



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 Documents

School: Ocean Township High School

Course: Physical Education – Grade 9 - 12

Department: Health and Physical Education

Supervisor: Mike Lambusta

Board Approval	Supervisor	Notes
October 2012	Mike Lambusta	Update Standards
December 2017	Mike Lambusta	Update Standards

Home of the Spartans!
#spartanlegacy



1 Marking Period of 20 Day-Health <u>One Marking Period dedicated to Health</u>	Week	3 Marking Periods of 5 week courses- Activity Selection
N/A		Yoga
		Softball
		Basketball
		Badminton/Pickleball
		Volleyball
		Fitness Walking
		Biking
		Fitness
		Leisure/Recreational Activities
		Strength Training
		Ultimate Frisbee
		Fitness - Step Aerobics
		Turf Games
		Indoor Games
		Adventure Education

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 NJSLs	
2.1: A, E, E.4 2.2: A, A.2, B, B.2 2.5: A, A.1, A.2, A.3, A.4, B, B.3, C.3 2.6: A, A.1, A.2	
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 - Progressive Relaxation/Mental Imagery Knowledge of safety procedures	

Knowledge of terminology							
Learning Activities							
Suggestions on how to differentiate in this unit:							
• Students work at their own ability. (change reps, sets, pace, time, levels)							
Assessments							
Peer and self-assessments. Teacher visual assessment of student's skills. Monitor progress. Written assessment(s).							
X	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
X	Skills	X	Information Literacy	X	Media Literacy		
Interdisciplinary Connections							
Science: Anatomy/Kinesiology Technology: Yoga Apps Math: Geometry Language Arts History							
Technology Integration							
iPad/iPod/Smart Phone							

Time Frame	5 Weeks (9th-12th)
Topic	
BASKETBALL	
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	
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: E 2.2: A, C	

2.5: A, A.1, A.2, A.3, A.4, B, B.1, B.2, B.3, C, C.1, C.2, C.3 2.6: A, A.1

Key Concepts and Skills

Teamwork and Cooperation
Gross and Fine Motor Skills
Offensive and Defensive Principles/Skills
Game Tactical Awareness

Learning Activities

Lead up Games
Technique

Assessments

Peer and self-assessment
Visual Assessment of student's skills

X	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
X	Skills	X	Information Literacy	X	Media Literacy		

Interdisciplinary Connections

History
Math
Language Art
Physics/Science
Technology

Technology Integration

Smart phone, chromebook

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

Topic

SOFTBALL

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?

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 NJSLs							
2.1: E 2.2: A, C 2.5: A, A.1, A.2, A.3, A.4, B, B.1, B.2, B.3, C, C.1, C.2, C.3 2.6: A, A.1							
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				
Learning Activities							
Demonstration of skills Lead up drills							
Assessments							
Assessments Peer and self-assessment Visual Assessment of student's skills Written Assessment(s) Monitor progress.							
X	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
X	Skills	X	Information Literacy	X	Media Literacy		
Interdisciplinary Connections							
Math History Language Art Science							
Technology Integration							
iPad/iPod/Smart Phone							
Time Frame	5 Weeks (10 th , 11 th , 12 th grade)*Taught as a mini unit when space is limited						
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: E****2.2: A, C****2.5: A, A.1, A.2, A.3, A.4, B, B.1, B.2, B.3, C, C.1, C.2, C.3 2.6: A, A.1****Key Concepts and Skills**

Grip

- Forehand

- Backhand

Service

- Short serve

- Long serve

Service Rotation

- Singles

- Doubles

Basic Strokes

- Forehand

- Backhand

Volley Skills

- Drop shot

- Lob

- Smash

- Net flight

Game Strategies

Offense and Defense

Knowledge of the activity rules Sportsmanship and

Teamwork

Learning Activities

Lead-up Games

Assessments

Peer and self-assessments.

Teacher visual assessment of student's skills.

Monitor progress.

Written assessment(s).

