



Township of Ocean Schools

Assistant Superintendent
Office of Teaching and Learning

SPARTAN MISSION:

Meeting the needs of all students with a proud tradition of academic excellence.

Curriculum Development Timeline

School: Ocean Township High School
Course: Physical Education, Grades 9-12
Department: Physical Education

Board Approval	Supervisor	Notes
October 2012	Gina Hagerman	Born Date
December 2017	Mike Lambusta	Revisions
March 2019	Mike Lambusta	Review

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Pacing Guide			
Week	Marking Period 1	Week	Marking Period 3
1	Health	11	Student Choice #2
2	Health	12	Student Choice #2
3	Health	13	Student Choice #2
4	Health	14	Student Choice #2
5	Health	15	Student Choice #2
Week	Marking Period 2	Week	Marking Period 4
6	Student Choice #1	16	Student Choice #3
7	Student Choice #1	17	Student Choice #3
8	Student Choice #1	18	Student Choice #3
9	Student Choice #1	19	Student Choice #3
10	Student Choice #1	20	Student Choice #3

Physical Education Activity Selection
Yoga
Basketball
Softball
Badminton/Pickleball
Volleyball
Fitness Walking
Biking
Fitness
Leisure/Recreational Activities
Strength Training

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Ultimate Frisbee
Turf Games
Indoor Games
Adventure Education
Dance Fitness

Core Instructional & Supplemental Materials including various levels of Texts
<ul style="list-style-type: none"> • Sports Equipment such as Fitness mats, basketballs, softballs, bats, gloves, volleyballs and net standards, 3- Speed bicycles, Free weights and machines, frisbees, cones, flags, badminton racquets, and game materials • Edmodo and Body Mass Index Fitness App, Apple Heart App, Charity Miles walking App, My Fitness Blender and GPS Tracker • Wilson Championship Badminton demonstration DVD, T25 fitness DVD, P90X3 Fitness DVD, Insanity Max 30 Fitness training DVD, and Dance 2000 Aerobic DVD

Time Frame	5 Weeks
Topic	
YOGA	
Essential Questions	
What changes in lifestyle will lead to improved health and wellness? How will your lifestyle choices affect your lifestyle?	
Enduring Understandings	
Physical activity will enhance your overall health and wellness. Taking responsibility for one's health is an essential step toward developing and maintaining a healthy, active lifestyle.	
Alignment to Standards	
2.1.12.A.2, 2.1.12.E.4 2.2.12.A.1, 2.2.12.A.2, 2.2.12.B.2 2.5.12.A.1, 2.5.12.A.2, 2.5.12.A.3, 2.5.12.A.4, 2.5.12.B.3, 2.5.12.C.3 2.6.12.A.1, 2.6.12.A.2	
Learning Activities & Key Concepts and Skills	
SKILLS: Knowledge of the history of Hatha Yoga <ul style="list-style-type: none"> - Sitting postures - Standing Postures - Inverted Postures - Balance Postures - Backbend Postures 	

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- Progressive Relaxation/Mental Imagery

Knowledge of safety procedures

Knowledge of terminology

Suggestions on how to differentiate in this unit:

- Students work at their own ability. (change reps, sets, pace, time, levels)

Assessments

Formative:

Peer and self-assessments.

Teacher checklist

Journal and Reflection log

Flexibility and Yoga Pose Progress Assessment

Summative:

Teacher visual assessment of student's skills.

Demonstrate Mastery of Various Yoga Poses via Fitness Rubric

Fitness Log & Written Reflection

Benchmark:

Pre & Post Written Assessment

Alternative:

End of Unit project- Students will create their own Yoga Routine, collaboratively, with a partner and teach them to the class

Career Education

CRP1: Act as a responsible and contributing citizen and employee

CRP4: Communicate clearly and effectively and with reason

CRP5: Consider the environmental social and economic impacts of decisions

CRP6: Demonstrate creativity and innovation

CRP7: Employ valid and reliable research strategies

CRP8: Utilize critical thinking to make sense of problems and persevere in solving them

CRP12: Work productively in teams while using cultural global competence

21st Century Skills

N/A

Interdisciplinary Connections

Science:9-12.HS-PS2-2.PS2.A :A.1 A.2 - Students will apply various levels of force to specific yoga poses

Language Arts: SL. 9-10.1.11-12.1 - Students will use mandalas as a form of expression and stress management.

Technology Integration

NJSLS 8.1, 8.2 - Technology Education

- Students will use Google Classroom to participate in an online classroom discussion utilizing pre-learned etiquette about blended learning platforms.

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- Students will select the media platform which best suits their project needs.
- Students will use Google Sites to curate a portfolio demonstrating their learning, growth, and reflection throughout the course.
- Students will use Google Slides and YouTube to synthesize and present information/learning.

Time Frame	5 Weeks (9th-12th)
Topic	
BASKETBALL	
Essential Questions	
<p>If the movement can already be performed why is important to understand the concepts of the movement?</p> <p>To what extent does strategy influence performance in games?</p> <p>Why is it important to follow the rules and show good sportsmanship?</p> <p>How could good etiquette and ethical behavior affect the interaction of students through physical activity?</p> <p>How can teamwork apply to everyday life</p>	
Enduring Understandings	
<p>Physical activity will enhance your overall health and wellness.</p> <p>Use and apply fundamental movement concepts to incorporate a variety of activities to improve performance and promote an active and healthy lifestyle.</p> <p>Implementation of effective strategies and techniques is necessary for students to be able to enhance physical activity.</p> <p>In order to obtain maximum benefit from physical activity one must demonstrate knowledge and commitment to sportsmanship, rules and safety.</p> <p>Teamwork and communication is essential to be successful in everyday life.</p>	
Alignment to NJSLS	
<p>2.1.12.E.1 2.2.12.A.1, 2.2.12.A.2, 2.2.12.A.3, 2.2.12.C.1, 2.2.12.C.3 2.5.12.A.1, 2.5.12.A.2, 2.5.12.A.3, 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, 2.5.12.C.3 2.6.12.A.1</p>	
Learning Activities & Key Concepts and Skills	
<p>Teamwork and Cooperation Gross and Fine Motor Skills Offensive and Defensive Principles/Skills Game Tactical Awareness Lead up Games Technique</p>	
Assessments	

