

CARLSTADT-EAST RUTHERFORD REGIONAL HIGH SCHOOL DISTRICT  
 PHYSICAL EDUCATION/HEALTH  
 PHYSICAL EDUCATION 9-12

Physical Education Curriculum Guide

<p><b>Pacing Guide:</b></p> <p><b>Physical Education is a full year course that meets on a rotating basis for three (3) 55-minute blocks and one (1) 40-minute block for every five (5) day cycle.</b></p>	<p>Marking Period 1- Fitness, Speedball, Volleyball, Basketball</p> <p>Marking Period 2- Fitness, Ultimate Frisbee, Scooter Activities</p> <p>Marking Period 3- Fitness, Badminton, Basketball</p> <p>Marking Period 4- Fitness, Hockey/Pillow Polo, Archery, Table Tennis, Wiffle Ball</p>
<p><b>Interdisciplinary Standards</b></p>	<p>NJSLSA.SL1. Prepare for and participate effectively in a range of conversations and collaborations with diverse partners, building on others’ ideas and expressing their own clearly and persuasively.</p> <p>NJSLSA.SL2. Integrate and evaluate information presented in diverse media and formats, including visually, quantitatively, and orally.</p> <p>NJSLSA.SL3. Evaluate a speaker’s point of view, reasoning, and use of evidence and rhetoric.</p> <p>L.11-12.6. Acquire and use accurately general academic and domain-specific words and phrases, sufficient for reading, writing, speaking, and listening at the college and career readiness level; demonstrate independence in gathering vocabulary knowledge when considering a word or phrase important to comprehension or expression.</p>

CARLSTADT-EAST RUTHERFORD REGIONAL HIGH SCHOOL DISTRICT  
 PHYSICAL EDUCATION/HEALTH  
 PHYSICAL EDUCATION 9-12

<p><b>Technology Standards:</b>        8.1 Educational Technology</p> <p>8.2. Technology Education,        Engineering, Design, and        Computational Thinking-Programming</p>	<p>8.1.12.A.2 Produce and edit a multi-page digital document for a commercial or professional audience and present it to peers and/or professionals in that related area for review.</p> <p>8.1.12.B.2 Apply previous content knowledge by creating and piloting a digital learning game or tutorial</p> <p>8.1.12.C.1 Develop an innovative solution to a real world problem or issue in collaboration with peers and experts, and present ideas for feedback through social media or in an online community.</p> <p>8.1.12.D.2 - Evaluate consequences of unauthorized electronic access (e.g., hacking) and disclosure, and on dissemination of personal information.</p> <p>8.1.12.D.5 Analyze the capabilities and limitations of current and emerging technology resources and assess their potential to address personal, social, lifelong learning, and career needs.</p> <p>8.1.12.E.1 Produce a position statement about a real world problem by developing a systematic plan of investigation with peers and experts synthesizing information from multiple sources</p> <p>8.1.12.E.2 Research and evaluate the impact on society of the unethical use of digital tools and present your research to peers.</p> <p>8.1.12.F.1 Evaluate the strengths and limitations of emerging technologies and their impact on educational, career, personal and or social needs.</p> <p>8.2.12.E.1 Demonstrate an understanding of the problem-solving capacity of computers in our world</p>
<p><b>21st Century Skills Standards:</b>        9.1 Personal Financial Literacy        9.2 Career Awareness, Exploration, and Preparation</p>	<p>9.1.12.A.3 - Analyze the relationship between various careers and personal earning goals.</p> <p>9.2.12.C.1 - Review career goals and determine steps necessary for attainment.</p> <p>9.2.12.C.3 - Identify transferable career skills and design alternate career plans.</p>
<p><b>Career Ready Practices:</b></p>	<p>CRP1- Act as a responsible contributing citizen and employee</p> <p>CRP3- Attend to personal health and financial well-being.</p> <p>CRP4- Communicate clearly and effectively and with reason</p> <p>CRP5- Consider the environment, social and economic impacts of decisions</p> <p>CPR7- Employ valid and reliable research strategies</p> <p>CPR11- Use technology to advance productivity</p>

CARLSTADT-EAST RUTHERFORD REGIONAL HIGH SCHOOL DISTRICT  
 PHYSICAL EDUCATION/HEALTH  
 PHYSICAL EDUCATION 9-12

**Differentiation/Accommodations/Modifications**

<b>Gifted and Talented</b>	<b>English Language Learners</b>	<b>Students with Disabilities</b>	<b>Students at Risk of School Failure</b>
<p><i>(content, process, product and learning environment)</i></p> <ul style="list-style-type: none"> <li>• Multi-Sensory Approach</li> <li>• Encourage the Use of Creativity</li> <li>• Opportunities for Open-Ended Activities</li> <li>• Competitive and Collaborative Activities</li> </ul>	<p><b>Modifications for Classroom</b></p> <ul style="list-style-type: none"> <li>• Internet bilingual dictionaries during class</li> </ul>	<p><i>(appropriate accommodations, instructional adaptations, and/or modifications as determined by the IEP or 504 team)</i></p> <ul style="list-style-type: none"> <li>• Physical assistance when needed</li> <li>• Modify equipment when necessary</li> <li>• Modify rules</li> <li>• Modify court/playing area</li> <li>• Modify time and distance of activity</li> <li>• Provide visual and auditory aids</li> </ul>	<p><b>Modifications for Classroom</b></p> <p>Pair visual prompts with verbal presentations</p> <ul style="list-style-type: none"> <li>• Teacher/Parent Communications</li> <li>• Intervention and Referral Team (I&amp;RS) in-house strategies for teachers</li> </ul>

CARLSTADT-EAST RUTHERFORD REGIONAL HIGH SCHOOL DISTRICT  
 PHYSICAL EDUCATION/HEALTH  
 PHYSICAL EDUCATION 9-12

<b>CONTENT: Physical Education Team Sports</b>				
<b>Theme:</b> Basketball, Volleyball, Speedball/Handball, Ultimate Frisbee, Scooter Activities, Pillow Polo/ Hockey, and Kickball				
<b>Essential Questions:</b> How can the use of teamwork develop one’s interpersonal skills? How do good sportsmanship and teamwork build confidence and support? How does good sportsmanship affect a game?		Why do we follow rules in sports? What are the basic skills of sport? What is the general knowledge and history of sport? What are the rules and strategies of the sport?		
<b>Content</b> <i>(As a result of this learning segment, students will know...)</i> <ul style="list-style-type: none"> <li>• Knowledge and Skills in team sports.</li> <li>• How to maintain and improve health related fitness.</li> <li>• Safety practices, rules, and terminology of team sport.</li> <li>• Correct techniques and form used in performing team sport.</li> <li>• Benefits of participating in team sports for good health and wellness.</li> </ul>	<b>Skills</b> <i>(As a result of this learning segment, students will be able to...)</i> <ul style="list-style-type: none"> <li>• Demonstrate the basic skills of sport.</li> <li>• Recall the general knowledge and history of sport.</li> <li>• Improve general fitness level through skill practice and game activities.</li> <li>• Demonstrate knowledge of rules and strategies of the game.</li> <li>• Develop a higher level of agility through skills practice and competition.</li> <li>• Develop a carry-over desire for activity.</li> <li>• Develop skills of teamwork and group involvement.</li> <li>• Develop agility skills necessary to create offensive and defensive moves.</li> <li>• Maintain or increase present fitness level during activities.</li> </ul>	<b>Assessments</b> (The above Essential Questions will be assessed with the following formative and summative measures:)  <ul style="list-style-type: none"> <li>• Teacher Observations</li> <li>• Skill Tests</li> <li>• Student Self Evaluation</li> </ul>	<b>Standards:</b> 2.5.12.A.1 2.5.12.A.2 2.5.12.A.4 2.5.12.B.1 2.5.12.B.2 2.5.12.B.3 2.5.12.C.1 2.5.12.C.2	
			<b>Time Frame:</b> 1 Marking Period	
			<b>Materials:</b> Sporting Equipment for Sport Whistle Stop Watch Cones	