X	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
---	------------	---	-------------------	---	---------------	---	---------------

X	Skills	X	Information Literacy	X	Media Literacy
---	--------	---	----------------------	---	----------------

Interdisciplinary Connections

Science: Physics

Math: Geometry

History

Technology

Language Arts

Technology Integration

iPad/iPod/Smart Phone

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 effect 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 NJSL	
<p>2.1: E 2.2: A, C 2.5: A, A.1, A.2, A.3, A.4, B, B.1, B.2, B.3, C, C.1, C.2, C.3 2.6: A, A.1</p>	
Key Concepts and Skills	
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
12.2.5 A-C, 12.9.1 Learning Activities	
Suggestions on how to differentiate in this unit:	
<ul style="list-style-type: none"> • Students work at their own ability. (change reps, sets, pace, time, levels) 	
Assessments	
Peer and self-assessments. Teacher visual assessment of student's skills. Monitor progress. Written assessment(s).	
21st Century Skills	

X	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
X	Skills	X	Information Literacy	X	Media Literacy		
Interdisciplinary Connections							
Science Math Language Arts History							
Technology Integration							
DVD Game Videos							

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 NJSL							
2.6.12.A.CS1 2.5.12.C.CS1							
Key Concepts and Skills							
Monitor Heart Rate Exhibit a positive attitude toward physical fitness							
Learning Activities							
Demonstration of Safety Protocols Walk various routes along local parks							
Assessments							
Visual Assessment Monitor Progress Written Assessments Peer & Self Evaluation							
21st Century Skills							
	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
X	Skills		Information Literacy		Media Literacy		
Interdisciplinary Connections							
Science Math							
Technology Integration							
iPhone/ Smartphones Pedometers Heart Rate Monitor							

GPS Watch / App

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 NJSL							
2.1: E							
2.2: A, C							
2.5: A, A.1, A.2, A.3, A.4, B, B.1, B.2, B.3, C, C.1, C.2, C.3							
2.6: A, A.1							
Key Concepts and Skills							
Helmet/Bike Fit/Seat Adjustment							
Gearing							
Shared used paths							
Starting and stopping							
ABCs of the bike							
Quick Check							
Scanning/Signaling/Turning							
Steering/Control							
Hydration and Nutrition							
Learning Activities							
Teacher/student demonstration							
Bike Drills							
Assessments							
Peer and self-assessments.							
Teacher visual assessment of student's skills.							
Monitor progress.							
Written assessment(s).							
21st Century Skills							
	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
X	Skills		Information Literacy		Media Literacy		
Interdisciplinary Connections							
Science							
Math							
Technology Integration							
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 NJSL							
<p>2.1: E 2.2: A, B, D 2.5: A, A.1, A.2, A.3, A.4, B.3, C 2.6: A, A.1, A.2, A.3, A.4</p>							
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"> <input type="checkbox"/> Individual progress in physical fitness and wellness during their fitness days. <input type="checkbox"/> Process basic information necessary to participate in fitness activities. <input type="checkbox"/> Exhibit a positive attitude toward physical activity as it leads to a long-term wellness plan. <input type="checkbox"/> Monitor heart rate, improve muscle strength and flexibility. <input type="checkbox"/> Improve in all areas of fitness, power, speed and quickness, agility, balance and motor skills. 							
Learning Activities							
<ul style="list-style-type: none"> ● 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. 							
Assessments							
<ul style="list-style-type: none"> ● Peer and self-assessments. ● Teacher visual assessment of student's skills. ● Monitor progress. ● Written assessment(s). 							
X	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
X	Skills	X	Information Literacy	X	Media Literacy		
Interdisciplinary Connections							
<p>Science Technology Language Arts</p>							

Technology Integration

8.1.12.A.1
 Enter data into a spreadsheet
 Fitness videos
 Pedometers
 Stopwatch
 Websites
 iPad/Smart Phone
 Fitness Apps