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Formative

- Peer and self-assessment
- Progress monitoring - keep track of shooting percentages
- Visual Assessment of student's skills

Summative

- Student centered and organized game.
- March Madness Basketball Tournament
- Student referees - Rule Reference Sheet

Benchmark

- Pre and Post Written Test / Assessment
- Cognitive Rule Assessment

Alternative

- Student created drills that focus on specific skills

Career Education

- CRP1: Act as a responsible and contributing citizen and employee
CRP2: Apply appropriate academic and technical skills
CRP4: Communicate clearly and effectively and with reason
CRP5: Consider the environmental social and economic impacts of decisions
CRP6: Demonstrate creativity and innovation
CRP7: Employ valid and reliable research strategies
CRP8: Utilize critical thinking to make sense of problems and persevere in solving them
CRP12: Work productively in teams while using cultural global competence

21 Century Skills

9.2 Career Awareness, Exploration, and Preparation- Identify a career goal and develop a plan and timetable for achieving it, including educational/training requirements, and costs

Interdisciplinary Connections

Physics/Science - SCI.9-12.5.2.12.E.a, SCI.9-12.5.2.12.E.1, SCI.9-12.5.2.12.E.2, SCI.9-12.5.2.12.E.4 - Students will calculate the trajectory of the basketball while shooting.

Technology Integration

NJSLS 8.1, 8.2 - Technology Education

- Students will use Google Classroom to participate in an online classroom discussion utilizing pre-learned etiquette about blended learning platforms.
- Students will select the media platform which best suits their project needs.
- Students will use Google Sites to curate a portfolio demonstrating their learning, growth, and reflection throughout the course.
- Students will use Google Slides and YouTube to synthesize and present information/learning.

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Time Frame	5 weeks (9th -12th)
Topic	
SOFTBALL	
Essential Questions	
<p>If the movement can already be performed why is important to understand the concepts of the movement?</p> <p>To what extent does strategy influence performance in games and activities?</p> <p>Why is it important to follow the rules and show good sportsmanship?</p> <p>How could good etiquette and ethical behavior affect the interaction of students through physical activity?</p> <p>How can teamwork apply to everyday life?</p>	
Enduring Understandings	
<p>Physical activity will enhance your overall health and wellness.</p> <p>Use and apply fundamental movement concepts to incorporate a variety of activities to improve performance and promote an active and healthy lifestyle.</p> <p>Implementation of effective strategies and techniques is necessary for students to be able to enhance physical activity.</p> <p>In order to obtain maximum benefit from physical activity one must demonstrate knowledge and commitment to sportsmanship, rules and safety.</p> <p>Teamwork and communication is essential to be successful in everyday life.</p>	
Alignment to Standards	
<p>2.1.12.E.1 2.2.12.A.1, 2.2.12.A.2, 2.2.12.A.3, 2.2.12.C.1, 2.2.12.C.3, 2.2.12.C.3 2.5.12.A.1, 2.5.12.A.2, 2.5.12.A.3, 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, 2.5.12.C.3 2.6.12.A.1</p>	

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Learning Activities & Key Concepts and Skills

SKILLS

Throwing

- Grip
- Stance

Catching

- Force absorption
- Tracking

Fielding

- Ground balls/Fly balls

Pitching

- Stance and motion
- Slow/fast

Batting

- Hitting
- Bunting

Base running

- Off bat contact
- Stealing
- Sliding

GAME STRATEGIES

Team Offense and Team Defense

Demonstration of skills

Lead up drills

Assessments

Formative:

Peer and self-assessments.

Teacher psychomotor skill checklist

Fitness Log & Journal Reflection

Summative:

Teacher visual assessment of student's skills via progress monitoring

Specific Skill Rubrics

Benchmark:

Pre & Post Written Test/Assessment

Student centered and organized softball game

Career Education

CRP1: Act as a responsible and contributing citizen and employee

CRP4: Communicate clearly and effectively and with reason

CRP5: Consider the environmental social and economic impacts of decisions

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CRP6: Demonstrate creativity and innovation

CRP8: Utilize critical thinking to make sense of problems and persevere in solving them

CRP12: Work productively in teams while using cultural global competence

21st Century Skills

Interdisciplinary Connections

Science:9-12.HS-PS2-2.PS2.A :A.1 A.2 - Students will calculate the timing of their swing based on gravity.

Technology Integration

NJSLS 8.1, 8.2 - Technology Education

- Students will use Google Classroom to participate in an online classroom discussion utilizing pre-learned etiquette about blended learning platforms.
- Students will use Google Sites to curate a portfolio demonstrating their learning, growth, and reflection throughout the course.
- Students will use Google Slides and YouTube to synthesize and present information/learning.

Time Frame	5 Weeks (10th, 11th, 12th grade)*Taught as a mini unit when space is limited
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Topic

BADMINTON / PICKLEBALL

Essential Questions

What is the minimum amount of physical activity that one can do to stay physically fit?

Enduring Understandings

Physical activity will enhance your overall health and wellness.

Understanding fitness concepts and skills and integrating them into your everyday routine supports wellness.

