

Unit: Lifetime Skills and Cooperative Learning Grades: K-2

Essential Questions	Skills	Suggested Activities	NJCCCS	Assessment	Resources
How do communication skills help us to positively interact with our peers?	<ul style="list-style-type: none"> Identify and employ ways to improve listening skills Demonstrate respect for the opinions of others Explain when and how to use refusal skills in health and safety situations Discuss how parents, peers, and the media influence health decisions Develop a wellness goal and explain why setting a goal is important Explain that a person’s character and values are reflected in the way the person thinks, feels, and acts Identify factors that lead to group success Explain when and how to seek help when feeling ill, scared, sad, lonely, or bullied Explain rules Develop a group goal Organize and participate in a school or community service activity and discuss how helping others impacts personal and community wellness Follow multi-part directions Express ideas and feelings Exhibit good sportsmanship Follow the rules of games 	Fitness presentations	2.2.2 A 1	Student developed rubrics	Station Games- Maggie C. Burke
How do we work with others to achieve a goal?		Parachute	2.2.2 B 1	Teacher developed rubrics	Project Aces Handbook- Len Saunders
How can setting and tracking goals help us to achieve a desired outcome?		Scooter Work/Games	2	Teacher observation	Field Day Survival Guide- Krista Winn
How do character traits such as trustworthiness, responsibility, respect, and fairness help us interact positively with others?		Cargo Net	3	Performance task sheets	Cooperative Learning in Physical Education- Steve Grineski
What are the characteristics of a good leader?		Battle Ship	4	Benchmark Check Lists	MTES Guidance Department
Where can you find support for a healthy lifestyle within the school and greater community?		Octopus	2.2.2 C 1		
How does following the rules of games help us to safely and positively interact with our peers?		Tag Games-Partner Tag	2.2.2 D 1		
		Relay Races Island	2.2.2 E 1		
		Hopping Obstacle			
		Course Station			
	Activities Partner				
	Challenges Project				
	Book buddy activities in gym.				
	Field Day				
	Goal Setting Cooperative Challenge				
	Character Education Activities				

Unit: Fitness Grades: K-2

Essential Questions	Skills	Suggested Activities	NJCCCS	Assessment	Resources
<p>How do heredity, training, and diet influence fitness?</p> <p>How can technology be used to improve fitness?</p> <p>What are the physical, social, and emotional benefits of regular physical activity?</p> <p>What activities can you engage in to maintain a healthy lifestyle?</p>	<ul style="list-style-type: none"> • Explain how exercise and diet can affect fitness. • Use technology to monitor fitness goals • Demonstrate age-appropriate fitness skills • Identify upper body skills • Identify lower body skills • Set a pace while jogging • Develop proper method of breathing • Develop individual fitness levels • Improve posture and muscle tone • Enhance flexibility • Develop better coordination • Engage in expressive movements • Engage in upper body strength activities • Engage in lower body strength activities • Increase heart rate in response to exercise • Monitor heart rate 	<p>Variety of Daily Warm-ups</p> <p>Timed jogs</p> <p>President's Challenge Physical Fitness Testing</p> <p>Cardiovascular Activities</p> <p>Fitness Testing</p> <p>Jumping Rope</p> <p>Modified Push-ups</p> <p>Crunches</p> <p>Stretches</p> <p>Jumping Jacks</p> <p>Timed Running</p> <p>Parachute</p> <p>Running in Place</p>	<p>2.6.2 A 1</p> <p>2</p> <p>3</p>	<p>President's Challenge Physical Fitness Test Fall/Spring</p> <p>Performance task sheets</p> <p>Teacher Observation</p> <p>Personal Goal Tracking Log</p>	<p>Fitness Education for Children- Stephen J. Virgilio</p> <p>Concepts of Physical Fitness- Charles Corbin and Ruth Lindsey</p> <p>Hooked on Fitness- James C. Harrison</p> <p>Take the President's Challenge</p>

Unit: Motor Skill Development and Team Sports Grades: K-2

Essential Questions	Skills	Suggested Activities	NJCCCS	Assessment	Resources
<p>What motor skills are necessary to develop an appreciation for life-long activities?</p> <p>In what ways can we move our bodies?</p> <p>How can competitive and cooperative strategies be utilized to enhance team activities?</p> <p>How does mental attitude influence physical performance?</p> <p>How does practice and being healthy contribute to safe and improved performance?</p>	<ul style="list-style-type: none"> Perform locomotor skills: walk, skip, hop, gallop, run, jump, side-step Perform non-locomotor: bend, reach, twist Combine locomotor and non-locomoter patterns in time to music Demonstrate static and dynamic balance Kick a ball from stationary and moving positions Throw a variety of objects using overhand and/or underhand techniques Repeatedly jump a self-turned rope Repeatedly jump a long rope turned by others Bounce a ball in self-space and while traveling in different directions Demonstrate skills of chasing, fleeing, and dodging and/or tagging safely Follow safety and game play rules Communicate with others at all times especially during game play Respond to visual clues Exhibit appropriate behavior as both a player and observer during physical activity Demonstrate ways to handle and care for equipment safely and responsibly. 	<p>Games and Activities that reinforce:</p> <p>Throwing</p> <p>Catching</p> <p>Kicking</p> <p>Rolling</p> <p>Striking</p> <p>Expressive Movement</p> <p>Jumping</p> <p>Landing</p> <p>Dodge</p> <p>Chase</p> <p>Parachute</p> <p>Scooter Work/Games</p> <p>Cargo Net</p> <p>Battle Ship</p> <p>Octopus</p> <p>Tag Games-Partner Tag</p> <p>Relay Races Island</p> <p>Hopping Obstacle</p> <p>Course Station</p> <p>Activities Partner</p> <p>Challenges</p>	<p>2.5.2 A 1</p> <p>2</p> <p>3</p> <p>4</p> <p>2.5.2 B 1</p> <p>2</p> <p>3</p> <p>4</p> <p>2.5.2 C 1</p> <p>2</p>	<p>Student developed rubrics</p> <p>Teacher developed rubrics</p> <p>Teacher observation</p> <p>Performance task sheets</p> <p>Benchmark Check Lists</p>	<p>PE Central- online website</p> <p>Sports Rules Book- Human Kinetics</p> <p>Circuit Teaching Modules</p> <p>Hoop-La Games and Activities- Connie Crawford</p> <p>Physical Best Activity Guide- AAHPERD</p> <p>Ready to Use PE Activities for Grades 3-4 - Joanne Landy</p> <p>Elementary Teacher’s Handbook of Indoor and Outdoor Games- Art Kamiya</p> <p>Cooperative Learning in Physical Education- Steve Grineski</p> <p>Games to Keep Kids Moving- Bob Dieden</p> <p>No Standing Around in My Gym- J.D. Hughes</p> <p>Physical Education for Children- Daily Lesson</p>