CARLSTADT-EAST RUTHERFORD REGIONAL HIGH SCHOOL DISTRICT  
 PHYSICAL EDUCATION/HEALTH  
 PHYSICAL EDUCATION 9-12

**Sport-Specific Knowledge and Skills Progressions for Grades 9-12**

<b>Sport: Basketball</b>		<b>Time: 5-6 weeks</b>		
	<b>9th Grade</b>	<b>10th Grade</b>	<b>11th Grade</b>	<b>12th Grade</b>
<b>Knowledge</b> (Students will know...)	<p>Basic fundamentals (dribble, pass, layup, foul shot, jump shot) of basketball in order to participate in game play.</p> <p>Different shot types (layup, jump shot, foul shot).</p> <p>Court boundaries such as the baseline, sideline, and half court lines.</p> <p>Game violations/penalties (traveling, double dribble) during game play.</p> <p>Proper etiquette (honesty, respect, fairness) and established safety rules.</p>	<p>Intermediate fundamentals (dribble, pass, shot selection) of basketball in order to participate in game play.</p> <p>Shot selection (layup, jump shot, foul shot, 3 point shot).</p> <p>Ball movement on offense and defensive positioning.</p> <p>Game violations/penalties (traveling, double dribble, pushing, charging, carrying) during game play.</p> <p>Proper etiquette (respect, honesty, fairness,) and established safety rules.</p>	<p>Intermediate fundamentals (Dribble, Pass, Layup, Foul Shot, Jump Shot, 3 Point Shot) of basketball in order to participate in game play.</p> <p>Shot selection based upon distance from basket, defensive coverage, and player skill</p> <p>Offensive and defensive play and strategies (Zone vs. Man defense).</p> <p>Advanced game violations and penalties (3 second violation, Technical and Personal foul types) during game play.</p> <p>Proper etiquette and established safety rules.</p>	<p>Intermediate fundamentals (Dribble, Pass, Layup, Foul Shot, Jump Shot, 3 Point Shot) of basketball in order to participate in game play.</p> <p>Shot selection based upon distance from basket, defensive coverage, and player skill</p> <p>Offensive and defensive play and strategies (Zone vs. Man defense).</p> <p>Advanced game violations and penalties (3 second violation, Technical and Personal foul types) during game play.</p> <p>Proper etiquette and established safety rules.</p>

CARLSTADT-EAST RUTHERFORD REGIONAL HIGH SCHOOL DISTRICT  
 PHYSICAL EDUCATION/HEALTH  
 PHYSICAL EDUCATION 9-12

<p><b>Skills</b> (Students will be able to...)</p>	<p>Demonstrate or explain ball movements (dribbling, passing techniques)</p> <p>Demonstrate successful shots (lay-up, jump shot, foul shot).</p> <p>Identify boundaries and court markings.</p> <p>Demonstrate ability to follow game rules and class rules.</p> <p>Learning good sportsmanship and cooperation.</p>	<p>Demonstrate ball movements (various dribbling techniques, chest pass vs. bounce pass)</p> <p>Demonstrate successful shots (lay-up, jump shot, foul shot, 3 point shot).</p> <p>Complete correct passing and dribbling techniques.</p> <p>Differentiate between an offensive and defensive strategies during game play.</p> <p>Employ good sportsmanship and cooperation.</p> <p>Adhere to safety procedures established in class</p>	<p>Demonstrate all aspects of ball movement (various dribbling techniques, chest pass, bounce pass).</p> <p>Demonstrate good shot selection (lay-up, jump shot, foul shot, 3 point shot).</p> <p>Evaluate different shooting and passing techniques that lead to successful field goals.</p> <p>Apply understanding of game violations and penalties (pushing, charging, carrying, and traveling) during games.</p> <p>Employ good sportsmanship/cooperation.</p> <p>Adhere to safety procedures established in class.</p>	<p>Demonstrate all aspects of ball movement (various dribbling techniques, chest pass, bounce pass).</p> <p>Demonstrate good shot selection (lay-up, jump shot, foul shot, 3 point shot).</p> <p>Evaluate different shooting and passing techniques that lead to successful field goals.</p> <p>Apply understanding of game violations and penalties (pushing, charging, carrying, and traveling) during games.</p> <p>Employ good sportsmanship/cooperation.</p> <p>Adhere to safety procedures established in class.</p>
<p><b>Activities</b> (Students will show knowledge and skills during...)</p>	<p>2 on 2 half court play                  3 on 3 half court play                  Knockout                  2-ball                  Shooting Drills                  Dribbling Drills</p>	<p>2 on 2 half court play                  3 on 3 half court play                  Knockout                  2-ball                  Shooting Drills                  Dribbling Drills</p>	<p>2 on 2 half court play                  3 on 3 half court play                  5 on 5 full court play                  Knockout                  2-ball                  Shooting Drills                  Dribbling Drills</p>	<p>2 on 2 half court play                  3 on 3 half court play                  5 on 5 full court play                  Knockout                  2-ball                  Shooting Drills                  Dribbling Drills</p>

CARLSTADT-EAST RUTHERFORD REGIONAL HIGH SCHOOL DISTRICT  
 PHYSICAL EDUCATION/HEALTH  
 PHYSICAL EDUCATION 9-12

**Sport-Specific Knowledge and Skills Progressions for Grades 9-12**

<b>Sport: Hockey/Pillow Polo</b>		<b>Time: 5-6 weeks</b>		
	<b>9th Grade</b>	<b>10th Grade</b>	<b>11th Grade</b>	<b>12th Grade</b>
<b>Knowledge</b> (Students will know...)	<p>Basic Fundamentals (passing, moving off the ball, shooting) of floor hockey/pillow polo in order to participate in game play</p> <p>How to compare/contrast the difference between floor hockey and pillow polo</p> <p>The rules of the game</p> <p>The importance of communicating when playing a team sport</p> <p>Movement skill performance is primarily impacted by the quality of instruction, practice, assessment, feedback, and effort.</p>	<p>Basic Fundamentals (passing, moving off the ball, shooting) of floor hockey/pillow polo in order to participate in game play</p> <p>Team execution is based on the interaction of tactical use of strategies, positive mental attitudes, competent skill levels, and teamwork.</p> <p>Self-initiated behaviors that promote personal and group success include safety practices, adherence to rules, etiquette, cooperation, teamwork, ethical behavior, and positive social interaction.</p> <p>Safety, rules and regulations to ensure a safe game play</p>	<p>Intermediate fundamentals (passing, moving off the ball, shooting) of floor hockey/pillow polo in order to participate in game play</p> <p>Etiquette and sportsmanship associated with floor hockey/pillow polo</p> <p>Students will analyze the role, responsibilities, preparation and motivation of players, participants, officials and recommend strategies to enhance team effectiveness.</p> <p>Cultural practices regarding physical activity, sports, and games reflect a microcosm of society.</p>	<p>Intermediate fundamentals (passing, moving off the ball, shooting) of floor hockey/pillow polo in order to participate in game play</p> <p>Proper etiquette and established safety rules.</p> <p>The understanding of game violations and penalties during game</p> <p>Taking personal responsibility to develop and maintain physical activity levels provides opportunities for increased health, fitness, enjoyment, challenges, self-expression, and social interaction.</p>

CARLSTADT-EAST RUTHERFORD REGIONAL HIGH SCHOOL DISTRICT  
 PHYSICAL EDUCATION/HEALTH  
 PHYSICAL EDUCATION 9-12

<p><b>Skills</b> (Students will be able to...)</p>	<p>Demonstrate communication skills as well as fine and gross motor skills while engaging in floor hockey</p> <p>Demonstrate passing skills, moving off the ball, shooting, and defensive skill sets through game play</p> <p>Students will identify and demonstrate appropriate and effective offensive, defensive, and cooperative strategies that can be utilized during team activities.</p>	<p>Apply and assess tactical physical and mental strategies to evaluate and improve performance in team activities.</p> <p>Analyze the role, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance and behavior</p>	<p>Demonstrate stick and puck handling</p> <p>Apply defensive positioning</p> <p>Demonstrate shooting and passing to teammates.</p> <p>Communicating during game play.</p>	<p>Demonstrate and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies</p> <p>Apply factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness</p> <p>Apply a variety of mental strategies to improve</p> <p>Identify and explain the influence of globalization and technology on team activities, develop rule changes to existing team activities and predict their impact on future participation and viewership.</p>
<p><b>Activities</b> (Students will show knowledge and skills during...)</p>	<p>Keep Away Passing Game</p> <p>Target Passing Shooting</p> <p>Partner Dribble</p> <p>Skill Testing</p>	<p>Group passing</p> <p>Lead up games</p> <p>Skill Testing</p> <p>Floor Hockey game</p>	<p>Lead up games</p> <p>Skill Testing</p> <p>Floor Hockey Tournament</p>	<p>Skill Testing</p> <p>Floor Hockey Tournament</p>