Alignment to NJSLS

2.1.12.E.1, 2.1.12.E.2, 2.1.12.E.4

2.2.12.A.1, 2.2.12.A.2, 2.2.12.A.3, 2.2.12.C.1, 2.2.12.C.3

2.5.12.A.1, 2.5.12.A.2, 2.5.12.A.3, 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, 2.5.12.C.3

2.6.12.A.1

Learning Activities & Key Concepts and Skills

Grip

- Forehand

- Backhand

Service

- Short serve

- Long serve

Service Rotation

Volley Skills

- Drop shot

- Lob

- Smash

- Net flight

Game Strategies

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<ul style="list-style-type: none"> - Singles - Doubles <p>Basic Strokes</p> <ul style="list-style-type: none"> - Forehand - Backhand 	<p>Offense and Defense</p> <p>Knowledge of the activity rules Sportsmanship and Teamwork</p> <p>Lead-up Games</p>
Assessments	
<p><u>Formative</u></p> <ul style="list-style-type: none"> - Peer and self-assessments. - Teacher visual assessment of student's skills through checklists and rubrics - Visual progress monitoring. <p><u>Summative</u></p> <ul style="list-style-type: none"> - Student centered badminton tournament. - Cognitive Rules Assessment <p><u>Benchmark</u></p> <ul style="list-style-type: none"> - Pre-test and Post-test assessment - students identify and explain various components of the badminton / pickleball. <p><u>Alternative</u></p> <ul style="list-style-type: none"> - Written assessment - Journal Reflection 	
Career Education	
<p>CRP1: Act as a responsible and contributing citizen and employee</p> <p>CRP4: Communicate clearly and effectively and with reason</p> <p>CRP5: Consider the environmental social and economic impacts of decisions</p> <p>CRP8: Utilize critical thinking to make sense of problems and persevere in solving them</p> <p>CRP12: Work productively in teams while using cultural global competence</p>	
21st Century Skills	
<p>9.2 Career Awareness, Exploration, and Preparation- Identify a career goal and develop a plan and timetable for achieving it, including educational/training requirements, and costs</p>	
Interdisciplinary Connections	
<p>Science: Physics SCI.9-12.5.2.12.E.a, SCI.9-12.5.2.12.E.1, SCI.9-12.5.2.12.E.2, SCI.9-12.5.2.12.E.4 - Students will calculate the amount of force used on the birdie to execute different types of hits.</p>	
Technology Integration	
<p>NJSLS 8.1, 8.2 - Technology Education</p> <ul style="list-style-type: none"> ● Students will use Google Classroom to participate in an online classroom discussion utilizing pre-learned etiquette about blended learning platforms. ● Students will use Google Sites to curate a portfolio demonstrating their learning, growth, and reflection throughout the course. ● Students will use a Google Form to complete a reflection on their participation and experience in this unit. ● Students will use Google Slides and YouTube to synthesize and present information/learning. 	

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Time Frame	5 Weeks
Topic	
VOLLEYBALL	
Essential Questions	
<p>If the movement can already be performed why is important to understand the concepts of the movement?</p> <p>To what extent does strategy influence performance in games and activities? Why is it important to follow the rules and show good sportsmanship?</p> <p>How could good etiquette and ethical behavior affect the interaction of students through physical activity?</p> <p>How can teamwork apply to everyday life?</p>	
Enduring Understandings	
<p>Physical activity will enhance your overall health and wellness.</p> <p>Use and apply fundamental movement concepts to incorporate a variety of activities to improve performance and promote an active and healthy lifestyle.</p> <p>Implementation of effective strategies and techniques is necessary for students to be able to enhance physical activity.</p> <p>In order to obtain maximum benefit from physical activity one must demonstrate knowledge and commitment to sportsmanship, rules and safety.</p> <p>Teamwork and communication is essential to be successful in everyday life.</p>	
Alignment to Standard	
<p>2.1.12.E.1, 2.1.12.E.2, 2.1.12.E.4 2.2.12.A.1, 2.2.12.A.2, 2.2.12.A.3, 2.2.12.C.1, 2.2.12.C.3 2.5.12.A.1, 2.5.12.A.2, 2.5.12.A.3, 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, 2.5.12.C.3 2.6.12.A.1</p>	
Learning Activities & Key Concepts and Skills	

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SKILLS

Forearm pass – Bump
Hand position, Stance, Ball contact
Set
Hand position, Stance, Ball contact
Serve – Underhand, Overhand, & Sidearm
Stance, Ball toss, Ball contact
Spike and Dink
Body positioning, Timing
Block
Body positioning, Timing
Dig

GAME STRATEGIES

Team Offense
Team Defense
Rotation
Hand position, Stance, Ball contact

Suggestions on how to differentiate in this unit:

- Students work at their own ability. (change reps, sets, pace, time, levels)

Assessments

Formative:

Peer and self-assessments.
Teacher psychomotor skill checklist.
Fitness Log & Journal Reflection.

Summative:

Teacher visual assessment of student's skills.
Student Centered Volleyball Tournament
Student Led Volleyball Skill Drills - Rubric.
Visual assessment and progress monitoring.

Benchmark:

Pre & Post Cognitive Assessment

Career Education

CRP1: Act as a responsible and contributing citizen and employee
CRP2: Apply appropriate academic and technical skills
CRP4: Communicate clearly and effectively and with reason
CRP8: Utilize critical thinking to make sense of problems and persevere in solving them
CRP12: Work productively in teams while using cultural global competence

21st Century Skills

Interdisciplinary Connections

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Science:9-12.HS-PS2-2.PS2.A :A.1 A.2 Physics SCI.9-12.5.2.12.E.a, SCI.9-12.5.2.12.E.1, SCI.9-12.5.2.12.E.2, SCI.9-12.5.2.12.E.4 - Students will measure the amount of force needed to achieve accurate placement of their various skills.

Language Arts: SL. 9-10.1.11-12.1 - Students will effectively communicate in a team environment

Technology Integration

NJSLS 8.1, 8.2 - Technology Education

- Students will use Google Classroom to participate in an online classroom discussion utilizing pre-learned etiquette about blended learning platforms.
- Students will use Google Sites to curate a portfolio demonstrating their learning, growth, and reflection throughout the course.
- Students will use Google Slides and YouTube to synthesize and present information/learning.

Time Frame	4 Weeks
Topic	
WALKING	
Essential Questions	
What are the health benefits of walking? Why is cardiovascular fitness important?	
Enduring Understandings	
Students will understand the long term benefits of cardiovascular health.	
Alignment to Standards	
2.6.12.A.1, 2.6.12.A.2, 2.6.12.A.3, 2.6.12.A.4, 2.6.12.A.5 2.5.12.C.2	
Learning Activities & Key Concepts and Skills	
Monitor Heart Rate Exhibit a positive attitude toward physical fitness Demonstration of Safety Protocols Walk various routes along local parks	
Assessments	
Formative: Peer and self-assessments - Walking Caloric Breakdown Teacher checklist - Safety Guidelines Fitness Log & Journal Reflection	
Summative: Teacher visual assessment of student's skills. Visual Assessment - progress monitoring.	

