

# **Unit 1 - Invasion Games Copied from: PE 11, Copied on: 08/11/21**

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## **Title Section**

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## **Department of Curriculum and Instruction**



**Belleville Public Schools**

**Curriculum Guide**

# **Comprehensive Health and Physical Education, Grade 11**

## **Unit 1 - Invasion Games**

**Belleville Board of Education**

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## **Unit Overview**

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An invasion game is the term used for any game where the aim is to attack an opponent's territory and score a goal or point. Usually consisting of teams of equal players these fast paced games focus on teamwork, keeping possession, scoring and defending. This unit will include, but is not limited to:

- Soccer
- Football
- Basketball
- Handball
- Ultimate Frisbee

## Enduring Understanding

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- Different strategies impact the outcome of games.
- Participation opportunities have expanded over time.
- There are many long term benefits of a proper warm up and cool down.
- Nutrition plays a vital role in performance and recovery.
- Performing movement skills in the correct manner improves overall performance increases the likelihood of participation in lifelong physical activity.
- Understand that movement will improve the performance of specific skills and enable one to transfer skills to a variety of sports and activities.
- Implementing effective offensive, defensive and cooperative strategies is necessary for players to be successful in game situations.
- To gain the maximum benefits of games and sports, everyone must make a commitment to sportsmanship and follow the rules.
- Understand that personal safety strategies reduces injuries to self and others.
- Understand that health-enhancing behaviors contribute to wellness.

## Essential Questions

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- What role do team sports play in your overall fitness level?
- How does using strategy in team sports influence performance in competitive games?
- How has team sport participation evolved over time?
- What are the benefits of a proper warm and cool down when participating in team sport?
- How does nutrition play a role in team sport performance?
- How does one's role in team sports impact the social dynamic?
- How does effective and appropriate movement affect wellness?
- Why do I need to understand the concept of movement when I can already perform the movement?
- How does strategy influence performance?
- Why do I have to show good sportsmanship and follow the rules?

- What can invasion activities teach me about life?
- Why is sportsmanship important?
- How can teamwork be carried over into my professional life?

## **Exit Skills**

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- Develop confidence in gross and fine motor skills to provide a foundation for participation in physical activities.
- Develop and refine gross motor skills (hopping, jumping, and running).
- Use objects and props to develop spatial and coordination skills (throws and catches balls and Frisbees).
- Develop problem-solving skills, cooperation, and the ability to trust others.
- Develop in the areas of sportsmanship and teamwork and will also be knowledgeable in game strategies and rules.
- Improve self-esteem and develop a positive attitude toward physical fitness and physical activity.

## **New Jersey Student Learning Standards (NJSL)**

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|                |  |
|----------------|--|
| HPE.2.2.12.C.1 | Analyze the impact of competition on personal character development.   |
| HPE.2.2.12.C.2 | Judge how individual or group adherence, or lack of adherence, to core ethical values impacts the local, state, national, and worldwide community. |
| HPE.2.2.12.C.3 | Analyze current issues facing the disability community and make recommendations to address those issues.   |

|                  |   |
|------------------|---|
| HPE.2.2.12.C.CS1 | Individual and/or group pressure to be successful in competitive activities can result in a positive or negative impact.  |
| HPE.2.2.12.C.CS2 | Core ethical values impact behaviors that influence the health and safety of people everywhere.   |
| HPE.2.5.12.A.1   | Explain and demonstrate ways to apply movement skills from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball).         |
| HPE.2.5.12.A.2   | Analyze application of force and motion (weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.  |
| HPE.2.5.12.A.3   | Design and lead a rhythmic activity that includes variations in time, space, force, flow, and relationships (creative, cultural, social, and fitness dance).  |
| HPE.2.5.12.A.4   | Critique a movement skill/performance and discuss how each part can be made more interesting, creative, efficient, and effective.   |
| HPE.2.5.12.A.CS1 | Movement skill performance is primarily impacted by the quality of instruction, practice, assessment, feedback, and effort.   |
| HPE.2.5.12.B.1   | Demonstrate and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies.  |
| HPE.2.5.12.B.2   | Apply a variety of mental strategies to improve performance.  |
| HPE.2.5.12.B.3   | Analyze factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness.   |
| HPE.2.5.12.B.CS1 | Individual and team execution in games, sports, and other activity situations is based on the interaction of tactical use of strategies, positive mental attitudes, competent skill levels, and teamwork. |
| HPE.2.5.12.C.1   | Analyze the role, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance and behavior.                           |
| HPE.2.5.12.C.2   | Develop rule changes to existing games, sports, and activities that enhance safety and enjoyment.   |
| HPE.2.5.12.C.3   | Determine the current impact of globalization and technology on the development of, participation in, and viewing of games, sports, dance, and other movement activities, and predict future impact.      |
| HPE.2.5.12.C.CS1 | Self-initiated behaviors that promote personal and group success include safety practices, adherence to rules, etiquette, cooperation, teamwork, ethical behavior, and positive social interaction.       |
| HPE.2.5.12.C.CS2 | Cultural practices regarding physical activity, sports, and games reflect a microcosm of society.   |