Time Frame	3 weeks (9th grade) 10 weeks (10th - 12th)		
Topic			
LEISURE/RECREATIONAL ACTIVITIES			
Essential Questions			
<p>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?</p>			
Enduring Understandings			
<p>Physical activity will enhance your overall health and wellness. Understanding fitness concepts and skills and integrating them into your everyday routine supports wellness.</p>			
Alignment to NJSLS			
<p>2.2: A, A.1, A.2, A.3, B, B.1, B.2, C, C.1, C.2, C.3 2.5: A, A.1, A.2, A.3, A.4, B, B.1, B.2, B.3, C, C.1, C.2, C.3</p>			
Key Concepts and Skills			
<p>Knowledge of equipment use Knowledge of the activity rules Safety procedures Sportsmanship</p>			
Learning Activities			
<p>Demonstration of the skill. Have students work in small groups to learn proper scoring</p>			
Assessments			
<p>Assessments Peer and self-assessment Visual Assessment of student's skills Written Assessment(s) Monitor progress.</p>			
X	Creativity	X	Critical Thinking
X		X	Communication
X		X	Collaboration

X	Skills	X	Information Literacy	X	Media Literacy
Interdisciplinary Connections					
Math Language Arts History Technology Physics/Science					
Technology Integration					
8.1.12.A.1 Enter data into a spreadsheet ipod/ipad/iphone (smart phone) Internet					

Time Frame	5 Weeks (9th-12th Grades)
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: A, E 2.2: A, B, D 2.5: A, A.1, A.2, A.3, A.4, B.3, C 2.6: A, A.1, A.2, A.3, A.4	
Key Concepts and Skills	
State the short and long term goals of the physical, social and emotional benefits of regular physical activity <ul style="list-style-type: none"> <input type="checkbox"/> Identify the skill - related and health related components of fitness. <input type="checkbox"/> Develop and use a personal fitness log to record all workouts on a daily basis. <input type="checkbox"/> Establish set of personal fitness goals; using the FITT principle. <input type="checkbox"/> Demonstrate the skill related components of fitness. <input type="checkbox"/> Analyze the effects of performance enhancing supplements. <input type="checkbox"/> Evaluate your current level of physical fitness. 	
Learning Activities	
Aka – build up/lead up games such as.....	
Assessments	
Teacher observation Skill tests Written tests Written Assignments	

Projects Fitness tests Teacher Rubric Portfolios						
X	Creativity		Critical Thinking	X	Communication	X Collaboration
X	Skills	X	Information Literacy	X	Media Literacy	
Interdisciplinary Connections						
Math – calculating heart rates Science Language Arts						
Technology Integration						
8.1.12.A.1 Enter data into a spreadsheet Heart rate, fitness workout apps, food journal apps						

Time Frame	5 weeks(9th -12th)
Topic	
ULTIMATE FRISBEE	
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? 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 NJSL	
2.1: E 2.2: A, C 2.5: A, A.1, A.2, A.3, A.4, B, B.1, B.2, B.3, C, C.1, C.2, C.3 2.6: A, A.1	
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						
Learning Activities						
Two on Two lead up games						
Assessments						
Peer and self-assessment						
Visual Assessment of student's skills						
Written Assessment(s) Monitor progress.						
21st Century Skills						
X	Creativity	X	Critical Thinking	X	Communication	Collaboration
X	Skills		Information Literacy	X	Media Literacy	
Interdisciplinary Connections						
History						
Math						
Language Art						
Physics/Science						
Technology Integration						
Smart phone						

Time Frame	5 Weeks
Topic	
FITNESS - STEP AEROBICS	
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: A, E	
2.2: A, B	

2.5: A, A.1, A.2, A.3, A.4, B.3, C**2.6: A, A.1, A.2, A.3, A.4****Key Concepts and Skills**

Warm up phase

- Technique
- Stretching
- Range of Motion

Activity Phase

- Proper movement
- Target heart rate

Cool down phase

- Recovery heart rate
- Stretching

Learning Activities

Basic mini step routines, timing activities to the beat of music

Assessments

Assessments

Peer and self-assessment

Visual Assessment of student's skills

Written Assessment(s)

Monitor progress

X	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
X	Skills	X	Information Literacy	X	Media Literacy		

Interdisciplinary Connections

Math (calculate max/target heart rate)

