

Students are introduced to physical activities that are available outside of the school setting. Activities include pickleball and bowling, and lead up games in tennis and badminton. Yoga activities include learning breath control, various poses, relaxation techniques and methods of modifying poses to suit individual needs.

Essential Questions	Skills		NJCCCS	Assessment	Resources
<p>What components do lifetime sports share?</p> <p>How does participation in lifetime sports influence physical fitness?</p> <p>Why is it important to master basic skills?</p> <p>What role does safety play in lifetime sports?</p>	<p>Skills: Rules, Etiquette</p> <p><u>Racket Sports</u></p> <ul style="list-style-type: none"> • Serve • Forehand • Backhand • Body Position • Overhand/Underhand • Follow through • Strategies <p><u>Bowling</u></p> <ul style="list-style-type: none"> • Grip • Swing • Approach • Ball placement <p><u>Yoga</u></p>		<p>2.5.6. A.1</p> <p>A.2</p> <p>A.3</p> <p>A.4</p> <p>2.5.6. B.1</p> <p>B.2</p> <p>2.5.6.C.1</p> <p>C.2</p> <p>C.3</p>	<p>Teacher observation</p> <p>Rubrics</p> <p>Self-Assessment</p> <p>Peer Assessment</p>	<p>Manual of Physical Education Activities</p> <p>Steps to Success: Series</p> <p>Various internet resources including but not limited to:</p> <p>PE Central</p> <p>AAHPERD</p> <p>NJAHPERD</p> <p>NASPE</p>