## **Interdisciplinary Connections**

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|                |  |
|----------------|--|
| LA.L.11-12.1   | Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.             |
| LA.L.11-12.2   | Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing. |
| LA.L.11-12.2.B | Spell correctly.   |

|                   |   |
|-------------------|---|
| LA.SL.11-12.1     | Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with peers on grades 11–12 topics, texts, and issues, building on others’ ideas and expressing their own clearly and persuasively.  |
| MA.S-ID.A         | Summarize, represent, and interpret data on a single count or measurement variable  |
| 9-12.HS-LS3-2.2.1 | students understand that empirical evidence is required to differentiate between cause and correlation and to make claims about specific causes and effects. They suggest cause and effect relationships to explain and predict behaviors in complex natural and designed systems. They also propose causal relationships by examining what is known about smaller scale mechanisms within the system. They recognize changes in systems may have various causes that may not have equal effects. |
| 9-12.HS-LS2-4.5.1 | Energy cannot be created or destroyed— it only moves between one place and another place, between objects and/or fields, or between systems.  |
| 9-12.HS-LS2-3.5.1 | Energy drives the cycling of matter within and between systems.   |

Numbers and Number Systems

## Learning Objectives

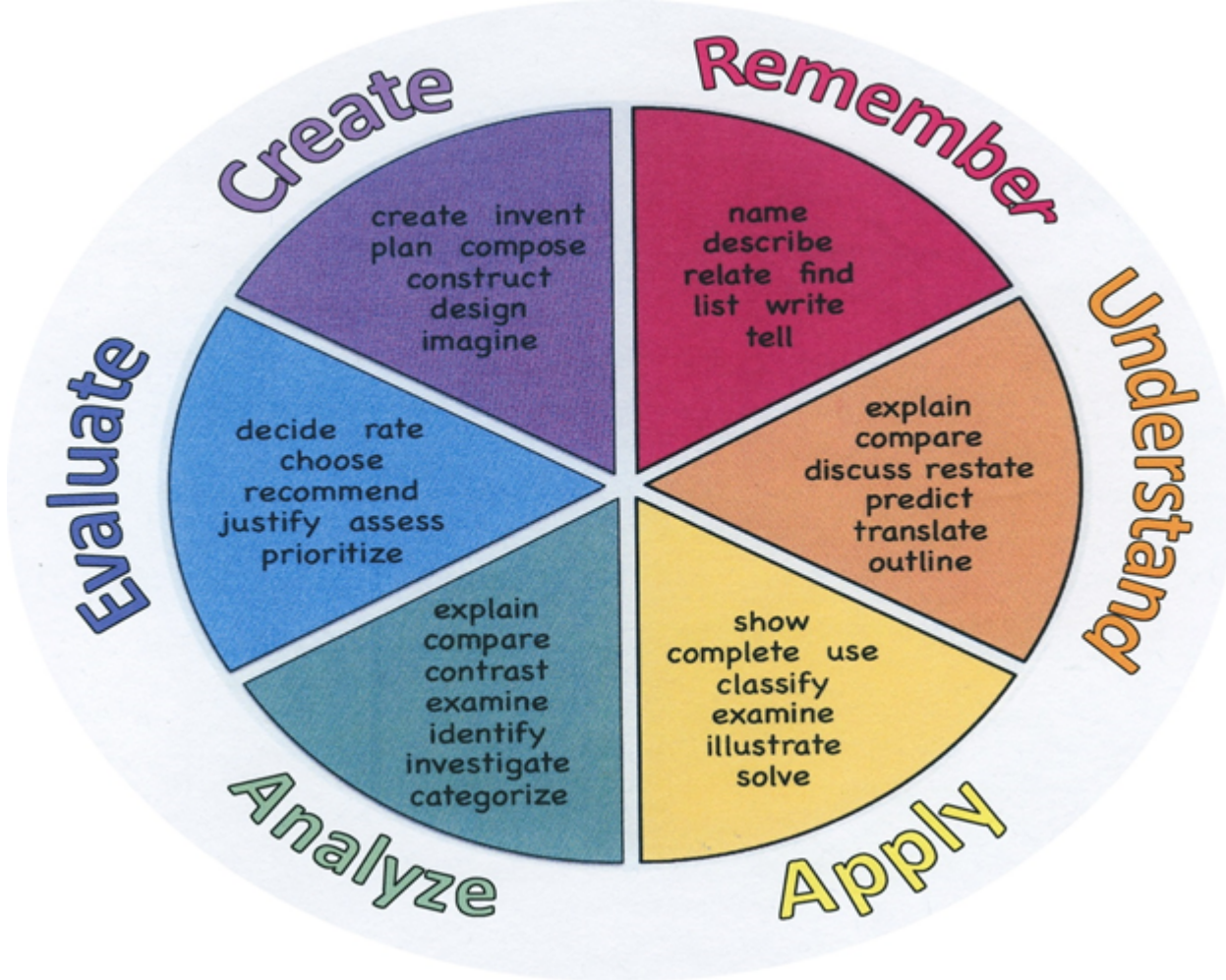
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- SWDAT Explain and perform movement skills with developmentally appropriate control in isolated settings and applied settings.
- SWDAT Demonstrate changes in time, force, and flow while moving in personal and general space at different levels, directions, ranges, and pathways.
- SWDAT Correct movement errors in response to feedback.
- SWDAT Demonstrate good sportsmanship. Shake hands, congratulate other team, and promote kindness.
- SWDAT List rules of a game and explain the importance of the rules to the safety of the game.
- SWDAT Use body management skills and demonstrate control when moving in relation to others, objects, and boundaries in personal and general space.
- SWDAT Compare and Contrast his/her role on offense and defense.
- SWDAT Demonstrate an understanding of score keeping.
- SWDAT Determine how attitude impacts physical performance.
- SWDAT Formulate and analyze plays based on different game situations.
- SWDAT Apply strategies into gameplay.
- SWDAT Utilize self-evaluation and external feedback to detect and correct errors in one’s movement performance.
- SWDAT Demonstrate offensive, defensive and cooperative strategies.