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Benchmark:

Pre & Post written Test/Assessment

Alternative:

Digital Fitness Apps

Career Education

CRP1: Act as a responsible and contributing citizen and employee
CRP2: Apply appropriate academic and technical skills
CRP4: Communicate clearly and effectively and with reason
CRP5: Consider the environmental social and economic impacts of decisions
CRP12: Work productively in teams while using cultural global competence

21st Century Skills

9.1 Personal Financial Literacy- Explain what it means to be a responsible consumer and the factors to consider when making consumer decisions

Interdisciplinary Connections

Science:9-12.HS-PS2-2.PS2.A :A.1 A.2 - Students will measure the amount of calories burned while walking.

Technology Integration

NJSLS 8.1, 8.2 - Technology Education

- Students will use Google Classroom to participate in an online classroom discussion utilizing pre-learned etiquette about blended learning platforms.
- Students will use Google Sites to curate a portfolio demonstrating their learning, growth, and reflection throughout the course.
- Students will use Google Slides and YouTube to synthesize and present information/learning.

Time Frame	4 weeks
Topic	
BIKING UNIT	
Essential Questions	
What are the benefits of biking? What are the elements of bike safety?	
Enduring Understandings	
The benefits of biking and practicing bike safety are essential to one's overall fitness.	
Alignment to NJSLS	
2.1.12.E.4 2.2.12.A.1, 2.2.12.A.2, 2.2.12.A.3, 2.2.12.C.2, 2.2.12.C.3 2.5.12.A.1, 2.5.12.A.2, 2.5.12.A.3, 2.5.12.A.4, 2.5.12.B.1, 2.5.12.B.2, 2.5.12.B.3,	

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2.5.12.C.1, 2.5.12.C.2, 2.5.12.C.3

2.6.12.A.1

Learning Activities & Key Concepts and Skills

Helmet/Bike Fit/Seat Adjustment
Gearing
Shared use paths
Starting and stopping
ABCs of the bike
Quick Check
Scanning/Signaling/Turning
Steering/Control
Hydration and Nutrition
Teacher/student demonstration
Bike Drills

Assessments

Formative

- Teacher visual assessment of student's skills via progress monitoring

Summative

- Peer and self-assessments.

Benchmark

- Written assessment - Caloric Measurement
- Skills and content Benchmarks - Mapping Various Biking Routes

Career Education

CRP1: Act as a responsible and contributing citizen and employee
CRP2: Apply appropriate academic and technical skills
CRP4: Communicate clearly and effectively and with reason
CRP5: Consider the environmental social and economic impacts of decisions
CRP6: Demonstrate creativity and innovation
CRP7: Employ valid and reliable research strategies
CRP8: Utilize critical thinking to make sense of problems and persevere in solving them
CRP12: Work productively in teams while using cultural global competence

21st Century Skills

N/A

Interdisciplinary Connections

Science:9-12.HS-PS2-2.PS2.A :A.1 A.2 - Students will calculate how many calories they burned in addition to how far they biked.

Technology Integration

NJSLS 8.1, 8.2 - Technology Education

- Students will use Google Classroom to participate in an online classroom discussion utilizing pre-learned etiquette about blended learning platforms.

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- Students will use Google Sites to curate a portfolio demonstrating their learning, growth, and reflection throughout the course.
- Students will use a Google Form to complete a reflection on their participation and experience in this unit.
- Smart Phones (GPS app)
- GPS watch
- Heart Rate Monitor

Time Frame	5 Weeks
Topic	
FITNESS	
Essential Questions	
<p>What changes in lifestyle will lead to improved health and wellness? How will your lifestyle choices affect your lifestyle? What is the minimum amount of exercise I can do to stay physically fit?</p>	
Enduring Understandings	
<p>Physical activity will enhance your overall health and wellness. Taking responsibility for one's health is an essential step toward developing and maintaining a healthy, active lifestyle.</p>	
Alignment to Standards	
<p>2.1.12.E.2, 2.1.12.E.4 2.2.12.A.1, 2.2.12.A.2, 2.2.12.A.3, 2.2.12.B.1, 2.2.12.B.2 2.5.12.A.1, 2.5.12.A.2, 2.5.12.A.3, 2.5.12.A.4, 2.5.12.B.3 2.6.12.A.1, 2.6.12.A.2, 2.6.12.A.3, 2.6.12.A.4, 2.6.12.A.5</p>	
Learning Activities & Key Concepts and Skills	
<p>State the short and long term goals of the physical, social and emotional benefits of regular physical activity</p> <ul style="list-style-type: none"> ❑ Individual progress in physical fitness and wellness during their fitness days. ❑ Process basic information necessary to participate in fitness activities. ❑ Exhibit a positive attitude toward physical activity as it leads to a long-term wellness plan. ❑ Monitor heart rate, improve muscle strength and flexibility. ❑ Improve in all areas of fitness, power, speed and quickness, agility, balance and motor skills. ● Demonstration of specific skills. ● Students can follow along with fitness DVD or CD. ● Have students work cooperatively in maximize fitness potential. ● Students participate in various fitness routines. 	
Career Education	
<p>CRP1: Act as a responsible and contributing citizen and employee CRP2: Apply appropriate academic and technical skills</p>	

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CRP4: Communicate clearly and effectively and with reason
CRP5: Consider the environmental social and economic impacts of decisions
CRP7: Employ valid and reliable research strategies
CRP8: Utilize critical thinking to make sense of problems and persevere in solving them
CRP12: Work productively in teams while using cultural global competence

Assessments

Formative:

Peer and self-assessments - Goal Setting
Teacher specific psychomotor skill checklist - Safety & Exercise Preparation
Fitness Log & Journal Reflection

Summative:

Teacher visual assessment of student's skills.
Weight Lifting Exercise Rubrics

Benchmark:

Pre & Post Assessment

Alternative:

Fitness Digital Apps, FitnessBlender
YouTube
Sport Specific Fitness Plan

21st Century Skills

9.2 Career Awareness, Exploration, and Preparation- Identify a career goal and develop a plan and timetable for achieving it, including educational/training requirements, and costs

Interdisciplinary Connections

Science:9-12.HS-PS2-2.PS2.A :A.1 A.2 Physics SCI.9-12.5.2.12.E.a, SCI.9-12.5.2.12.E.1, SCI.9-12.5.2.12.E.2, SCI.9-12.5.2.12.E.4 - Students will calculate how much force is required to perform specific exercises. Students will calculate their target heart rate.
Language Arts: SL. 9-10.1.11-12.1 - Students will communicate their fitness goals to formulate a fitness plan.