CARLSTADT-EAST RUTHERFORD REGIONAL HIGH SCHOOL DISTRICT  
 PHYSICAL EDUCATION/HEALTH  
 PHYSICAL EDUCATION 9-12

<b>Sport-Specific Knowledge and Skills Progressions for Grades 9-12</b>				
<b>Sport: Scooter Activities</b>			<b>Time: 5-6 weeks</b>	
	<b>9th Grade</b>	<b>10th Grade</b>	<b>11th Grade</b>	<b>12th Grade</b>
<b>Knowledge</b> (Students will know...)	<p>Basic Fundamentals (passing, shooting, movement) of scooter handball in order to participate in game play</p> <p>The rules of the game</p> <p>The importance of communicating when playing a team sport</p> <p>Movement skill performance is primarily impacted by the quality of instruction, practice, assessment, feedback, and effort.</p> <p>Terminology</p>	<p>Basic Fundamentals (passing, shooting, movement) of scooter handball in order to participate in game play</p> <p>Team execution is based on the interaction of tactical use of strategies, positive mental attitudes, competent skill levels, and teamwork.</p> <p>Self-initiated behaviors that promote personal and group success include safety practices, adherence to rules, etiquette, cooperation, teamwork, ethical behavior, and positive social interaction.</p> <p>Safety, rules and regulations to ensure a safe game play</p>	<p>Intermediate fundamentals (passing, shooting, movement) of scooter handball in order to participate in game play</p> <p>Etiquette and sportsmanship associated with scooter handball</p> <p>Students will analyze the role, responsibilities, preparation and motivation of players, participants, officials and recommend strategies to enhance team effectiveness.</p> <p>Cultural practices regarding physical activity, sports, and games reflect a microcosm of society.</p>	<p>Intermediate fundamentals (passing, shooting, movement) of scooter handball in order to participate in game play</p> <p>Proper etiquette and established safety rules.</p> <p>The understanding of game violations and penalties during game</p> <p>Taking personal responsibility to develop and maintain physical activity levels provides opportunities for increased health, fitness, enjoyment, challenges, self-expression, and social interaction.</p>

CARLSTADT-EAST RUTHERFORD REGIONAL HIGH SCHOOL DISTRICT  
 PHYSICAL EDUCATION/HEALTH  
 PHYSICAL EDUCATION 9-12

<p><b>Skills</b> (Students will be able to...)</p>	<p>Demonstrate communication skills as well as fine and gross motor skills while engaging in scooter handball</p> <p>Demonstrate passing skills, shooting, and defensive skill sets through game play          Students will identify and demonstrate appropriate and effective offensive, defensive, and cooperative strategies that can be utilized during team activities.</p>	<p>Apply and assess tactical physical and mental strategies to evaluate and improve performance in team activities.</p> <p>Analyze the role, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance and behavior</p>	<p>Demonstrate scooter movement and ball handling</p> <p>Apply defensive positioning</p> <p>Demonstrate shooting and passing to teammates.</p> <p>Communicating during game play.</p>	<p>Demonstrate and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies</p> <p>Apply factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness</p> <p>Apply a variety of mental strategies to improve</p> <p>Identify and explain the influence of globalization and technology on team activities, develop rule changes to existing team activities and predict their impact on future participation and viewership.</p>
<p><b>Activities</b> (Students will show knowledge and skills during...)</p>	<p>Target Shooting</p> <p>Partner Passing</p> <p>Skill Testing</p> <p>Scooter Handball Game</p>	<p>Group passing</p> <p>Lead up games</p> <p>Skill Testing</p> <p>Scooter Handball Game</p>	<p>Lead up games</p> <p>Skill Testing</p> <p>Scooter Handball Tournament</p>	<p>Skill Testing</p> <p>Scooter Handball Tournament</p>

CARLSTADT-EAST RUTHERFORD REGIONAL HIGH SCHOOL DISTRICT  
 PHYSICAL EDUCATION/HEALTH  
 PHYSICAL EDUCATION 9-12

**Sport-Specific Knowledge and Skills Progressions for Grades 9-12**

<b>Sport: Volleyball</b>		<b>Time: 5-6 weeks</b>		
	<b>9th Grade</b>	<b>10th Grade</b>	<b>11th Grade</b>	<b>12th Grade</b>
<b>Knowledge</b> (Students will know...)	<p>Basic fundamentals including passing, underhand serving, and hitting.</p> <p>Boundary Lines, scoring, game violations including double hits, 3 hits, and net violations. Students will be introduced to positions on the floor.</p> <p>Proper etiquette (honesty, respect, fairness) and established safety rules.</p>	<p>Basic fundamentals including passing, underhand/overhand serving, setting, and hitting.</p> <p>Boundary lines, scoring, game violations including double hits, net violations, carries, and lifts. Students will be rotating and playing proper positions on the court.</p> <p>Proper etiquette (honesty, respect, fairness) and established safety rules.</p>	<p>Intermediate fundamentals including passing, underhand/overhand serving, setting, blocking, digging, and hitting.</p> <p>Boundary lines, scoring, game violations including double hits, net violations, carries, lifts, foot faults. Students will be rotating and playing proper positions on the court.</p> <p>Proper etiquette (honesty, respect, fairness) and established safety rules.</p>	<p>Intermediate fundamentals including passing, underhand/overhand serving, setting, blocking, digging, and hitting.</p> <p>Boundary lines, scoring, game violations including double hits, net violations, carries, lifts, foot faults. Students will be rotating and playing proper positions on the court.</p> <p>Proper etiquette (honesty, respect, fairness) and established safety rules.</p>
<b>Skills</b> (Students will be able to...)	Perform passing, underhand serving, and hitting during skill work.	Perform passing, underhand serving, overhand serving, and beginner setting and hitting techniques.	Perform proper passing, underhand serving, overhand serving, setting, hitting, and blocking techniques.	Perform proper passing, underhand serving, overhand serving, setting, hitting, digging, and blocking techniques.

CARLSTADT-EAST RUTHERFORD REGIONAL HIGH SCHOOL DISTRICT  
 PHYSICAL EDUCATION/HEALTH  
 PHYSICAL EDUCATION 9-12

<p><b>Activities</b> (Students will show knowledge and skills during...)</p>	<p>Students will demonstrate skills that include serving, passing and hitting during drills for the first 25 min of class followed by a modified game with up to 12 players on a side.</p> <p>Line Passing</p> <p>Circle Passing</p>	<p>Students will demonstrate skills that include serving, passing and hitting during drills for the first 15 min of class followed by a modified game with up to 9 players on a side.</p> <p>Line Passing</p> <p>Circle Passing</p>	<p>Students will play games and use skills that include passing, overhand serving, setting, hitting, and blocking. Students will execute proper rotation and have up to 6 players on a side.</p>	<p>Students will play games and use skills that include passing, overhand serving, setting, hitting, digging, and blocking. Students will execute proper rotation and have up to 6 players on a side.</p>
--	--	---	--	---

CARLSTADT-EAST RUTHERFORD REGIONAL HIGH SCHOOL DISTRICT  
 PHYSICAL EDUCATION/HEALTH  
 PHYSICAL EDUCATION 9-12

**Sport-Specific Knowledge and Skills Progressions for Grades 9-12**

<b>Sport: Speedball/Handball</b>		<b>Time: 5-6 weeks</b>		
	<b>9th Grade</b>	<b>10th Grade</b>	<b>11th Grade</b>	<b>12th Grade</b>
<b>Knowledge</b> (Students will know...)	<p>Basic fundamentals (throwing, shooting, and catching)</p> <p>Court boundaries such as out-bounds, half court, goalie box, and throw line.</p> <p>Game violations/penalties (traveling, picking the ball up with your hands, stepping out of bounds) during game play.</p> <p>Proper etiquette (honesty, respect, fairness) and established safety rules.</p>	<p>Basic fundamentals (throwing, shooting, kicking, and catching)</p> <p>Court boundaries such as out-bounds, half court, goalie box, and throw line.</p> <p>Game violations/penalties (traveling, picking the ball up with your hands, no full-court throws, no stealing, and proper space between offensive and defensive players) during game play.</p> <p>Proper etiquette (honesty, respect, fairness) and established safety rule.</p>	<p>Basic fundamentals (throwing, shooting, kicking, catching, shooting a 3 point basket, and proper rebounding)</p> <p>Court boundaries such as out-bounds, half court, goalie box, kick line, and throw line.</p> <p>Game violations/penalties (traveling, picking the ball up with your hands, no full-court throws, no stealing, and proper space between offensive and defensive players) during game play.</p> <p>Proper etiquette (honesty, respect, fairness) and established safety rule.</p>	<p>Basic fundamentals (throwing, shooting, kicking, catching, shooting a 3 point basket, and proper rebounding)</p> <p>Court boundaries such as out-bounds, half court, goalie box, kick line, and throw line.</p> <p>Game violations/penalties (traveling, picking the ball up with your hands, no full-court throws, no stealing, and proper space between offensive and defensive players) during game play.</p> <p>Proper etiquette (honesty, respect, fairness) and established safety rule.</p>