**Action Verbs:** Below are examples of action verbs associated with each level of the Revised Bloom's Taxonomy.

| Remember | Understand    | Apply      | Analyze       | Evaluate  | Create      |
|----------|---------------|------------|---------------|-----------|-------------|
| Choose   | Classify      | Choose     | Categorize    | Appraise  | Combine     |
| Describe | Defend        | Dramatize  | Classify      | Judge     | Compose     |
| Define   | Demonstrate   | Explain    | Compare       | Criticize | Construct   |
| Label    | Distinguish   | Generalize | Differentiate | Defend    | Design      |
| List     | Explain       | Judge      | Distinguish   | Compare   | Develop     |
| Locate   | Express       | Organize   | Identify      | Assess    | Formulate   |
| Match    | Extend        | Paint      | Infer         | Conclude  | Hypothesize |
| Memorize | Give Examples | Prepare    | Point out     | Contrast  | Invent      |
| Name     | Illustrate    | Produce    | Select        | Critique  | Make        |
| Omit     | Indicate      | Select     | Subdivide     | Determine | Originate   |

|           |             |             |              |         |             |
|-----------|-------------|-------------|--------------|---------|-------------|
| Recite    | Interrelate | Show        | Survey       | Grade   | Organize    |
| Select    | Interpret   | Sketch      | Arrange      | Justify | Plan        |
| State     | Infer       | Solve       | Breakdown    | Measure | Produce     |
| Count     | Match       | Use         | Combine      | Rank    | Role Play   |
| Draw      | Paraphrase  | Add         | Detect       | Rate    | Drive       |
| Outline   | Represent   | Calculate   | Diagram      | Support | Devise      |
| Point     | Restate     | Change      | Discriminate | Test    | Generate    |
| Quote     | Rewrite     | Classify    | Illustrate   |         | Integrate   |
| Recall    | Select      | Complete    | Outline      |         | Prescribe   |
| Recognize | Show        | Compute     | Point out    |         | Propose     |
| Repeat    | Summarize   | Discover    | Separate     |         | Reconstruct |
| Reproduce | Tell        | Divide      |              |         | Revise      |
|           | Translate   | Examine     |              |         | Rewrite     |
|           | Associate   | Graph       |              |         | Transform   |
|           | Compute     | Interpolate |              |         |             |
|           | Convert     | Manipulate  |              |         |             |
|           | Discuss     | Modify      |              |         |             |
|           | Estimate    | Operate     |              |         |             |
|           | Extrapolate | Subtract    |              |         |             |
|           | Generalize  |             |              |         |             |
|           | Predict     |             |              |         |             |