Technology Integration

NJSLS 8.1, 8.2 - Technology Education

- Students will use Google Classroom to participate in an online classroom discussion utilizing pre-learned etiquette about blended learning platforms.
- Students will use Google Sites to curate a portfolio demonstrating their learning, growth, and reflection throughout the course.
- Synthesize and present information

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Time Frame	5 weeks
Topic	
LEISURE/RECREATIONAL ACTIVITIES	
Essential Questions	
What is the minimum amount of physical activity that one can do to stay physically fit? How does the use of equipment enhance performance? What are the rules for the activity? How does a person remain injury free? How will fair play affect the activity?	
Enduring Understandings	
Physical activity will enhance your overall health and wellness. Understanding fitness concepts and skills and integrating them into your everyday routine supports wellness.	
Alignment to Standards	
2.2.12.A.1, 2.2.12.A.2, 2.2.12.A.3, 2.2.12.B.1, 2.2.23.B.2, 2.2.12.C.1, 2.2.12.C.2, 2.2.12.C.3 2.5.12.A.1, 2.5.12.A.2, 2.5.12.A.3, 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, 2.5.12.C.3	
Key Concepts and Skills	
Knowledge of equipment use Knowledge of the activity rules Safety procedures Sportsmanship Demonstration of the skill. Have students work in small groups to learn proper scoring	
Assessments	
Formative: Peer and self-assessments. Teacher specific psychomotor checklist - Various skills and safety procedures Fitness Log & Journal Reflection	
Summative: Teacher visual assessment of student's skills through progress monitoring Student Centered Tournament Psychomotor Skill-Related Rubrics	
Benchmark: Pre & Post Assessment Cognitive Rules Assessment	

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Career Education

- CRP1: Act as a responsible and contributing citizen and employee
- CRP2: Apply appropriate academic and technical skills
- CRP4: Communicate clearly and effectively and with reason
- CRP5: Consider the environmental social and economic impacts of decisions
- CRP8: Utilize critical thinking to make sense of problems and persevere in solving them
- CRP12: Work productively in teams while using cultural global competence

21st Century Skills

9.2 Career Awareness, Exploration, and Preparation- Identify a career goal and develop a plan and timetable for achieving it, including educational/training requirements, and costs

Interdisciplinary Connections

English Language Arts - NJLSA.SL.9-10, 11-12 - Students will work collaboratively to work toward a common goal in a team game.

Technology Integration

NJSLS 8.1, 8.2 - Technology Education

- Students will use Google Classroom to participate in an online classroom discussion utilizing pre-learned etiquette about blended learning platforms.
- Students will select the media platform which best suits their project needs.
- Students will use Google Sites to curate a portfolio demonstrating their learning, growth, and reflection throughout the course.
- Students will use Google Slides and YouTube to synthesize and present information/learning.

Time Frame	5 Weeks (9th-12th Grades)
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Topic

STRENGTH TRAINING

Essential Questions

What changes in lifestyle will lead to improved health and wellness? How will your lifestyle choices affect your lifestyle?

Enduring Understandings

Physical activity will enhance your overall health and wellness.
Taking responsibility for one's health is an essential step toward developing and maintaining a healthy, active lifestyle.

Alignment to NJSLS

2.1.12.A.1, 2.1.12.A.2, 2.1.12.E.4
2.2.12.A.1, 2.2.12.A.2, 2.2.12.A.3, 2.2.12.B.1, 2.2.12.B.2, 2.2.12.D.1
2.5.12.A.1, 2.5.12.A.2, 2.5.12.A.3, 2.5.12.A.4, 2.5.12.B.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

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Learning Activities & Key Concepts and Skills

State the short and long term goals of the physical, social and emotional benefits of regular physical activity

- Identify the skill - related and health related components of fitness.
- Develop and use a personal fitness log to record all workouts on a daily basis.
- Establish set of personal fitness goals; using the FITT principle.
- Demonstrate the skill related components of fitness.
- Analyze the effects of performance enhancing supplements.
- Evaluate your current level of physical fitness.

Assessments

Formative:

- Peer and self-assessments - Goal Setting
- Teacher specific psychomotor skill checklist - Safety & Exercise Preparation
- Fitness Log & Journal Reflection

Summative:

- Teacher visual assessment of student's skills.
- Weight Lifting Exercise Rubrics

Benchmark:

- Pre & Post Assessment

Alternative:

- Fitness Digital Apps, FitnessBlender
- Sport Specific Fitness Plan
- Lifestyle Fitness Program

Career Education

CRP1: Act as a responsible and contributing citizen and employee

CRP2: Apply appropriate academic and technical skills

CRP4: Communicate clearly and effectively and with reason

CRP5: Consider the environmental social and economic impacts of decisions

CRP8: Utilize critical thinking to make sense of problems and persevere in solving them

CRP12: Work productively in teams while using cultural global competence

21st Century Skills

9.2 Career Awareness, Exploration, and Preparation- Identify a career goal and develop a plan and timetable for achieving it, including educational/training requirements, and costs.

Interdisciplinary Connections

Science:9-12.HS-PS2-2.PS2.A :A.1 A.2 - Students will calculate the amount of weight they are lifting in order to promote muscle growth and development.