CARLSTADT-EAST RUTHERFORD REGIONAL HIGH SCHOOL DISTRICT  
 PHYSICAL EDUCATION/HEALTH  
 PHYSICAL EDUCATION 9-12

<p><b>Skills</b> (Students will be able to...)</p>	<p>Demonstrate catching, passing, and overhand shooting skills during drills for the first 20 min of class followed by a game with up to 12 players on a side.</p> <p>Differentiate between zone and man to man defense.</p>	<p>Demonstrate catching, passing, overhand/underhand/side-arm shooting skills during drills for the first 15 min of class followed by a game with up to 10 players on a side.</p> <p>Perform zone and man to man defense.</p>	<p>Demonstrate catching, passing, kicking, overhand/underhand/side-arm shooting skills during game play.</p> <p>Demonstrate proper 3-point shot during game play.</p> <p>Demonstrate proper rebounding during game play.</p> <p>Perform zone and man to man defense.</p>	<p>Demonstrate catching, passing, kicking, overhand/underhand/side-arm shooting skills during game play.</p> <p>Demonstrate proper 3-point shot during game play.</p> <p>Demonstrate proper rebounding during game play.</p> <p>Perform zone and man to man defense.</p>
<p><b>Activities</b> (Students will show knowledge and skills during...)</p>	<p>.Drills in the beginning of class          Penalty shot contests          6 on 6 half court play          12 on 12 full court play</p>	<p>.Drills in the beginning of class          Penalty shot contests          6 on 6 half court play          10 on 10 full court play</p>	<p>3 point contest          6 on 6 half court play          10 on 10 full court play</p>	<p>3 point contest          6 on 6 half court play          10 on 10 full court play</p>

CARLSTADT-EAST RUTHERFORD REGIONAL HIGH SCHOOL DISTRICT  
 PHYSICAL EDUCATION/HEALTH  
 PHYSICAL EDUCATION 9-12

**Sport-Specific Knowledge and Skills Progressions for Grades 9-12**

<b>Sport: Ultimate Frisbee</b>		<b>Time: 5-6 weeks</b>		
	<b>9th Grade</b>	<b>10th Grade</b>	<b>11th Grade</b>	<b>12th Grade</b>
<b>Knowledge</b> (Students will know...)	<p>Basic fundamentals (throwing, catching with 2 hands, passing, hand-eye coordination, and terminology) of ultimate frisbee in order to participate in game play.</p> <p>Court boundaries such as the scoring endzone, and sidelines.</p> <p>Game violations/penalties (modified movement with frisbee, frisbee hitting walls or ceiling, stepping out of bounds with frisbee, fouling opposing players) during game play. Proper etiquette (honesty, respect, fairness) and established safety rules.</p>	<p>Intermediate fundamentals (throwing, catching with 1 or 2 hands, passing, hand-eye coordination, and terminology) of ultimate frisbee in order to participate in game play.</p> <p>Offensive and defensive play and strategies (short passes).</p> <p>Game violations/penalties (modified movement with frisbee, frisbee hitting walls or ceiling, stepping out of bounds with frisbee, fouling opposing players) during game play.</p> <p>Proper etiquette (respect, honesty, fairness) and established safety rules.</p>	<p>Intermediate fundamentals (throwing, catching with 1 or 2 hands, passing, hand-eye coordination, and terminology) of ultimate frisbee in order to participate in game play.</p> <p>Offensive and defensive play and strategies.</p> <p>Demonstrate successful passing (short and long distance).</p> <p>Differentiate between an offensive and defensive strategies during game play.</p> <p>Employ good sportsmanship and cooperation.</p> <p>Adhere to safety procedures established in class</p> <p>Advanced game violations and penalties (movement with frisbee, frisbee hitting walls or ceiling, stepping out of bounds with</p>	<p>Advanced fundamentals (variation of throwing, catching with 1 or 2 hands, passing, hand-eye coordination, and terminology) of ultimate frisbee in order to participate in game play.</p> <p>Offensive and defensive play and strategies.</p> <p>Demonstrate or explain different ways of throwing a frisbee (backhand, overhand, hammer).</p> <p>Demonstrate successful passing (short and long distance).</p> <p>Differentiate between an offensive and defensive strategies during game play.</p> <p>Employ good sportsmanship and cooperation.</p> <p>Adhere to safety procedures established in class</p>

CARLSTADT-EAST RUTHERFORD REGIONAL HIGH SCHOOL DISTRICT  
 PHYSICAL EDUCATION/HEALTH  
 PHYSICAL EDUCATION 9-12

			<p>frisbee, fouling opposing players) during game play.</p> <p>Proper etiquette and established safety rules.</p> <p>Communication and team work in game play.</p>	<p>Advanced game violations and penalties (movement with frisbee, frisbee hitting walls or ceiling, stepping out of bounds with frisbee, fouling opposing players) during game play.</p> <p>Proper etiquette and established safety rules.</p> <p>Communication and team work in game play.</p>
<p><b>Skills</b> (Students will be able to...)</p>	<p>Demonstrate or explain basic fundamentals (catching, throwing, passing).</p> <p>Identify boundaries, court markings, and scoring area.</p> <p>Demonstrate ability to follow game rules and class rules.</p> <p>Learning good sportsmanship and cooperation.</p>	<p>Demonstrate or explain intermediate fundamentals (catching, throwing, passing).</p> <p>Identify boundaries, court markings, and scoring area.</p> <p>Differentiate between an offensive and defensive strategies during game play.</p> <p>Employ good sportsmanship and cooperation.</p> <p>Adhere to safety procedures established in class</p>	<p>Demonstrate or explain intermediate fundamentals (catching, throwing, passing).</p> <p>Differentiate between an offensive and defensive strategies during game play.</p> <p>Evaluate different throwing techniques that lead to successful points.</p> <p>Apply understanding of game violations and penalties (keeping the frisbee in play, no fouling, no movement with frisbee) during games.</p> <p>Demonstrating teamwork and communication.</p>	<p>Demonstrate or explain advanced fundamentals (catching, throwing, passing).</p> <p>Differentiate between an offensive and defensive strategies during game play.</p> <p>Evaluate different throwing techniques that lead to successful points.</p> <p>Apply understanding of game violations and penalties (keeping the frisbee in play, no fouling, no movement with frisbee) during games.</p> <p>Demonstrating teamwork and communication.</p>



CARLSTADT-EAST RUTHERFORD REGIONAL HIGH SCHOOL DISTRICT  
 PHYSICAL EDUCATION/HEALTH  
 PHYSICAL EDUCATION 9-12

			Employ good sportsmanship/cooperation.  Adhere to safety procedures established in class.	Employ good sportsmanship/cooperation.  Adhere to safety procedures established in class.
<b>Activities</b> (Students will show knowledge and skills during...)	Practice basic skills (overhand throwing, 2 hand catching, passing) for the first 20-25 minutes of class.  Game Play: Demonstrating basic skills, good sportsmanship, and safety.	Practice intermediate skills (overhand throwing, 1-2 hand catching, passing) for the first 20-25 minutes of class.  Game Play: Demonstrating intermediate skills, good sportsmanship, and safety.	Practice intermediate skills (overhand and backhand throwing, 1-2 hand catching, passing short and long distance) for the first 20-25 minutes of class.  Game Play: Demonstrating intermediate skills, good sportsmanship, and safety.	Practice advanced skills (overhand, backhand, and hammer throwing, 1-2 hand catching, passing short and long distance) for the first 20-25 minutes of class.  Game Play: Demonstrating advanced skills, good sportsmanship, and safety.