## **Suggested Activities & Best Practices**

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- Dribbling Drills
- Shooting Drills
- Defensive Drills
- Offensive Drills
- Throwing Drills
- Mini 2v2 Practice Games
- Modified Games
- Ultimate Games

## **Assessment Evidence - Checking for Understanding (CFU)**

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- Quarterly Exam - summative assessment
- Current Event Assignments - alternative assessment
- Multimedia Reports - formative assessment
- Written Reports - summative assessment
- Surveys - formative assessment
- Evaluation rubrics - Sport Ed - formative assessment
- Self- assessments - alternative assessment
- Teacher Observation Checklist - formative assessment
- Explaining - formative assessment
- Youtube Video Analysis - formative assessment

## **Primary Resources & Materials**

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- Pinnies
- Cones
- Goals



- Soccer Balls
- Footballs
- Frisbees
- Basketballs
- Gator Balls
- Scoreboards
- Whistles
- Chromebooks (Assignments, Current Events, Etc.)

## **Ancillary Resources**

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- Sport Ed Model Packet (instructions, rules, roles, etc.)
- Quarterly Exam Review Sheets (one per sport)
- Quarterly Exam (one per sport)
- Current Events Worksheet
- Medical Writing Assignment

## **Technology Infusion**

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- Youtube Videos (skills, drills, history, etc.)
- P.E. Google Classroom (Rules, Assignments, Information, Announcements, etc.)
- Chromebooks (Assignments, Current Events, Quarterly, Etc.)



## **Alignment to 21st Century Skills & Technology**

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|                   |  |
|-------------------|--|
| CRP.K-12.CRP2     | Apply appropriate academic and technical skills.                             |
| CRP.K-12.CRP3     | Attend to personal health and financial well-being.                          |
| CRP.K-12.CRP4     | Communicate clearly and effectively and with reason.                         |
| CRP.K-12.CRP11    | Use technology to enhance productivity.                                      |
| CAEP.9.2.12.C.1   | Review career goals and determine steps necessary for attainment.            |
| CAEP.9.2.12.C.2   | Modify Personalized Student Learning Plans to support declared career goals. |
| CAEP.9.2.12.C.3   | Identify transferable career skills and design alternate career plans.       |
| TECH.8.1.12.A.CS1 | Understand and use technology systems.                                       |
| TECH.8.1.12.A.CS2 | Select and use applications effectively and productively.                    |

## **21st Century Skills/Interdisciplinary Themes**

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- Communication and Collaboration
- Creativity and Innovation
- Critical thinking and Problem Solving
- Information Literacy
- Life and Career Skills

## **21st Century Skills**

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- Civic Literacy
- Global Awareness
- Health Literacy

## **Differentiation**

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### **Differentiations:**

- Small group instruction
- Mini 2v2 modified games
- Post rules and explanation of game throughout the gym

- Demonstrate game/activity
- Youtube videos of professionals playing
- Small group assignments
- Extra time to complete assignments
- Pairing oral instruction with visuals
- Repeat directions
- Use manipulatives
- Center-based instruction
- Token economy
- Study guides
- Teacher reads assessments allowed
- Scheduled breaks
- Rephrase written directions
- Multisensory approaches
- Additional time
- Preview vocabulary
- Preview content & concepts
- Story guides
- Behavior management plan
- Highlight text
- Student(s) work with assigned partner
- Visual presentation
- Assistive technology
- Auditory presentations
- Large print edition
- Dictation to scribe
- Small group setting

**Hi-Prep Differentiations:**

- Alternative formative and summative assessments
- Sport Ed model - Students act as coaches/trainers/referees
- Choice boards
- Games and tournaments
- Group investigations
- Guided Reading
- Independent research and projects
- Interest groups
- Learning contracts
- Leveled rubrics
- Literature circles
- Multiple intelligence options
- Multiple texts
- Personal agendas
- Project-based learning
- Problem-based learning
- Stations/centers
- Think-Tac-Toes
- Tiered activities/assignments
- Tiered products
- Varying organizers for instructions

## Lo-Prep Differentiations

- Choice of books or activities
- Fitness Journal
- Cubing activities
- Exploration by interest
- Flexible grouping
- Goal setting with students
- Jigsaw
- Mini workshops to re-teach or extend skills
- Open-ended activities
- Think-Pair-Share
- Reading buddies
- Varied journal prompts
- Varied supplemental materials

## **Special Education Learning (IEP's & 504's)**

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- printed copy of board work/notes provided
- additional time for skill mastery
- assistive technology
- behavior management plan
- Center-Based Instruction
- Change or modify equipment based on skill level
- check work frequently for understanding
- computer or electronic device utilizes
- extended time on tests/ quizzes
- have student repeat directions to check for understanding
- highlighted text visual presentation
- modified assignment format
- modified test content
- modified test format
- modified test length
- multiple test sessions
- multi-sensory presentation

