

	UNIT 1	UNIT 2	UNIT 3	UNIT 4	UNIT 5	UNIT 6	UNIT 7	UNIT 8	UNIT 9
Unit Overview	Four Fitness Components Outdoor Soccer.	Bowling, American Games, Football	Handball, Indoor Soccer, Archery	Basketball	Volleyball, Badminton	Lacrosse	Intro to Health Clubs, Personal Fitness and Wellness	Ultimate Frisbee, Speedball	Indoor and Outdoor Project Adventure
UNIT Lengths (weeks taught)	4 weeks	4 weeks	5 weeks	4 weeks	4 weeks	4 weeks	5 weeks	5 weeks	5 weeks, Spring and Winter
Performance Task	Students will demonstrate proper technique and understanding/ purpose of the four fitness components. Trapping, Shooting, Dribbling, Goalie and Defense responsibility, Rules of the game.	Students will demonstrate fundamental awareness. Locomotor and manipulative skills such as, running, catching, throwing, walking and underhand rolling are applied in each activity. Formative Assessment	Students will be asked to demonstrate appropriate social and personal responsibility. This consists of cooperation, communication, trust and safe risk taking. Modifications will be incorporated depending on skill level of the class.	Students will apply manipulative skills such as throwing and catching. Shooting drills Passing drills Dribbling drills Fast break drills Defensive drills	Volleyball: Serving Passing Setting Rules Teamwork in drills and game situations.	Students will apply manipulative skills such as throwing and catching. Students will start at stage 5, intermediate and progress to advanced where they learn to apply the skills in game-like situations. Modification	Students will demonstrate proper technique and understanding/ purpose of the four fitness components.	Dribbling, passing, shooting soccer skills. Team work, with trick plays on how to score 3 ways Goalie and defense responsibility Rules and participating in games. Manipulative skills such as striking,	Students will be asked to demonstrate appropriate social and personal responsibility. This consists of cooperation, communication, trust and safe risk taking. Modifications will be incorporated depending on skill level of the class.

		Playbooks				s will be incorporated depending on skill level of the class		throwing, and dribbling will be used in each of the activities. Modifications will be incorporated depending on skill level of the class.	
Enduring Understandings	<p>What is a normal healthy range of a student's fitness level age appropriate.</p> <p>A performative checklist according to the criterion sheet.</p>	<p>Students will learn the proper techniques, the 4 step approach, scoring and bowling etiquette. Students will be exposed to American games. The students will be given opportunities to further their experiences in the community.</p>	<p>Individual and team skill building as well as learning to communicate and cooperate as a community.</p>	<p>Basic knowledge of basketball (skills) Basic rules of basketball The importance of sportsmanship, The terminology for different shots, offense, and defense The importance of adhering to the rules, regulations, and the impact they</p>	<p>Teamwork, safety, communication, sportsmanship, statistician</p>	<p>What fundamental skills, rules and game play will a student participate in? Team concepts.</p>	<p>Students understand etiquette and basic lifting and cardiovascular activities to be proficient in a health club setting. A summative quiz will be added as a google form to test the understanding.</p>	<p>What fundamental striking skills, rules and game play will a student participate in? Team concepts.</p>	<p>Individual and team skill building as well as learning to communicate and cooperate as a community.</p>

				have on the game.					
Essential Questions	<p>How does a student work toward a healthy range and lifestyle?</p> <p>What is the correct part of the foot to pass, shoot and dribble?</p>	<p>What are some physical activities I can do in my community?</p> <p>Can the players follow their playbook?</p> <p>Can the players demonstrate proper football catching technique?</p>	<p>Can the Goalkeeper demonstrate the “w” catching technique?</p> <p>Is shoulder to shoulder contact legal? How do players handle in-game conflict and show respect for their opponent?</p>	<p>Are the students challenging themselves during the activity?</p> <p>Does the student exhibit positive social interaction?</p> <p>Is the student enjoying physical fitness benefits while participating in the game?</p> <p>Does the student apply movement concepts and skills to the game?</p> <p>Does the student progress during the unit?</p>	<p>What strategies can be developed for the rhythm of play?</p>	<p>How can a student be an effective member of a group?</p> <p>How can students maneuver to be effective throughout skills and team play?</p>	<p>How can a student achieve and maintain a healthy lifestyle?</p>	<p>How can a student move to achieve these skills and effectively manage their resources?</p>	<p>Are they challenging themselves ? Are they aware of their classmates?</p> <p>Can the participants support one another?</p> <p>Can the participants follow the full value contract? ,</p>