

UNIT	STANDARD	OBJECTIVES (What it looks like in the classroom) The learner will ...	Vocabulary terms	# OF DAYS NEEDED FOR MASTERY	INSTRUCTION BEGIN	ASSESSMENT TYPE (performance, project, written test)	RESOURCES (Materials, web sites, auto-visual, print)	LEARNING ACTIVITIES
Physical Conditioning Grades 6,7,8		<p>To enable students to work on cardiovascular and strength fitness. To help improve each students level of fitness.</p> <p>To stress the importance of being physically fit.</p> <p>To stress the importance of physical fitness upon all functions of the body now and later on during the rest of their lives.</p>	<p>Agility Duration Overload Pace Power Progression Quickness Repetition Set Speed Technique</p>	All Year	Aug May	performance,	<p>balance ball videos music step videos</p>	<p>agility drills cycling jogging Jumping relays running speed drills stepping various games</p>
Fitness Assessment Grades 6,7,8		<p>Each student will know their current fitness level.</p> <p>Each student will work to improve in a majority of the test areas demonstrating to them the effects of conditioning.</p> <p>The students are pre and post tested.</p>	<p>Agility Duration Overload Pace Power Progression Quickness Repetition Set Speed Technique</p>	10 Days	Aug. and Apr 8 th grade- Aug Dec Jan Apr	performance,		<p>mile pacer shuttle run pull-up bent-arm hang sit and reach plank</p>

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Frisbee Golf Grade 8		<p>The students will understand the knowledge of proper playing techniques, basic playing rules and etiquette of play. To enable students to develop throwing and aiming skills needed to play the game. To have students develop skills and knowledge needed to solve the game situations presented by this activity. Each student will make the attempt to improve their score each round they play.</p>	<p>Stroke Parr Bogie Eagle Match play Birdie</p>	7 Days	Sept	performance, written test	Rules hand out Frisbees goals	game score keeping
Volleyball Grade 8		<p>The students will learn the rules of the game. The students will develop skills using drill progressions. The students will practice and demonstrate the very basic offense, defense and serve receive formations and strategies. The students will have fun playing the game.</p>	<p>Serve Dig Rally scoring Volley Hit Set Spike</p>	10 Days	Sept	performance, written test	Rules hand out Volleyball Volleyball net	skill development lead-up games game

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Frisbee Skills and Games Grade 8		<p>To enable students to participate in individual and team games that they can enjoy throughout their entire life.</p> <p>The student will develop the necessary skills needed for each activity.</p> <p>The students will have fun while learning each throw and catch.</p> <p>The students will become familiar with the rules of each game.</p>	<p>Side arm Over hand Skip brush</p>	7Days	Oct	performance, written test	<p>bowling pins Frisbees</p>	<p>skill development lead-up games various games</p>
Whiffleball-Softball Grade 8		<p>To enable students to participate in a team sport without having the danger of using a harder ball or bat.</p> <p>The students will learn the basic skills and fundamentals of catching, throwing, batting, and fielding.</p> <p>The students will become familiar with the rules and strategies.</p> <p>The students will learn safety rules.</p> <p>The students will develop an appreciation and interest in softball as a leisure or competitive game.</p>	<p>Bunt Double foul ball Home run Out pitch Pop out Safe Single Slide Steal Strike Triple</p>	10 Days	Oct	performance, written test	<p>bat Rules hand out softball Whiffle ball</p>	<p>skill development lead-up games various games</p>

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Basketball Grade 8		<p>The students will participate in a team sport.</p> <p>The students will develop the skills necessary to play the game in drill progression and practice.</p> <p>The students will become familiar with the rules of the game.</p> <p>The students will learn offensive and defensive strategies.</p> <p>The students will practice good sportsmanship.</p>	<p>base line</p> <p>dribble</p> <p>foul</p> <p>free throw</p> <p>lane</p> <p>shoot</p> <p>three point play</p>	10 Days	Nov	performance, written test	<p>Basketball hoops and net</p> <p>Rules hand out</p>	<p>skill development</p> <p>lead-up games</p> <p>various games</p>
Volleyball Grade 7		<p>The students will develop the skills of passing, setting, underhand serve and overhand serve using drill progression and practice.</p> <p>The students will learn the rules while playing the game.</p> <p>The students will practice and understand the basic offense and rotational order.</p>	<p>Serve</p> <p>Dig</p> <p>Rally scoring</p> <p>Volley</p> <p>Hit</p> <p>Set</p> <p>Spike</p>	10 Days	Sept	performance, written test	<p>Rules hand out</p> <p>Volleyball</p> <p>Volleyball net</p>	<p>skill development</p> <p>lead-up games</p> <p>various games</p>

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Mass Soccer Grade 7		<p>The students will practice the soccer skills of dribbling, heading, and passing.</p> <p>The students will learn soccer terminology and rules.</p> <p>The students will develop some degree of physical fitness playing the game.</p>	<p>center dribble</p> <p>goal</p> <p>goalie</p> <p>guard</p> <p>kicker</p> <p>pass</p>	10 Days	Oct	performance, written test	<p>foam soccer ball</p> <p>hockey goals</p> <p>pennies and flags</p> <p>Rules hand out</p>	<p>going over rules</p> <p>game play</p>
Basketball Grade 7		<p>The students will develop the skills of dribbling, passing, and shooting which are necessary to play the game.</p> <p>The students will learn and practice the rules of the game while playing it.</p> <p>The students will practice good sportsmanship.</p>	<p>base line dribble</p> <p>foul</p> <p>free throw</p> <p>lane shoot</p> <p>three point play</p>	10 Days	Nov	performance, written test	<p>Basketball hoops and net</p> <p>Rules hand out</p>	<p>skill development</p> <p>lead-up games</p> <p>various games</p>
Hand Hockey 7 Grade		<p>The students will practice cooperation while playing the game.</p> <p>The students will learn the skills of moving the ball, passing, dodging, and shooting, rules, game procedures, and game strategies to play the game.</p> <p>The students will practice good sportsmanship whether they win or lose.</p>	<p>air dribble</p> <p>center dribble</p> <p>end zone</p> <p>free shot</p> <p>goal</p> <p>goalie</p> <p>guard</p>	7 Days	Jan	performance, written test	<p>foam ball</p> <p>hockey goals</p> <p>pennies</p> <p>Rules hand out</p>	<p>skill development</p> <p>lead-up games</p> <p>various games</p>