- Post rules of the game with pictures and diagrams
- preferential seating
- preview of content, concepts, and vocabulary
- Provide modifications as dictated in the student's IEP/504 plan
- reduced/shortened reading assignments
- Reduced/shortened written assignments
- secure attention before giving instruction/directions
- shortened assignments
- show Youtube video as a guide
- student working with an assigned partner
- teacher initiated weekly assignment sheet
- Use open book, study guides, test prototypes

## **English Language Learning (ELL)**

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- teaching key aspects of a topic. Eliminate nonessential information
- using videos, illustrations, pictures, and drawings to explain or clarify
- allowing products (projects, timelines, demonstrations, models, drawings, dioramas, poster boards, charts, graphs, slide shows, videos, etc.) to demonstrate student's learning;
- allowing students to correct errors (looking for understanding)
- allowing the use of note cards or open-book during testing
- decreasing the amount of work presented or required
- Glencoe Comprehensive Health and Physical Education Virtual Textbook - translated videos
- having peers take notes or providing a copy of the teacher's notes
- modifying tests to reflect selected objectives
- providing study guides
- reducing or omitting lengthy outside reading assignments
- reducing the number of answer choices on a multiple choice test
- Show videos of sports from their native countries
- Translated Sport Ed Model packets
- tutoring by peers
- using computer word processing spell check and grammar check features
- using true/false, matching, or fill in the blank tests in lieu of essay tests

## **At Risk**

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- allowing students to correct errors (looking for understanding)
- teaching key aspects of a topic. Eliminate nonessential information
- allowing products (projects, timelines, demonstrations, models, drawings, dioramas, poster boards, charts, graphs, slide shows, videos, etc.) to demonstrate student's learning
- allowing students to select from given choices
- allowing the use of note cards or open-book during testing
- collaborating (general education teacher and specialist) to modify vocabulary, omit or modify items to reflect objectives for the student, eliminate sections of the test, and determine how the grade will be determined prior to giving the test.
- decreasing the amount of work presented or required
- having peers take notes or providing a copy of the teacher's notes
- Larger balls and goals
- Less competitive, smaller, modified games
- marking students' correct and acceptable work, not the mistakes
- modifying tests to reflect selected objectives
- providing study guides
- reducing or omitting lengthy outside reading assignments
- reducing the number of answer choices on a multiple choice test
- Smaller playing fields
- tutoring by peers
- using authentic assessments with real-life problem-solving
- using true/false, matching, or fill in the blank tests in lieu of essay tests
- using videos, illustrations, pictures, and drawings to explain or clarify

## **Talented and Gifted Learning (T&G)**

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- Above grade level placement option for qualified students
- Advanced problem-solving
- Allow students to work at a faster pace
- Assign students the role of coach or trainer
- Cluster grouping
- Complete activities aligned with above grade level text using Benchmark results
- Create a blog or social media page about their unit
- Create a plan to solve an issue presented in the class or in a text
- Debate issues with research to support arguments
- Flexible skill grouping within a class or across grade level for rigor
- Higher order, critical & creative thinking skills, and discovery
- Incorporate higher level plays and strategies into games
- Multi-disciplinary unit and/or project
- Teacher-selected instructional strategies that are focused to provide challenge, engagement, and

growth opportunities

- Utilize exploratory connections to higher-grade concepts
- Utilize project-based learning for greater depth of knowledge

## **Sample Lesson**

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**Unit Name:** Ultimate Frisbee

**NJSLS:** (linked below)

**Interdisciplinary Connection:** Language Arts

**Statement of Objective:**

- SWDAT Demonstrate proper throwing technique by participating in different frisbee throwing drills that focus on both forehand and backhand form.
- SWDAT Accurately catch a frisbee both stationary and on the move.
- SWDAT Compare and Contrast the rules of ultimate frisbee to that of soccer and football
- SWDAT Demonstrate proper throwing and catching techniques with non dominant hand.

**Anticipatory Set/Do Now:** locker room, squads, warm-up

**Learning Activity:** Explanation/demo of cutting techniques and form. Students will discuss defensive strategies with a partner. Students will partake in mini 2v2 games.

**Student Assessment/CFU's:** partner assessment, teacher observation (linked)

**Materials:** frisbees, pinnies, cones

**21st Century Themes and Skills:** (linked)

**Differentiation:** by process (linked)

**Integration of Technology:** YouTube clip