CARLSTADT-EAST RUTHERFORD REGIONAL HIGH SCHOOL DISTRICT  
 PHYSICAL EDUCATION/HEALTH  
 PHYSICAL EDUCATION 9-12

<b>Sport-Specific Knowledge and Skills Progressions for Grades 9-12</b>				
<b>Sport: Kickball</b>			<b>Time: 5-6 weeks</b>	
	<b>9th Grade</b>	<b>10th Grade</b>	<b>11th Grade</b>	<b>12th Grade</b>
<b>Knowledge</b> (Students will know...)	<p>Basic fundamentals (kicking, throwing, running) of kickball in order to participate in game play.</p> <p>Identifying terminology and basic knowledge of the game (outs, running bases, fouls).</p> <p>Court boundaries such as the baseline.</p> <p>Game violations/penalties (no pegging) during game play.</p> <p>Proper etiquette (honesty, respect, fairness) and established safety rules</p>	<p>Intermediate fundamentals (kicking, throwing, running) of kickball in order to participate in game play.</p> <p>Identifying terminology and basic knowledge of the game (outs, running bases, fouls).</p> <p>Court boundaries such as the baseline.</p> <p>Game violations/penalties (no pegging) during game play.</p> <p>Proper etiquette (honesty, respect, fairness) and established safety rules.</p>	<p>Intermediate fundamentals (kicking, throwing, running, bunting) of kickball in order to participate in game play.</p> <p>Identifying terminology and basic knowledge of the game (outs, running bases, fouls).</p> <p>Identifying proper use of bunting vs regular kicking.</p> <p>Identifying when to tagging up bases.</p> <p>Offensive and defensive play and strategies.</p> <p>Advanced game violations and penalties (no pegging, no stealing) during game play.</p> <p>Utilizing communication among team members in game play.</p> <p>Proper etiquette and established safety rules.</p>	<p>Advanced fundamentals (kicking, throwing, running, tagging up, bunting, fielding) of kickball in order to participate in game play.</p> <p>Identifying when to tagging up bases.</p> <p>Offensive and defensive play and strategies.</p> <p>Advanced fielding techniques (being aware of pop ups, tagging up, and runners)</p> <p>Advanced game violations and penalties (no pegging, no stealing) during game play.</p> <p>Utilizing communication among team members in game play.</p> <p>Proper etiquette and established safety rules.</p>

CARLSTADT-EAST RUTHERFORD REGIONAL HIGH SCHOOL DISTRICT  
 PHYSICAL EDUCATION/HEALTH  
 PHYSICAL EDUCATION 9-12

<p><b>Skills</b> (Students will be able to...)</p>	<p>Demonstrate or explain basic fundamentals (kicking, throwing, running)</p> <p>Identify boundaries and court markings (baselines).</p> <p>Demonstrate ability to follow game rules and class rules.</p> <p>Learning good sportsmanship and cooperation.</p>	<p>Demonstrate or explain intermediate fundamentals (kicking, throwing, running)</p> <p>Demonstrate successful shots (lay-up, jump shot, foul shot, 3 point shot).</p> <p>Complete correct passing and dribbling techniques.</p> <p>Differentiate between an offensive and defensive strategies during game play.</p> <p>Employ good sportsmanship and cooperation.</p> <p>Adhere to safety procedures established in class</p>	<p>Demonstrate or explain intermediate fundamentals (kicking, throwing, running, bunting)</p> <p>Demonstrate good bunting skills.</p> <p>Evaluate the proper situation to bunt in a game.</p> <p>Demonstrate correct form of running bases in a game.</p> <p>Apply understanding of game violations and penalties (no pegging) during games.</p> <p>Employ good sportsmanship/cooperation.</p> <p>Adhere to safety procedures established in class.</p>	<p>Demonstrate or explain advanced fundamentals (kicking, throwing, running, bunting, tagging up, fielding)</p> <p>Demonstrate good bunting skills.</p> <p>Evaluate the proper situation to bunt in a game..</p> <p>Demonstrate tagging up in a game.</p> <p>Display knowledge in the field with pop ups, tagging up, and runners.</p> <p>Employ good sportsmanship/cooperation.</p> <p>Adhere to safety procedures established in class.</p>
<p><b>Activities</b> (Students will show knowledge and skills during...)</p>	<p>Practice basic skills (kicking, throwing) for the first 20-25 minutes of class.</p> <p>Game Play: Demonstrating basic skills, good sportsmanship, and safety.</p>	<p>Practice intermediate skills (kicking, throwing, running bases) for the first 15-20 minutes of class.</p> <p>Game Play: Demonstrating intermediate skills, good sportsmanship, and safety.</p>	<p>Practice intermediate skills (kicking, throwing, running bases, bunting) for the first 10-15 minutes of class.</p> <p>Game Play: Demonstrating intermediate skills, good sportsmanship, communication, and safety.</p>	<p>Practice advanced skills (kicking, throwing, running bases, bunting, tagging up, advanced fielding) for the first 10 minutes of class.</p> <p>Game Play: Demonstrating advanced skills, good sportsmanship, communication, and safety.</p>

CARLSTADT-EAST RUTHERFORD REGIONAL HIGH SCHOOL DISTRICT  
 PHYSICAL EDUCATION/HEALTH  
 PHYSICAL EDUCATION 9-12

<b>CONTENT: Physical Education Individual Sports</b>				
<b>Theme:</b> Archery, Badminton, Table Tennis				
<b>Essential Questions:</b> Can you demonstrate the basic skills of individual sport? What is the general history of individual sport? How do you stand when performing a skill?		How do you improve your aim in individual sport? What are the basic rules and proper scoring of sport? Do you know how to appropriately care for the equipment?		
<b>Content</b> <i>(As a result of this learning segment, students will know...)</i>  <ul style="list-style-type: none"> <li>• Knowledge and Skills in individual sport.</li> <li>• How to maintain and improve health related fitness.</li> <li>• Safety practices, rules, and terminology of individual sport.</li> <li>• Correct techniques and form used in performing individual sport.</li> <li>• Benefits of participating in individual sports for good health and wellness.</li> </ul>	<b>Skills</b> <i>(As a result of this learning segment, students will be able to...)</i>  <ul style="list-style-type: none"> <li><input type="checkbox"/> Demonstrate the basic skills of the individual sport.</li> <li><input type="checkbox"/> Recall the general history of individual sport.</li> <li><input type="checkbox"/> Develop a carry-over desire for individual sport.</li> <li><input type="checkbox"/> Improve posture.</li> <li><input type="checkbox"/> Develop chest, arm, and back strength as well as toning.</li> <li><input type="checkbox"/> Improve distance perception and judgment by shooting the targets at varying distance.</li> <li><input type="checkbox"/> Enjoy the activity and explore individual needs and interests.</li> <li><input type="checkbox"/> Demonstrate knowledge of basic rules and proper scoring.</li> <li><input type="checkbox"/> To develop basic eye-hand coordination to maintain a volley.</li> <li><input type="checkbox"/> Demonstrate proper care and maintenance of equipment</li> <li><input type="checkbox"/> Enhance eye-hand coordination.</li> </ul>	<b>Assessments</b> (The above Essential Questions will be assessed with the following formative and summative measures:)  <ul style="list-style-type: none"> <li>• Teacher Observations</li> <li>• Skill Tests</li> <li>• Student Self Evaluation</li> </ul>	<b>Standards:</b> 2.5.12.A.1 2.5.12.A.4 2.5.12.B.1 2.5.12.B.2 2.5.12.C.1 2.5.12.C.2 2.5.12.C.3	
			<b>Time Frame:</b> 1 Marking Period	
			<b>Materials:</b> Sporting Equipment for Sport Whistle Stop Watch Cones	