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Technology Integration

NJSLS 8.1, 8.2 - Technology Education

- Students will use Google Classroom to participate in an online classroom discussion utilizing pre-learned etiquette about blended learning platforms.
- Students will use Google Sites to curate a portfolio demonstrating their learning, growth, and reflection throughout the course.
- Students will use a Google Form to complete a reflection on their participation and experience in this unit.
- Strength Training Apps
- Heart Rate Monitors

Time Frame	5 weeks(9th -12th)
Topic	
ULTIMATE FRISBEE	
Essential Questions	
<p>If the movement can already be performed why is important to understand the concepts of the movement?</p> <p>To what extent does strategy influence performance in games and activities?</p> <p>Why is it important to follow the rules and show good sportsmanship?</p> <p>How could good etiquette and ethical behavior affect the interaction of students through physical activity?</p> <p>How can teamwork apply to everyday life?</p>	
Enduring Understandings	
<p>Physical activity will enhance your overall health and wellness.</p> <p>Use and apply fundamental movement concepts to incorporate a variety of activities to improve performance and promote an active and healthy lifestyle.</p> <p>Implementation of effective strategies and techniques is necessary for students to be able to enhance physical activity.</p> <p>In order to obtain maximum benefit from physical activity one must demonstrate knowledge and commitment to sportsmanship, rules and safety.</p> <p>Teamwork and communication is essential to be successful in everyday life.</p>	

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Alignment to Standard

2.1.12.E.4
2.2.12.A.1, 2.2.12.A.2, 2.2.12.A.3, 2.2.12.C.1, 2.2.12.C.2, 2.2.12.C.3
2.5.12.A.1, 2.5.12.A.2, 2.5.12.A.3, 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, 2.5.12.C.3
2.6.12.A.1

Learning Activities & Key Concepts and Skills

SKILLS

Throwing

- Grip
- Stance
- Side arm throw
- Underhand throw

Catching

- One handed catch
- Two handed catch
- Hand positioning

Guarding

- Athletic stance
- Positioning
- Intercepting
- Two on Two lead up games

Assessments

Formative:

Peer and self-assessments.
Teacher psychomotor skill checklist
Fitness Log & Journal Reflection

Summative:

Teacher visual assessment of student's skills through progress monitoring
Student Centered Ultimate Frisbee Tournament

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Benchmark:

Pre & Post Assessment
Field Goal Accuracy Challenge

Career Education

CRP1: Act as a responsible and contributing citizen and employee
CRP2: Apply appropriate academic and technical skills
CRP4: Communicate clearly and effectively and with reason
CRP5: Consider the environmental social and economic impacts of decisions
CRP6: Demonstrate creativity and innovation
CRP8: Utilize critical thinking to make sense of problems and persevere in solving them
CRP12: Work productively in teams while using cultural global competence

21st Century Skills

N/A

Interdisciplinary Connections

Science:9-12.HS-PS2-2.PS2.A :A.1 A.2 Physics SCI.9-12.5.2.12.E.a,
SCI.9-12.5.2.12.E.1, SCI.9-12.5.2.12.E.2, SCI.9-12.5.2.12.E.4 - Students
will calculate the trajectory of throwing a frisbee while factoring in wind
and gravity.

Language Arts: SL. 9-10.1.11-12.1 - Students will communicate efficiently
and effectively with their teammates for the duration of the activity.

Technology Integration

NJSLS 8.1, 8.2 - Technology Education

- Students will use Google Classroom to participate in an online classroom discussion utilizing pre-learned etiquette about blended learning platforms.
- Students will select the media platform which best suits their project needs.
- Students will use Google Sites to curate a portfolio demonstrating their learning, growth, and reflection throughout the course.
- Synthesize and present information

Time Frame | 5 Weeks (9th-12th)

Topic

TURF GAMES

Essential Questions

If the movement can already be performed why is important to understand the concepts of the movement?

To what extent does strategy influence performance in games and activities?

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Why is it important to follow the rules and show good sportsmanship?
How could good etiquette and ethical behavior affect the interaction of students through physical activity?
How can teamwork apply to everyday life

Enduring Understandings

Physical activity will enhance your overall health and wellness.
Use and apply fundamental movement concepts to incorporate a variety of activities to improve performance and promote an active and healthy lifestyle.
Implementation of effective strategies and techniques is necessary for students to be able to enhance physical activity.
In order to obtain maximum benefit from physical activity one must demonstrate knowledge and commitment to sportsmanship, rules and safety.
Teamwork and communication is essential to be successful in everyday life.

Alignment to Standards

2.1.12.E.4
2.2.12.A.1, 2.2.12.A.2, 2.2.12.A.3, 2.2.12.C.1, 2.2.12.C.2, 2.2.12.C.3
2.5.12.A.1, 2.5.12.A.2, 2.5.12.A.3, 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, 2.5.12.C.3
2.6.12.A.1

Learning Activities & Key Concepts and Skills

Teamwork and Cooperation
Gross and Fine Motor Skills
Offensive and Defensive Principles/Skills
Game Tactical Awareness
Lead up Games
Technique

Assessments

Formative:

Peer and self-assessments.
Teacher psychomotor skill checklist
Turf Games Safety Rubric
Fitness Log & Journal Reflection

Summative:

Teacher visual assessment of student's skills through progress monitoring
Student led turf games tournament

Benchmark:

Pre & Post Assessment

Career Educations

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CRP1: Act as a responsible and contributing citizen and employee
 CRP2: Apply appropriate academic and technical skills
 CRP4: Communicate clearly and effectively and with reason
 CRP5: Consider the environmental social and economic impacts of decisions
 CRP8: Utilize critical thinking to make sense of problems and persevere in solving them
 CRP12: Work productively in teams while using cultural global competence

21st Century Skills

N/A

Interdisciplinary Connections

Science:9-12.HS-PS2-2.PS2.A :A.1 A.2 Physics SCI.9-12.5.2.12.E.a, SCI.9-12.5.2.12.E.1, SCI.9-12.5.2.12.E.2, SCI.9-12.5.2.12.E.4 - Students will utilize principles of force to increase their proficiency in various turf games.

Language Arts: SL. 9-10.1.11-12.1 - Students will work collaboratively utilizing effective communication skills to be successful in various turf games.

Technology Integration

NJSLS 8.1, 8.2 - Technology Education

- Students will use Google Classroom to participate in an online classroom discussion utilizing pre-learned etiquette about blended learning platforms.
- Students will select the media platform which best suits their project needs.
- Students will use Google Sites to curate a portfolio demonstrating their learning, growth, and reflection throughout the course.
- Students will use Google Slides and YouTube to synthesize and present information/learning.

Time Frame	5 Weeks (9th-12th)
Topic	
INDOOR GAMES	
Essential Questions	
If the movement can already be performed why is important to understand the concepts of the movement?	
To what extent does strategy influence performance in games?	
Why is it important to follow the rules and show good sportsmanship?	
How could good etiquette and ethical behavior affect the interaction of students through physical activity?	
How can teamwork apply to everyday life	

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Enduring Understandings

Physical activity will enhance your overall health and wellness.
Use and apply fundamental movement concepts to incorporate a variety of activities to improve performance and promote an active and healthy lifestyle.
Implementation of effective strategies and techniques is necessary for students to be able to enhance physical activity.
In order to obtain maximum benefit from physical activity one must demonstrate knowledge and commitment to sportsmanship, rules and safety.
Teamwork and communication is essential to be successful in everyday life.

Alignment to NJSLs

2.1.12.E.4
2.2.12.A.1, 2.2.12.A.2, 2.2.12.A.3, 2.2.12.C.1, 2.2.12.C.2, 2.2.12.C.3
2.5.12.A.1, 2.5.12.A.2, 2.5.12.A.3, 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, 2.5.12.C.3
2.6.12.A.1

Learning Activities & Key Concepts and Skills

Teamwork and Cooperation
Gross and Fine Motor Skills
Offensive and Defensive Principles/Skills
Game Tactical Awareness
Lead up Games
Technique

Assessments

Formative:

Peer and self-assessments.
Teacher specific psychomotor checklist
Fitness Log & Journal Reflection

Summative:

Teacher visual assessment of student's skills through progress monitoring
Student centered tournament
Student led skill drills

Benchmark:

Pre & Post Assessment

Career Education

CRP1: Act as a responsible and contributing citizen and employee
CRP4: Communicate clearly and effectively and with reason
CRP6: Demonstrate creativity and innovation
CRP8: Utilize critical thinking to make sense of problems and persevere in solving them

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CRP12: Work productively in teams while using cultural global competence

21st Century Skills

N/A

Interdisciplinary Connections

Science:9-12.HS-PS2-2.PS2.A :A.1 A.2 Physics SCI.9-12.5.2.12.E.a, SCI.9-12.5.2.12.E.1, SCI.9-12.5.2.12.E.2, SCI.9-12.5.2.12.E.4 - Students will calculate various levels of force required to efficiently execute various skills during different indoor games.

Language Arts: SL. 9-10.1.11-12.1 - Students will work together using effective communication strategies to achieve success in various indoor games.

Technology Integration

NJSLS 8.1, 8.2 - Technology Education

- Students will use Google Classroom to participate in an online classroom discussion utilizing pre-learned etiquette about blended learning platforms.
- Students will select the media platform which best suits their project needs.
- Students will use Google Sites to curate a portfolio demonstrating their learning, growth, and reflection throughout the course.
- YouTube
- Synthesize and present information

Time Frame	5 week (9th – 12th grade)
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Topic

ADVENTURE EDUCATION

Essential Questions

What is the minimum amount of physical activity that one can do to stay physically fit?

What are the rules for the activity?

How does a person remain injury free?

How will fair play affect the activity?

Enduring Understandings

Physical activity will enhance your overall health and wellness.

Understanding fitness concepts and skills and integrating them into your everyday routine supports wellness.

Alignment to Standards

2.2.12.A.1, 2.2.12.A.2, 2.2.12.A.3, 2.2.12.B.1, 2.2.12.B.2, 2.2.12.C.1, 2.2.12.C.2, 2.2.12.C.3

2.5.12.A.1, 2.5.12.A.2, 2.5.12.A.3, 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, 2.5.12.C.3

Learning Activities & Key Concepts and Skills

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- Team challenges
- Low risk challenges
- Improvement
- Agility
- Physical coordination
- Trust
- Knowledge of the activity rules
- Group support and teamwork
- Cooperation
- Participation level/effort
- Leadership roll
- Active participant
- Passive
- Lead-up Cooperative and Trust Activities
- Demonstration of the skill.

Assessments

Formative:

- Peer and self-assessments.
- Safety Rubric
- Teacher psychomotor skill checklist
- Fitness Log & Journal Reflection

Summative:

- Teacher visual assessment of student's skills via progress monitoring

Benchmark:

- Pre & Post Written Assessment

Career Education

- CRP1: Act as a responsible and contributing citizen and employee
- CRP2: Apply appropriate academic and technical skills
- CRP4: Communicate clearly and effectively and with reason
- CRP5: Consider the environmental social and economic impacts of decisions
- CRP6: Demonstrate creativity and innovation
- CRP7: Employ valid and reliable research strategies
- CRP8: Utilize critical thinking to make sense of problems and persevere in solving them
- CRP12: Work productively in teams while using cultural global competence

21st Centu21st Century Skills

- 9.2 Career Awareness, Exploration, and Preparation- Identify a career goal and develop a plan and timetable for achieving it, including educational/training requirements, and costs

Interdisciplinary Connections

- Science:9-12.HS-PS2-2.PS2.A :A.1 A.2 Physics SCI.9-12.5.2.12.E.a, SCI.9-12.5.2.12.E.1, SCI.9-12.5.2.12.E.2, SCI.9-12.5.2.12.E.4 - Students will calculate various levels of force required to

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efficiently execute various skills during different indoor games.

Language Arts: SL. 9-10.1.11-12.1 - Students will work together using effective communication strategies to achieve success.