Science

Language Arts

Technology Integration

Heart rate monitor, fitness journal mobile app, ipod/ipad/iphone (smart phone)

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?	
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 NJSLS							
2.1: E 2.2: A, C 2.5: A, A.1, A.2, A.3, A.4, B, B.1, B.2, B.3, C, C.1, C.2, C.3 2.6: A, A.1							
Key Concepts and Skills							
Teamwork and Cooperation Gross and Fine Motor Skills Offensive and Defensive Principles/Skills Game Tactical Awareness							
Learning Activities							
Lead up Games Technique							
Assessments							
Peer and self-assessment Visual Assessment of student's skills							
X	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
X	Skills	X	Information Literacy	X	Media Literacy		
Interdisciplinary Connections							
History Math Language Art Physics/Science Technology							
Technology Integration							
Smart phone, chromebook							

Time Frame	5 Weeks (9th-12th)						
Topic							
INDOOR GAMES							
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: E</p> <p>2.2: A, C</p> <p>2.5: A, A.1, A.2, A.3, A.4, B, B.1, B.2, B.3, C, C.1, C.2, C.3</p> <p>2.6: A, A.1</p>							
Key Concepts and Skills							
<p>Teamwork and Cooperation</p> <p>Gross and Fine Motor Skills</p> <p>Offensive and Defensive Principles/Skills</p> <p>Game Tactical Awareness</p>							
Learning Activities							
<p>Lead up Games</p> <p>Technique</p>							
Assessments							
<p>Peer and self-assessment</p> <p>Visual Assessment of student's skills</p>							
X	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
X	Skills	X	Information Literacy	X	Media Literacy		
Interdisciplinary Connections							
<p>History</p> <p>Math</p> <p>Language Art</p> <p>Physics/Science</p>							

Technology							
Technology Integration							
Smart phone, chromebook							
Time Frame	5 week (9 th – 12 th grade)						
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 NJSLs							
2.2: A, A.1, A.2, A.3, B, B.1, B.2, C, C.1, C.2, C.3							
2.5: A, A.1, A.2, A.3, A.4, B, B.1, B.2, B.3, C, C.1, C.2, C.3							
Key Concepts and Skills							
- 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							
Learning Activities							
Lead-up Cooperative and Trust Activities Demonstration of the skill.							
Assessments							
Peer and self-assessment Visual Assessment of student's skills Written Assessment(s) Monitor progress.							
X	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
X	Skills		Information Literacy		Media Literacy		

Interdisciplinary Connections

History
Math
Language Art
Technology
Science

Technology Integration

8.1.12.A.1
Enter data into a spreadsheet
Ipad/ipod/iphone
Compass

Week	Marking Period 1	Week	Marking Period 3
1	Health	1	Dance Fitness Physical Education Class - Playlist 1
2		2	Dance Fitness Physical Education Class - Playlist 2
3		3	Dance Fitness Physical Education Class - Playlist 3
4		4	Dance Fitness Physical Education Class - Playlist 4
Week	Marking Period 2	Week	Marking Period 4
1	Physical Education	1	Physical Education

Time Frame	One marking period (20-23 days approximately)
Topic	
DANCE FITENSS	
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.
- 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

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.

Learning Activities

- Calculations
- Class discussions
- Group routines
- Teacher demonstration of dance skills and techniques
- Use of Nintendo Wii Programs-Just Dance games.

Assessments

- Exit Slips
- Perform in teacher-led choreographed Dance Fitness combinations
- Participate in a thorough warm-up and cool down routine.
- Self Assessments

- Heart Rate readings
- Student-assistance with warm up, cool down activity or Dance Fitness routine.
- Student-led warm up, cool down activity or Dance Fitness routine

X	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
X	Skills	X	Information Literacy	X	Media Literacy		

Interdisciplinary Connections

Math, Dance, Art, Health

Technology Integration

- Use of heart rate monitors
- Playlist via cell phone
- Stereo system
- YouTube Dance Fitness videos
- Television,
- Nintendo game system
- Just Dance Game