

Physical Education Curriculum

Approved 2014 (NJCCS 2009 alignment)

Unit: **Team Sports** Grades: **Grades 6, 7, & 8**

The team sports program is offered to improve the skills required for each of the sports presented and the team activity will be a lead-up game. Some of the activities will include sideline Soccer, Four Sided Soccer, Dribble Tag, Pass and Shoot, Island Basketball, "Baseket" Ball, Basketball Blitz, Free Throw Rodeo, Around the World, Knock Out, Monkey in the Middle, Pac Man Tag, Keep It Up, 4 Way Volleyball, Hit and Switch, Frisbee Golf, Line Frisbee, Capture the Frisbee, Ultimate Frisbee, Mini games of floor hockey, Zone Hockey, Give and Go, Elementary Team handball, Keep Away, Steal the Flag, and miscellaneous relays.

Essential Questions	Skills...		NJCCCS	Assessments	Resources
<p>What components of fitness are developed by participation in team sports?</p> <p>How do team sports influence social skills and cooperative endeavors?</p> <p>Why is it necessary to learn proper care and maintenance of equipment as it relates to safety?</p>	<p>Safety in <u>all</u> sports</p> <p><u>Basketball</u></p> <ul style="list-style-type: none"> • Pass • Dribble • Shoot Offense/Defense • Body Position • Strategies • Rules • Footwork <p><u>Field Hockey</u></p> <ul style="list-style-type: none"> • Dribble • Drive • Pass • Reverse Stick • Body Position • Strategies • Rules <p><u>Soccer</u></p> <ul style="list-style-type: none"> • Dribble • Pass • Head • Trap • Strategies • