

# Course Overview: MS Adaptive PE

Content Area: **Health and Physical Education**  
Course(s): **Middle School Adaptive PE**  
Time Period:  
Length:  
Status: **Published**

## Course Overview

**Aligned to Standards:**

**2020 New Jersey Student Learning Standards for Comprehensive Health & Physical Education**

**Revision Date:** 2022

In compliance with the NJ Student Learning Standards, climate change, career readiness, DEI (Diversity, Equity, & Inclusivity), as well as other standards have been integrated within the NBCRSD curricula (NJ Administrative Code Title 6A: chapter 8; Title 18A: chapter 35).

## Course Overview

**Sequence- Unit Titles, Summaries, and Number of weeks per unit (total = 18 semester/36 year)**

The ten comprehensive health and physical education practices will be woven into learning experiences to enable students to develop these skills in conjunction with the content knowledge:

- Acting as responsible and contributing member of society
- Building and maintaining healthy relationships
- Communicating clearly and effectively (verbal and nonverbal)
- Resolving conflict
- Attending to personal health, emotional, social and physical well-being
- Engaging in an active lifestyle
- Making decisions
- Managing-self
- Setting goals
- Using technology tools responsibly

**Unit 1:** Introduction/Team Building

**Unit 2:** Flag Football

**Unit 3:** Soccer

**Unit 4:** Ultimate Games

**Unit 5:** Basketball

**Unit 6:** Volleyball

**Unit 7:** Pickleball

**Unit 8:** Badminton

**Unit 9:** Fitness

**Unit 10:** Floor Hockey

**Unit 11:** Lacrosse

**Unit 12:** Softball

**Unit 13:** New Games/Activities

**Unit 14:** Low Ropes Course

**Unit 15:** Lawn/Outdoor Recreational Games

**[Reporting Student Progress](#) (link to NB's Assessment System)**

All courses follow a balanced assessment system with Practice and Assessments. Each category includes formative, summative and alternative assessments.

**[Accommodations and Modifications](#) (link to menu)**

Integrated accommodations and modifications for special education students, English language learners, students at risk of school failure, gifted and talented students, and students with 504 plans.