CARLSTADT-EAST RUTHERFORD REGIONAL HIGH SCHOOL DISTRICT  
 PHYSICAL EDUCATION/HEALTH  
 PHYSICAL EDUCATION 9-12

<b>Sport-Specific Knowledge and Skills Progressions for Grades 9-12</b>				
<b>Sport: Table Tennis</b>		<b>Time: 5-6 weeks</b>		
	<b>9th Grade</b>	<b>10th Grade</b>	<b>11th Grade</b>	<b>12th Grade</b>
<b>Knowledge</b> (Students will know...)	<p>Basic Fundamentals (serving, different strokes, maintaining a rally) in table tennis order to participate in game play</p> <p>The rules of the game and safety precautions</p> <p>History of Table Tennis</p> <p>Proper Equipment/ Use</p> <p>Movement skill performance is primarily impacted by the quality of instruction, practice, assessment, feedback, and effort.</p> <p>Terminology</p>	<p>Basic Fundamentals (serving, different strokes, maintaining a rally) in table tennis order to participate in game play</p> <p>Transfer of body weight along with quick determination</p> <p>Paddle grip and position</p> <p>Self-initiated behaviors that promote personal and group success include safety practices, adherence to rules, etiquette, cooperation, teamwork, ethical behavior, and positive social interaction.</p> <p>Safety, rules and regulations to ensure a safe match play</p>	<p>Intermediate fundamentals (serving, different strokes, maintaining a rally) in table tennis order to participate in game play</p> <p>Etiquette and sportsmanship associated with ping pong</p> <p>Basic offensive strategies/strokes including forehand, backhand and serve</p> <p>Basic defensive strategies including volley</p> <p>How to properly serve in singles and doubles</p>	<p>Intermediate fundamentals (serving, different strokes, maintaining a rally) in table tennis order to participate in game play</p> <p>The understanding of game violations and penalties during match</p> <p>Taking personal responsibility to develop and maintain physical activity levels provides opportunities for increased health, fitness, enjoyment, challenges, self-expression, and social interaction.</p>

CARLSTADT-EAST RUTHERFORD REGIONAL HIGH SCHOOL DISTRICT  
 PHYSICAL EDUCATION/HEALTH  
 PHYSICAL EDUCATION 9-12

<p><b>Skills</b> (Students will be able to...)</p>	<p>Demonstrate basic techniques while employing the rules involved in the game of table tennis.</p> <p>Demonstrate the basic fundamental skills through match play</p> <p>Employ good sportsmanship and cooperation</p>	<p>Demonstrate basic techniques while employing the rules and strategy involved in the game of table tennis.</p> <p>Apply and assess tactical physical and mental strategies to evaluate and improve performance in activity.</p> <p>Adhere to safety procedures established in class</p>	<p>Demonstrate proper stroke techniques while employing the rules and strategy involved in the game of table tennis.</p> <p>Apply a variety of mental strategies to improve match</p> <p>Demonstrate knowledge from sources to detect, analyze and correct errors in movement skills and patterns</p>	<p>Demonstrate and assess tactical understanding by using appropriate and effective offensive, defensive strategies</p> <p>Apply and analyze the use of movement and force during match play</p> <p>Demonstrate understanding by using appropriate and effective offensive, defensive and cooperative strategies</p>
<p><b>Activities</b> (Students will show knowledge and skills during)</p>	<p>Skill Testing</p> <p>Table Tennis matches (Modified)</p>	<p>Skill Testing</p> <p>Table Tennis matches (Modified)</p>	<p>Skill Testing</p> <p>Table Tennis Tournament</p>	<p>Skill Testing</p> <p>Table Tennis Tournament</p>

CARLSTADT-EAST RUTHERFORD REGIONAL HIGH SCHOOL DISTRICT  
 PHYSICAL EDUCATION/HEALTH  
 PHYSICAL EDUCATION 9-12

<b>Sport-Specific Knowledge and Skills Progressions for Grades 9-12</b>				
<b>Sport: Badminton</b>			<b>Time: 5-6 weeks</b>	
	<b>9th Grade</b>	<b>10th Grade</b>	<b>11th Grade</b>	<b>12th Grade</b>
<b>Knowledge</b> (Students will know...)	<p>Basic fundamentals (underhand serve, hand-eye coordination, how to hold a racket, and terminology) of badminton in order to participate in game play.</p> <p>Court boundaries such as the serving line, net line, and sidelines.</p> <p>Game violations/penalties (touching the net, hitting the shuttlecock into the net, double hit) during game play.</p> <p>Proper etiquette (honesty, respect, fairness) and established safety rules.</p>	<p>Intermediate fundamentals (overhand serve, underhand serve, hand-eye coordination, how to hold a racket, scoring, and terminology) of badminton in order to participate in game play.</p> <p>Stroke selections: serves &amp; clears.</p> <p>Offensive and defensive play and strategies (Movement of shuttlecock).</p> <p>Game violations/penalties (touching the net, crossing the serving line, hitting the shuttlecock into the net, double hit) during game play</p> <p>Proper etiquette (respect, honesty, fairness) and established safety rules.</p>	<p>Intermediate fundamentals (overhand serve, underhand serve, hand-eye coordination, how to hold a racket, footwork/movement on the court, scoring, rules of singles vs doubles, terminology) of badminton in order to participate in game play.</p> <p>Stroke selections: serves, clears, smashes, drives and drops.</p> <p>Advanced offensive and defensive play and strategies (Movement of shuttlecock).</p> <p>Advanced game violations and penalties (touching the net, crossing the serving line, hitting the shuttlecock into the net, double hit, switching serving positions during doubles play) during game play.</p> <p>Proper etiquette and established safety rules.</p> <p>Communication and team work in doubles play.</p>	<p>Advanced fundamentals (overhand serve, underhand serve, hand-eye coordination, how to hold a racket, footwork/movement on the court, scoring, rules of singles vs doubles, terminology) of badminton in order to participate in game play.</p> <p>Stroke selections: serves, clears, smashes, drives and drops.</p> <p>Advanced offensive and defensive play and strategies (Movement of shuttlecock).</p> <p>Advanced game violations and penalties (touching the net, crossing the serving line, hitting the shuttlecock into the net, double hit, switching serving positions during doubles play) during game play.</p> <p>Proper etiquette and established safety rules.</p> <p>Communication and team work in doubles play.</p>

CARLSTADT-EAST RUTHERFORD REGIONAL HIGH SCHOOL DISTRICT  
 PHYSICAL EDUCATION/HEALTH  
 PHYSICAL EDUCATION 9-12

<p><b>Skills</b> (Students will be able to...)</p>	<p>Demonstrate or explain racket movements (underhand techniques).</p> <p>Demonstrate successful serves (overhand).</p> <p>Identify boundaries and court markings.</p> <p>Demonstrate ability to follow game rules and class rules.</p> <p>Learning good sportsmanship and cooperation.</p>	<p>Demonstrate or explain racket movements (underhand and overhand techniques).</p> <p>Demonstrate successful serves (overhand and underhand).</p> <p>Differentiate between an offensive and defensive strategies during game play.</p> <p>Employ good sportsmanship and cooperation.</p> <p>Adhere to safety procedures established in class</p>	<p>Demonstrate or explain racket movements (underhand and overhand techniques)</p> <p>Demonstrate successful serves (overhand and underhand).</p> <p>Differentiate between an offensive and defensive strategies during game play.</p> <p>Evaluate different stroke techniques that lead to successful points.</p> <p>Apply understanding of game violations and penalties (keeping the shuttlecock in play, not crossing the serving line, switching positions on serves in doubles) during games.</p> <p>Employ good sportsmanship/cooperation.</p> <p>Adhere to safety procedures established in class.</p>	<p>Demonstrate or explain racket movements (underhand and overhand techniques) and advanced footwork on the court.</p> <p>Demonstrate successful serves (overhand and underhand).</p> <p>Differentiate between an offensive and defensive strategies during game play.</p> <p>Evaluate different stroke techniques that lead to successful points.</p> <p>Apply understanding of game violations and penalties (keeping the shuttlecock in play, not crossing the serving line, switching positions on serves in doubles) during games.</p> <p>Employ good sportsmanship/cooperation.</p> <p>Adhere to safety procedures established in class.</p>
<p><b>Activities</b> (Students will show knowledge and skills during...)</p>	<p>Practice basic skills for the first 20-25 minutes of class.</p> <p>Game Play: Singles Only- Demonstrating skills, good sportsmanship, and safety.</p>	<p>Practice basic skills for the first 20-25 minutes of class.</p> <p>Game Play: Singles Only- Demonstrating skills, good sportsmanship, and safety.</p>	<p>Practice advanced skills) for the first 20-25 minutes of class.</p> <p>Game Play: Doubles &amp; Singles- Demonstrating skills, good sportsmanship, and safety.</p>	<p>Practice advanced skills for the first 20-25 minutes of class.</p> <p>Game Play: Doubles &amp; Singles- Demonstrating skills, good sportsmanship, and safety.</p>