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Team Handball Grade 7		<p>The students will learn the skills of throwing, catching and shooting the ball while on the move.</p> <p>The students will learn the rules while playing the game.</p> <p>The students will learn offensive and defensive strategies.</p>	<p>free shot</p> <p>offside</p> <p>off sides</p> <p>violation</p>	<p>3 Days</p>	<p>Jan</p>	<p>performance, written test</p>	<p>foam ball</p> <p>hockey goals</p> <p>pennies</p> <p>Rules hand out</p>	<p>skill development</p> <p>lead-up games</p> <p>various games</p>

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Badminton Grade 7		<p>The students will learn and practice the skills of serving underhand, footwork needed to play and the various shots such as overhead, clear, smash and drop shots.</p> <p>The students will learn the rules, scoring, strategies, terminology and procedures while playing the game.</p> <p>The students will end the unit playing a doubles tournament.</p>	<p>birdie fault front court let short service smash under hand volley</p>	10 Days	Feb- March	performance, written test	<p>birdie nets and poles racquet Rules hand out</p>	<p>skill development lead-up games various games</p>
Whiffle ball 1 - Softball-Base Soccer Grade 7		<p>The students will practice and learn the skills of catching, throwing, hitting, base running, pitching, and kicking while playing the games.</p> <p>The students will learn the rules and strategies of the games. The students will become aware of safety practices.</p> <p>The students will learn an appreciation and interest in these games as leisure or competitive activities.</p>	<p>Bunt Double foul Home run Out pitch Pop out Safe Single Slide Steal Strike Triple</p>	10 Days	March- April	performance, written test	<p>bat kick ball Rules hand out softball Whiffle ball</p>	<p>skill development lead-up games various games</p>

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Volleyball Grade 6		<p>The students will learn the skills of passing, setting and serving both underhand and overhand. The students will learn the rules of the game while playing it. The students will practice the very basic offense and rotational order.</p>	<p>Serve Dig Rally scoring Volley Hit Set Spike</p>	10 Days	Sept	performance, written test	<p>Rules hand out Volleyball Volleyball net</p>	<p>skill development lead-up games various games</p>
Mass Soccer Grade 6		<p>The students will learn soccer Terminology. The students will practice team work and sportsmanship. The students will develop and practice the skills of passing, ball control, dribbling, heading and shooting. The students will develop some degree of physical fitness.</p>	<p>center dribble goal goalie guard kicker pass</p>	10 Days	Oct	performance, written test	<p>foam soccer ball hockey goals pennies and flags Rules hand out</p>	<p>going over rules game play</p>
Basketball Grade 6		<p>The students will practice and develop the skills of ball handling, dribbling, passing and shooting. The students will learn the rules, strategies, terminology, and procedures while playing the game.</p>	<p>base line dribble foul free throw lane shoot three point play</p>	10 Days	Nov	performance, written test	<p>Basketball hoops and net Rules hand out</p>	<p>skill development lead-up games various games</p>

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Team Handball Grade 6		<p>The students will learn the skills of throwing, catching and shooting the ball while on the move.</p> <p>The students will learn the rules and offensive and defensive strategies while playing the game.</p> <p>The students will become aware of the importance of teamwork.</p>	<p>center defense offense goal</p>	7 Days	Jan	performance, written test	<p>hockey goals pennies Rules hand out team handball</p>	<p>skill development lead-up games various games</p>

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Scooter Hockey Grade 6		<p>The students will develop and practice the skills of dribbling, driving, tackling, dodging and passing while moving sitting on a scooter.</p> <p>The students will learn the rules, procedures, and strategies necessary to play the game.</p> <p>The students will learn the importance of teamwork and sportsmanship.</p>	<p>blue line goalie guard icing puck scooter score slap shot</p>	6 Days	Jan-Feb	performance, written test	<p>goals puck Rules hand out scooter scooter hockey sticks</p>	<p>skill development lead-up games various games</p>
Global Ball Grade 6		<p>The students will practice and learn the skills of passing, catching, serving, reaction time, speed and quickness.</p> <p>The students will learn the rules and terminology while playing the game.</p>	<p>space guard defense offense</p>	3 Days	Feb	performance, written test	<p>Global net moon ball Rules hand out</p>	<p>going over rules game play</p>

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Whiffle ball- Soft ball- Base Soccer Grade 6		<p>The students will practice and learn the basic skills of catching, hitting, base running, pitching, and kicking. The students will learn the rules and strategies while playing the games. The students will become aware and practice safety precautions. The students will develop and appreciation and interest in these games as both leisure and competitive activities.</p>	<p>Bunt Double foul Home run Out pitch Pop out Safe Single Slide Steal Strike Triple</p>	10 Days	Mar Apr	performance, written test	<p>bat kick ball Rules hand out softball Whiffle ball</p>	<p>skill development lead-up games various games</p>