Technology Integration

NJSLS 8.1, 8.2 - Technology Education

- Students will use Google Classroom to participate in an online classroom discussion utilizing pre-learned etiquette about blended learning platforms.
- Students will select the media platform which best suits their project needs.
- Students will use Google Sites to curate a portfolio demonstrating their learning, growth, and reflection throughout the course.
- Google Slides
- YouTube
- Synthesize and present information

Time Frame	5 weeks
Topic	
DANCE FITNESS	
Essential Questions	
<ul style="list-style-type: none"> ● How does cardiorespiratory exercise enhance overall fitness? ● How does one exercise correctly and safely in order to benefit from exercise? ● What are some ways I can train in order to improve personal fitness? ● What are some benefits of cardiorespiratory exercise? ● How does one locate their pulse? ● How does one find their heart rate manually? ● How would a heart rate monitor be used? ● How does one calculate their resting heart rate? ● How does one calculate their Target Heart rate? ● What is the purpose of a warm up? ● What is the purpose of a cool down? 	
Enduring Understandings	
<ul style="list-style-type: none"> ● Personal fitness is enhanced through the knowledge principles and effective application of a variety of fitness. ● Achieving and maintaining fitness requires age appropriate intensity, duration, and frequency of exercise. ● Physical activity will enhance your overall health and wellness. ● Use of the heart rate monitors. ● It is important to know my resting heart rate prior to working out in order to compare it to my non-resting heart rate while I work out. 	

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- Performing at a high level will help me in achieving my Target Heart rate which will benefit my cardiovascular health greatly.
- Implementation of effective strategies and techniques is necessary for students to be able to enhance physical activity.
- In order to obtain maximum benefit from physical activity one must demonstrate knowledge and commitment to safety regarding spatial awareness.
- Recognize/respond to signs and symptoms that warrant exercise termination.
- Explain and defend the physical, social, and emotional benefits of exercise.
- Engage in sustained rigorous, cardiovascular activity.
- Monitor physiological response to exercise to determine safety and effectiveness of activity in improving fitness.
- Keep up with the pace and counts set by the choreography of the Dance Fitness routine in order to synchronize movements with others.
- Know the purpose of a proper warm up song, Dance Fitness workout songs, and a cool downs song.

Alignment to NJSLs

HPE 2.1.12.B.1 , HPE 2.1.12.C.1, HPE 2.5.12.A.1, HPE 2.5.12.A.2, HPE 2.5.12.A.3, HPE 2.5.12.A.4

Learning Activities & Key Concepts and Skills

- Know the benefits of physical activity (physical, mental, social/emotional).
- Know the basic principles of exercise.
- Know different training methods: interval, circuit, weight- training, and group fitness.
- Know the physiological response to exercise: resting heart rate, target heart rate, recovery heart rate
- Know what music to choose for a proper cardiovascular workout concerning a warm up song, workout songs, and a cool down song.
- Know the components of health-related Fitness: muscular strength, muscular endurance, flexibility, cardiovascular endurance, and body composition.
- Know about exercise safety and importance of hydration.
- Have the confidence to lead and develop a warm up/cool down activity that includes dynamic and static stretching that is then instructed to the class by the student.
- Calculations
- Class discussions
- Group routines
- Teacher demonstration of dance skills and techniques
- Use of Nintendo Wii Programs-Just Dance games.

Assessments

Formative

- Exit Slips
- Perform in teacher-led choreographed Dance Fitness combinations

Summative

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- Student-assistance with warm up, cool down activity or Dance Fitness routine.
- Student-led warm up, cool down activity or Dance Fitness routine
- Participate in a thorough warm-up and cool down routine.

Benchmark

- Skills and content Benchmarks

Alternative

- Self Assessments
- Heart Rate readings

Career Education

CRP1: Act as a responsible and contributing citizen and employee

CRP2: Apply appropriate academic and technical skills

CRP4: Communicate clearly and effectively and with reason

CRP6: Demonstrate creativity and innovation

CRP8: Utilize critical thinking to make sense of problems and persevere in solving them

CRP12: Work productively in teams while using cultural global competence

21st Century Skills

N/A

Interdisciplinary Connections

Science:9-12.HS-PS2-2.PS2.A :A.1 A.2 Physics SCI.9-12.5.2.12.E.a, SCI.9-12.5.2.12.E.1, SCI.9-12.5.2.12.E.2, SCI.9-12.5.2.12.E.4 - Students will integrate concepts of force, balance, inertia, spatiality, and gravity to perform various dances.

Technology Integration

NJSLS 8.1, 8.2 - Technology Education

- Students will use Google Classroom to participate in an online classroom discussion utilizing pre-learned etiquette about blended learning platforms.
- Students will use Google Sites to curate a portfolio demonstrating their learning, growth, and reflection throughout the course.
- Synthesize and present information

Modifications for Physical Education

(ELL, Special Education, At-Risk Students, Gifted and Talented, and 504 Plans)

ELL:

- Use visuals
- Demonstrate all movements
- Introduce key vocabulary for movements and equipment
- Provide peer support/partnering
- Use of Bilingual Dictionary (only in safe situations)
- Guided notes and/or scaffold outline for any assessments or writing assignments (if applicable)

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- Accept demonstration and verbal assessments in lieu of written tests.

Supports for Students With IEPs:

- Demonstrate all movements
- Allow extra time for practice drills, adapt where necessary
- Guided notes and/or scaffold outline for any assessments or written assignments
- Provide peer support/partnering
- Accept demonstration and verbal assessments in lieu of written tests.
- Follow all IEP modifications

At-Risk Students:

- Demonstrate all movements
- Lesson taught again using a differentiated approach
- Provide peer support/partnering
- Guided notes and/or scaffold outline for any assessments or writing assignments (if applicable)
- Accept demonstration and verbal assessments in lieu of written tests.

Gifted and Talented:

- Create an enhanced set of practice/drill activities
- Provide options, alternatives and choices to differentiate and broaden the curriculum
- Encourage students to focus on challenging themselves
- Propose interest-based extension activities
- Allow independent projects/learning objectives which allow student to extend learning, achieve fitness gains.

Supports for Students With 504 Plans:

- Follow all the 504 plan modifications
- Demonstrate all movements.
- Amplification system as needed
- Fine motor skill stations embedded in rotation as needed
- Provide peer support/partnering
- Guided notes and/or scaffold outline for any assessments or writing assignments (if applicable)
- Accept demonstration and verbal assessments in lieu of written tests.

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