CARLSTADT-EAST RUTHERFORD REGIONAL HIGH SCHOOL DISTRICT  
 PHYSICAL EDUCATION/HEALTH  
 PHYSICAL EDUCATION 9-12

<b>Sport-Specific Knowledge and Skills Progressions for Grades 9-12</b>				
<b>Sport: Archery</b>			<b>Time: 5-6 weeks</b>	
	<b>9th Grade</b>	<b>10th Grade</b>	<b>11th Grade</b>	<b>12th Grade</b>
<b>Knowledge</b> (Students will know...)	<p>Basic fundamentals (body positioning and stance, bow handling, knocking in arrows, hitting the target trying to reach a score of 15-20 pts, retrieving arrows from the target, and terminology [pre-draw, draw, anchor, aiming, release] of archery in order to participate in the activity.</p> <p>Listening to instructor's commands (stand in position, knocking arrows, pull back, aim, fire/release, retrieve, arrows down).</p> <p>Game violations/penalties (not following instructor's commands, not retrieving all arrows, not using the proper technique) during activity.</p> <p>Proper etiquette (respect) and established safety rules.</p>	<p>Intermediate fundamentals (body positioning, bow handling, knocking in arrows, hitting the target trying to reach a score of 20-30 pts, retrieving arrows from the target, and terminology [pre-draw, draw, anchor, aiming, release] of archery in order to participate in the activity.</p> <p>Listening to instructor's commands (stand in position, knocking arrows, pull back, aim, fire/release, retrieve, arrows down)</p> <p>Game violations/penalties (not following instructor's commands, not retrieving all arrows, not using the proper technique) during activity.</p> <p>Proper etiquette (respect) and established safety rules.</p>	<p>Intermediate fundamentals (body positioning, bow handling, knocking in arrows, hitting the target trying to reach a score of 30-45 pts, retrieving arrows from the target, and terminology [pre-draw, draw, anchor, aiming, release] of archery in order to participate in the activity.</p> <p>Listening to instructor's commands (stand in position, knocking arrows, pull back, aim, fire/release, retrieve, arrows down)</p> <p>Game violations/penalties (not following instructor's commands, not retrieving all arrows, not using the proper technique) during activity.</p> <p>Proper etiquette (respect) and established safety rules.</p>	<p>Advanced fundamentals (body positioning, bow handling, knocking in arrows, hitting the target trying to reach a score of 45-54 pts, retrieving arrows from the target, and terminology [pre-draw, draw, anchor, aiming, release] of archery in order to participate in the activity.</p> <p>Listening to instructor's commands (stand in position, knocking arrows, pull back, aim, fire/release, retrieve, arrows down)</p> <p>Game violations/penalties (not following instructor's commands, not retrieving all arrows, not using the proper technique) during activity.</p> <p>Proper etiquette (respect) and established safety rules.</p>

CARLSTADT-EAST RUTHERFORD REGIONAL HIGH SCHOOL DISTRICT  
 PHYSICAL EDUCATION/HEALTH  
 PHYSICAL EDUCATION 9-12

<p><b>Skills</b> (Students will be able to...)</p>	<p>Basic demonstration or explanation intermediate proper technique (body positioning and stance, bow handling, knocking in arrows).</p> <p>Demonstrate good listening skills with instructor's commands.</p> <p>Demonstrating basic hand-eye coordination, accuracy, and target aim.</p> <p>Demonstrating a target score of 15-20 pts.</p> <p>Identify scoring system.</p> <p>Demonstrate ability to follow game rules and class rules.</p> <p>Learning good sportsmanship and cooperation.</p>	<p>Intermediate demonstration or explanation intermediate proper technique (body positioning and stance, bow handling, knocking in arrows).</p> <p>Demonstrate good listening skills with instructor's commands.</p> <p>Demonstrating intermediate hand-eye coordination, accuracy, and target aim.</p> <p>Demonstrating a target score of 20-35 pts.</p> <p>Identify scoring system.</p> <p>Demonstrate ability to follow game rules and class rules.</p> <p>Learning good sportsmanship and cooperation.</p>	<p>Intermediate demonstration or explanation intermediate proper technique (body positioning and stance, bow handling, knocking in arrows).</p> <p>Demonstrate good listening skills with instructor's commands.</p> <p>Demonstrating intermediate hand-eye coordination, accuracy, and target aim.</p> <p>Demonstrating a target score of 35-45 pts.</p> <p>Identify scoring system.</p> <p>Demonstrate ability to follow game rules and class rules.</p> <p>Learning good sportsmanship and cooperation.</p>	<p>Advanced demonstration or explanation of proper technique (body positioning and stance, bow handling, knocking in arrows).</p> <p>Demonstrate good listening skills with instructor's commands.</p> <p>Demonstrating advanced hand-eye coordination, accuracy, and target aim.</p> <p>Demonstrating a target score of 45-54 pts.</p> <p>Identify scoring system.</p> <p>Demonstrate ability to follow game rules and class rules.</p> <p>Learning good sportsmanship and cooperation.</p>
<p><b>Activities</b> (Students will show knowledge and skills during...)</p>	<p>Shoot 3 arrows from first line                  Shoot 4 arrows from first line                  Shoot 6 arrows from second line                  Add score for Skill Grade</p>	<p>Shoot 3 arrows from first line                  Shoot 4 arrows from first line                  Shoot 6 arrows from second line                  Add score for Skill Grade                  Add balloons for target practice</p>	<p>Shoot 3 arrows from first line                  Shoot 4 arrows from first line                  Shoot 6 arrows from second line                  Add score for Skill Grade                  Add balloons for target practice                  Archery Relay (6 arrows)                  Score/Color                  Tournaments</p>	<p>Shoot 3 arrows from first line                  Shoot 4 arrows from first line                  Shoot 6 arrows from second line                  Add score for Skill Grade                  Add balloons for target practice                  Archery Relay (6 arrows)                  Score/Color                  Tournaments</p>

CARLSTADT-EAST RUTHERFORD REGIONAL HIGH SCHOOL DISTRICT  
 PHYSICAL EDUCATION/HEALTH  
 PHYSICAL EDUCATION 9-12

<b>CONTENT: Physical Education Fitness</b>				
<b>Theme:</b> Weight Training, Fitness, Fitness Testing				
<b>Essential Questions:</b> How does one's fitness level impact their overall health and well-being in the present and future?		Why is cardiovascular endurance important? How does exercise help your body? What activities fit into your personal preferences and how can you incorporate it into a life-long fitness plan?		
<b>Content</b> <i>(As a result of this learning segment, students will know...)</i>  <ul style="list-style-type: none"> <li>• Fitness concepts and terminology</li> <li>• How to develop a personal fitness program</li> <li>• Safety practices related to fitness</li> <li>• Correct techniques used in executing exercises</li> <li>• How to use various types of fitness equipment</li> <li>• Benefits of physical activity to improve overall health</li> </ul>	<b>Skills</b> <i>(As a result of this learning segment, students will be able to...)</i>  <ul style="list-style-type: none"> <li>• Elevate the heart rate through continuous dance steps and calisthenics set to music.</li> <li>• Increase activity level to attain target heart rate during activity.</li> <li>• Develop a better awareness of the body's limitations and capabilities through aerobic activity.</li> <li>• Develop a sense of socialization through aerobic dance and group activity.</li> <li>• Increase individual level of flexibility through a combination of dance steps and calisthenics.</li> <li>• Demonstrate dance patterns that reinforce rhythm.</li> <li>• Develop a carry-over desire for aerobic dance and exercise.</li> <li>• Develop personal fitness goals.</li> <li>• Improve upon present physical fitness levels through various conditioning techniques.</li> <li>• Increase the strength and flexibility of the muscle joint system.</li> </ul>	<b>Assessments</b> (The above Essential Questions will be assessed with the following formative and summative measures:)  <ul style="list-style-type: none"> <li>• Teacher Observations</li> <li>• Written Tests</li> <li>• Skill Tests</li> <li>• Student Self Evaluation</li> <li>• Presidential Fitness Tests</li> </ul>	<b>Standards:</b> 2.5.12.A.3 2.5.12.C.3 2.6.12.A.1 2.6.12.A.2 2.6.12.A.3 2.6.12.A.4	
			<b>Time Frame:</b> 1 Marking Period	
			<b>Materials:</b> Physical Education Activities Handbook NSCA Youth Resistance Training Guidelines Fitness for Life Physical Best Activity Guide Physical Education for Lifelong Fitness	

