4

6 periods

2.1.6.D.1 (M)

2.2.6.B.3 (M)

2.2.6.C.1 (M)

2.2.6.C.2 (M)

2.5.6.A.1 (M)

2.5.6.A.2 (M)

2.5.6.A.4 (M)

2.5.6.B.1 (M)

2.5.6.B.2 (M)

2.5.6.C.1 (M)

2.5.6.C.2 (M)

2.5.6.C.3 (M)

### **Recreational games (Spike ball, Baggo, Ladder golf, Can Jam)**

Students will learn safety rules and procedures for Recreational game play.

4

6 periods

2.1.6.D.1 (M)

Students will learn positions and responsibilities.

2.2.6.B.3 (M)

Students will learn strategies for each of the different recreational games. Students will play recreational games

demonstrating teamwork, sportsmanship and cooperation.	2.2.6.C.1 (M)		
	2.2.6.C.2 (M)		
	2.5.6.A.1 (M)		
	2.5.6.A.2 (M)		
	2.5.6.A.4 (M)		
	2.5.6.B.1 (M)		
	2.5.6.B.2 (M)		
	2.5.6.C.1 (M)		
	2.5.6.C.2 (M)		
	2.5.6.C.3 (M)		
<b>Unit 4: Fitness</b>	2.1.6.A.1 (M)	1,3,4	18 class periods
Students will learn the components of physical fitness and the benefits of physical activity and personal fitness. Students will participate in a variety of cardiovascular, strength, flexibility and agility exercises and activities. Students will take the Fitness Gram Physical Fitness test.	2.1.6.B.1 (M)		
	2.1.6.B.2 (M)		
	2.2.6.B.1 (M)		
	2.2.6.B.3 (M)		
	2.5.6.A.1 (M)		
	2.5.6.A.2 (M)		
	2.5.6.A.3 (M)		
	2.6.6.A.4 (M)		
	2.6.6.A.5 (M)		
	2.6.6.A.6 (M)		
<b>Unit 5: Football</b>	2.1.6.D.1 (M)	1	9 class periods
Students will learn safety procedures in regards to team and individual play. Students will learn the proper grip and passing technique to a stationary and moving receiver. Students will learn to catch a football while stationary and moving. Students will learn the proper technique to punting a football. Students	2.2.6.B.3 (M)		
	2.2.6.C.1 (M)		

learn to work as a team and practice good sportsmanship.	2.2.6.C.2 (M)		
	2.5.6.A.1 (M)		
	2.5.6.A.2 (M)		
	2.5.6.A.4 (M)		
	2.5.6.B.1 (M)		
	2.5.6.B.2 (M)		
	2.5.6.C.1 (M)		
	2.5.6.C.2 (M)		
	2.5.6.C.3 (M)		
<b>Unit 6: Soccer</b>	2.1.6.D.1 (M)	1	6 periods
Students will learn the basic concepts of soccer skills. Skills taught will be dribbling, passing, trapping, shooting at a goal, defense, goalie skills, position, teamwork and sportsmanship.	2.2.6.B.3 (M)		
	2.2.6.C.1 (M)		
	2.2.6.C.2 (M)		
	2.5.6.A.1 (M)		
	2.5.6.A.2 (M)		
	2.5.6.A.4 (M)		
	2.5.6.B.1 (M)		
	2.5.6.B.2 (M)		
	2.5.6.C.1 (M)		
	2.5.6.C.2 (M)		
	2.5.6.C.3 (M)		
<b>Unit 7: Track and Field</b>	2.1.6.D.1 (M)	4	6 periods
Students will be introduced to the sport of Track and Field. Students will participate in Track and Field events; 50 yard dash, team relay, a distance run, standing long jump and shot put. Students will demonstrate teamwork and develop confidence through Track and Field activities.	2.2.6.C.1 (M)		
	2.2.6.C.2 (M)		
	2.5.6.A.1 (M)		
	2.5.6.A.2 (M)		
	2.5.6.A.4 (M)		
	2.5.6.B.1 (M)		

	2.5.6.B.2 (M)		
	2.5.6.C.1 (M)		
	2.5.6.C.2 (M)		
<b>Unit 8: Tumbling</b>	2.5.6.C.3 (M)		
	2.1.6.D.1 (M)	2	6 periods
Students will learn the concepts of basic tumbling skills and techniques for spotting each other. Thus developing self-confidence through their accomplishments.	2.2.6.C.1 (M)		
	2.2.6.C.2 (M)		
	2.5.6.A.1 (M)		
	2.5.6.A.2 (M)		
	2.5.6.A.4 (M)		
	2.5.6.C.2 (M)		
	2.5.6.C.3 (M)		
<b>Unit 9: Volleyball</b>	2.6.6.A.2 (M)		
	2.1.6.D.1 (M)	3	15 class periods
Students will learn the basic concepts of volleyball skills. Skills taught will be the serve, bump, set, passing, rotation, rules, scoring and basic game play.	2.2.6.B.3 (M)		
	2.2.6.C.1 (M)		
	2.2.6.C.2 (M)		
	2.5.6.A.1 (M)		
	2.5.6.A.2 (M)		
	2.5.6.B.1 (M)		
	2.5.6.B.2 (M)		
	2.5.6.C.2 (M)		
<b>Unit 10: Dance</b>	2.5.6.C.3 (M)		
	1.1.8.A.4 (M)	2, 3	11 periods
Students will learn the steps to various line, social, 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, and many more. A primary focus during the skill development is social dance and social interaction.	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)		



## **Grading and Evaluation Guidelines**

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### **GRADING PROCEDURES**

**In accordance with the East Brunswick Public Schools grading policy:**

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

application.

## GRADE 6-7

10 % Cognitive and affective oral/written tests (mental comprehension & understanding)

10% Skills acquisition and application

10% Fitness

70% Teacher professional evaluation (participation, effort, sportsmanship)

\*Students should be evaluated on a daily basis.

\*Teacher roll book includes a legend that identifies notations of student performance, participation and evaluation.

## Other Details

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### CONTENT FOCUS AREA AND COURSE NAME

#### Grade 6-7 Physical Education

Course #	School #'s	Course Level	Grade(s)	Credits	Min. Per Elective/Required Week	Initial Course Adopted
<b>3700</b>	<b>56</b>	<b>A</b>	<b>6</b>		<b>126 R</b>	<b>04/21/1986</b>
<b>3701</b>	<b>56</b>	<b>A</b>	<b>7</b>		<b>126 R</b>	<b>04/21/1986</b>

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

NJSLS		NJSLS		NJSLS	
1. Visual and Performing Arts	S	5. Science	S	9. Career Education and Consumer/ Family/ Life Skills	
2. Health and Physical	P	6. Social Studies			

Education					
3. Language Arts Literacy		7. World Languages			
4. Mathematics	S	8. Technology Literacy			

**COURSE DESCRIPTION** The physical education in grade 6 places an emphasis on health related fitness and skill related fitness as well as the introduction to individual and team activities/games that foster a life-long commitment to wellness. 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 2.1.6.A through 2.1.6.B, 2.2.6.A through 2.2.6.C, 2.5.6.A through 2.5.6.C and 2.6.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.