

# PE - 10 - Unit 1 Lifelong Athletic Activities

Content Area: **Physical Education/Health**  
Course(s):  
Time Period: **Marking Period**  
Length: **3/4 Year**  
Status: **Published**

## **General Overview, Course Description or Course Philosophy**

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Students will be exposed to authentic learning experiences involving mind and body to expose, promote, develop, and internalize the components of responsible decision making using critical thinking skills. Using these skills the students will be guided to discover the inherent value of making responsible decisions about their individual health and personal fitness, with the goal of creating a personal quest for maintaining a healthy and active lifestyle as adult members of our society. The instructional expectations involve and use recognized best practices and engaged learning through cooperative groups, triads, and pairs. The visible measure of achieving this goal will be students who are physically active because they feel a level of competence and enjoyment. The emphasis in the Physical Education class is to promote lifetime fitness and technical mastery of fitness and sport activities, which will support a healthy and active lifestyle for adults.

The physical education curriculum is based on a variety of activities that promote the development of lifelong health related fitness. The students will participate in physical education activities  $\frac{3}{4}$  of their school year. All activities will include skills that enable students to reach their fitness goals. Health components such as cardiorespiratory fitness, Muscular strength and endurance, Flexibility, Body composition will all be covered throughout the school year. Skill related fitness components; (agility, balance, power, speed, coordination & reaction time) will also be covered which will enhance one's performance in athletic sports or events.

## **OBJECTIVES, ESSENTIAL QUESTIONS, ENDURING UNDERSTANDINGS**

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Unit 1 - Lifelong Athletic Activities - 2-3 Week Intervals per activity.

Lifelong Fitness requires making fitness a part of a person's daily life. It is about creating fitness habits that support individuals to plan and stay healthy throughout their lifetime. In addition, a person recognizes the medical consequences of a sedentary lifestyle and that the benefits of an active body and mind over time reduces diseases, injuries and pain. Lifelong fitness doesn't focus on competition or high-level skill development, but rather on self-evaluation, personal goal setting, social engagement, sportsmanship, enjoyment of movement, and leisure-time fitness activities. Activities will include team sports and small group activities including, but not limited to: football, soccer, volleyball, baseball/softball, basketball, ultimate frisbee, and more.

### Enduring Understandings

- Healthy habits and behaviors are created by personal learning experiences, knowledge, beliefs, and goals towards living and maintaining a healthy lifestyle of fitness, self-expression, social interaction, and enjoying movement in a safe and healthy environment (e.g., golf, tennis, badminton, martial arts, bowling, kayaking,

ping-pong, cricket, hiking, biking, swimming).

- Appreciation of the human body and its ability to perform physical activity.
- Physical and emotional growth often relies on taking personal responsibility for developing and maintaining physical fitness levels that also provide opportunities for self-expression, enjoyment, and emotional satisfaction.
- Individual and team execution requires interaction, respect, effort, and positive attitude.
- Advanced technique and concepts will elevate student's confidence, performance, skills, and participation in physical activity (e.g., games, sports, aerobics, fitness activities).

### Essential Questions

- Why utilize lifetime activities as an alternative to traditional exercise programs?
- What are the added benefits of lifetime activities other than fitness?
- Why are lifetime activity skills more important to be developed at a younger age?
- Why is character revealed in these one on one activities?

## **CONTENT AREA STANDARDS**

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### **NJSLS-Comprehensive Health & Physical Education**

2.1.12.PGD.1: Develop a health care plan that includes practices and strategies designed to support an active lifestyle, attend to mental health, and foster a healthy, social and emotional life.

2.1.12.PGD.2: Predict how healthy and unhealthy behaviors can affect brain development and impact physical, social and emotional stages of early adulthood.

2.1.12.EH.1: Recognize one's personal traits, strengths, and limitations and identify how to develop skills to support a healthy lifestyle.

2.1.12.SSH.4: Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others (defining and understanding the laws of consent and dating violence).

2.2.12.MSC.1: Explain and demonstrate ways to apply movement skills from one game, sport, aerobics, or recreational activity to another including striking skills (e.g., tennis, badminton, ping pong, racquetball, pickle ball)

2.2.12.MSC.2: Analyze application of force and motion (e.g., weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.

2.2.12.MSC.4: Analyze etiquette, responsibilities, and preparation of players, officials, trainers, and other

participants and recommend strategies to improve their performance, participation, and behavior.