CARLSTADT-EAST RUTHERFORD REGIONAL HIGH SCHOOL DISTRICT  
 PHYSICAL EDUCATION/HEALTH  
 PHYSICAL EDUCATION 9-12

	<ul style="list-style-type: none"> <li>• Increase strength of the skeletal system.</li> <li>• Provide a means to control body weight and decrease body fat.</li> <li>• Develop a desire for conditioning.</li> <li>• Understand the importance of walking to overall body conditioning.</li> <li>• Improve aerobic capacity through walking.</li> <li>• Develop a better understanding of aerobic conditioning and its effect on the body.</li> <li>• Discover walking as a healthy, safe way to start a total fitness program.</li> <li>• Relieve stress, improve mood and mental function.</li> <li>• Using walking as an aid to weight reduction.</li> <li>• Develop basic motor coordination skills necessary to perform the basic skills of rope jumping.</li> <li>• Perform the basic skills of rope jumping as an aerobic activity.</li> <li>• Develop various rope jumping skills and techniques to add diversity and motivation.</li> <li>• Improve upon present physical fitness levels through various training techniques.</li> <li>• Increase present flexibility levels through calisthenics and a full range of motion exercises.</li> <li>• Develop personal fitness goals and be motivated to reach those goals.</li> </ul>		
--	--	--	--

CARLSTADT-EAST RUTHERFORD REGIONAL HIGH SCHOOL DISTRICT  
PHYSICAL EDUCATION/HEALTH  
PHYSICAL EDUCATION 9-12

	<ul style="list-style-type: none"><li>• Incorporate other fitness skills to develop better overall body tones.</li><li>• Develop a better understanding of the effects of steroids and their concerns.</li><li>• Understand and incorporate the safety aspects of “spotting” and proper lifting technique to insure maximal benefits with the safest atmosphere.</li><li>• Correlate increased physical conditioning with better performance in daily activities.</li><li>• Notice a decrease in acute illnesses when there is an increase in physical fitness levels.</li><li>• Understand the difference in aerobic and anaerobic conditioning through diversified training techniques.</li><li>• Develop a desire to continue with a lifetime fitness program.</li></ul>		
--	---	--	--

CARLSTADT-EAST RUTHERFORD REGIONAL HIGH SCHOOL DISTRICT  
 PHYSICAL EDUCATION/HEALTH  
 PHYSICAL EDUCATION 9-12

<b>Sport-Specific Knowledge and Skills Progressions for Grades 9-12</b>				
<b>Sport: Weight Room/Fitness</b>			<b>Time: 5-6 weeks</b>	
	<b>9th Grade</b>	<b>10th Grade</b>	<b>11th Grade</b>	<b>12th Grade</b>
<b>Knowledge</b> (Students will know...)	<p>Students will follow all safety precautions and weight room rules.</p> <p>Students will use proper exercise/lifting techniques.</p> <p>Students will use proper spotting techniques.</p> <p>Students will execute proper warm-up and cool-down procedures.</p> <p>Students will be able to identify all major muscle groups</p> <p>Students will be able to perform stretches and exercises on yoga mats.</p>	<p>Students will follow all safety precautions and weight room rules.</p> <p>Students will use proper exercise/lifting techniques.</p> <p>Students will use proper spotting techniques.</p> <p>Students will execute proper warm-up and cool-down procedures.</p> <p>Students will be able to identify all major muscle groups</p> <p>Students will be able to perform stretches and exercises on yoga mats.</p> <p>Students will know how weight and reps effect results.</p>	<p>Students will follow all safety precautions and weight room rules.</p> <p>Students will use proper exercise/lifting techniques.</p> <p>Students will use proper spotting techniques.</p> <p>Students will execute proper warm-up and cool-down procedures.</p> <p>Students will be able to perform stretches and exercises on yoga mats.</p> <p>Students will be able to identify all major muscle groups.</p> <p>Students will know how weight and reps effect results.</p>	<p>Students will follow all safety precautions and weight room rules.</p> <p>Students will use proper exercise/lifting techniques.</p> <p>Students will use proper spotting techniques.</p> <p>Students will execute proper warm-up and cool-down procedures.</p> <p>Students will be able to perform stretches and exercises on yoga mats.</p> <p>Students will be able to identify all major muscle groups.</p> <p>Different style of training including sport specific, powerlifting, endurance, and toning.</p>

CARLSTADT-EAST RUTHERFORD REGIONAL HIGH SCHOOL DISTRICT  
 PHYSICAL EDUCATION/HEALTH  
 PHYSICAL EDUCATION 9-12

<p><b>Skills</b> (Students will be able to...)</p>	<p>Identify machines and equipment</p> <p>Demonstrate proper warm-up exercises including kettle swings, planks, and air squats.</p> <p>Demonstrate proper lifting techniques using machines, barbells, and dumbbells.</p> <p>Differentiate between body specific exercises and muscle groups.</p> <p>Correctly use treadmills and exercise bikes.</p>	<p>Identify machines and equipment</p> <p>Demonstrate proper warm-up exercises including kettle swings, planks, and air squats.</p> <p>Demonstrate proper lifting techniques using machines, barbells, and dumbbells.</p> <p>Differentiate between body specific exercises and muscle groups.</p> <p>Correctly use treadmills and exercise bikes.</p> <p>Students will be able to follow specific strength/endurance programs created by instructor.</p>	<p>Identify machines and equipment</p> <p>Demonstrate proper warm-up exercises including kettle swings, planks, and air squats.</p> <p>Demonstrate proper lifting techniques using machines, barbells, and dumbbells.</p> <p>Differentiate between body specific exercises and muscle groups.</p> <p>Correctly use treadmills and exercise bikes.</p> <p>Identify and properly execute core and auxiliary lifts.</p> <p>Students will be able to develop a strength/endurance workout to fit their specific needs</p>	<p>Identify machines and equipment</p> <p>Demonstrate proper warm-up exercises including kettle swings, planks, and air squats.</p> <p>Demonstrate proper lifting techniques using machines, barbells, and dumbbells.</p> <p>Differentiate between body specific exercises and muscle groups.</p> <p>Correctly use treadmills and exercise bikes.</p> <p>Identify Powerlifting/Olympic lifting exercises.</p> <p>Perform interval training on treadmills and exercise bikes</p> <p>Students will be able to develop a full strength/endurance program to fit their specific needs that includes warm-up and cool-down exercises.</p>
--	---	--	---	--

CARLSTADT-EAST RUTHERFORD REGIONAL HIGH SCHOOL DISTRICT  
 PHYSICAL EDUCATION/HEALTH  
 PHYSICAL EDUCATION 9-12

<p><b>Activities</b> (Students will show knowledge and skills during...)</p>	<p>Warm up with planks and kettle swings</p> <p>Students work in small groups</p> <p>3 weeks of full body workouts</p> <p>3 weeks of upper/lower</p> <p>*Students can split time between cardio machines and lifting weights</p>	<p>Warm up with planks and kettle swings</p> <p>Students work in small groups or pairs</p> <p>2 weeks of upper/lower</p> <p>4 weeks of muscle specific exercises (chest, arms, back, legs, shoulders, core)</p> <p>*Students can split time between cardio machines and lifting weights</p>	<p>Warm up with planks and kettle swings</p> <p>Students work in small groups or pairs</p> <p>4 weeks of muscle specific exercises (chest, arms, back, legs, shoulders, core)</p> <p>*Students can split time between cardio machines and lifting weights</p> <p>2 weeks of circuit training</p> <p>*Students have the option of creating and using individual workouts</p>	<p>Warm up with planks and kettle swings</p> <p>Students will work in pairs or as individuals.</p> <p>4 weeks of muscle specific exercises (chest, arms, back, legs, shoulders, core)</p> <p>*Students can split time between cardio machines and lifting weights</p> <p>2 weeks of circuit training</p> <p>*Students have the option of creating and using individual programs</p>
--	--	---	---	---