2.2.12.MSC.5: Develop rule changes to existing games, sports, and activities that enhance participation, safety, and enjoyment.

2.2.12.PF.1: Compare the short- and long-term benefits of physical activity and the impact on wellness associated with physical, mental, emotional fitness through one's lifetime.

2.2.12.PF.2: Respect and appreciate all levels of ability and encourage with care during all physical activities.

2.2.12.PF.4: Determine the role of genetics, age, nutrition, sleep, the environment, and exercise type on body composition and personal health (e.g., anabolic steroids, human growth hormones, stimulants).

2.2.12.PF.5: Analyze fitness knowledge in strength, conditioning, agility, and the physiological responses of the energy systems effects on the mind and body before, during, and after physical fitness activities.

2.2.12.LF.1: Apply and share a movement and physical fitness vocabulary that is intrinsic to motivate oneself, to impact family, and others in a community.

2.2.12.LF.2: Develop a sense of openness and willingness when participating in physical fitness activity to share and learn experiences from your own and other cultures

2.2.12.LF.3: Examine building to a level of fitness to successfully participate in a range of different physical activities during a lifetime

2.2.12.LF.4: Exhibit responsible social behavior by including and cooperating with classmates of all skill levels, assisting when needed, and collaborating respectfully to solve problems in groups, teams, and in pairs during physical activity.

2.2.12.LF.5: Describe the social benefits gained from participating in physical activity (e.g., meeting someone, making friends, team work, building trust, experiencing something new). Community resources can support a lifetime of wellness to self and family members.

2.2.12.LF.6: Implement a financial plan for participation in physical activity in the community for self and family members.

2.2.12.LF.7: Analyze the current and future impact of globalization and technology on the influences of participation in sports, games, physical fitness activities, dance, gaming, outdoor adventure, viewing sports, and social and emotional connections.

2.2.12.LF.8: Identify personal and community resources to explore career options related to physical activity and health

**RELATED STANDARDS (Technology, 21st Century Life & Careers, ELA Companion Standards are Required)**

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## **NJSLS-Career Readiness, Life Literacies, and Key Skills**

9.4.12.CT.1: Identify problem-solving strategies used in the development of an innovative product or practice (e.g., 1.1.12acc.C1b, 2.2.12.PF.3).

9.4.12.CT.2: Explain the potential benefits of collaborating to enhance critical thinking and problem solving (e.g., 1.3E.12profCR3.a).

### **STUDENT LEARNING TARGETS**

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- Perform fundamental skills such as catching, passing, running.
- Identify and implement basic offensive and defensive strategies, both as a team and as individuals.
- Implement basic offensive and defensive positions and formations.
- Implement basic scoring principles, rules and understand the penalties for violations of these rules.
- Identify the boundaries of the court and other areas of importance.
- Recognize the importance of physical conditioning and its relationship to participation in the sport.
- Fundamental skills: passing/catching skills. Inclusive of bouncing, dribbling, throwing and catching techniques. Lead up games.
- Shooting / scoring techniques
- Introduction of court/field dimensions, individual offensive and defensive positioning, scoring. Modified game play.
- Introduction of team play, Game specifications including starting the game, inbounding, scoring, possession rules and fouls. Modified game play.
- Team development, tournament play including full and or modified game play.

### **Declarative Knowledge**

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Students will understand that:

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### **Procedural Knowledge**

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Students will be able to:

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### **EVIDENCE OF LEARNING**

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Refer to the 'Formative Assessments' and 'Summative Assessments' sections.

### **Formative Assessments**

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Daily Warmup Evaluation

Daily Fitness Component Evaluation

Daily Activity Participation Evaluation

### **Summative Assessments**

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Activity Quiz

### **RESOURCES (Instructional, Supplemental, Intervention Materials)**

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[www.myfitnesspal.com](http://www.myfitnesspal.com) is a great website for tracking exercise, calories burned and consumed, checking nutrition facts, and giving exercise tips.

MapMyRun

Advantage Press PE Binder

Sport specific equipment such as balls, nets, fields, PA system, scoring charts, scrimmage vests, cones.

## **INTERDISCIPLINARY CONNECTIONS**

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## **ACCOMMODATIONS & MODIFICATIONS FOR SUBGROUPS**

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See link to Accommodations & Modifications document in course folder.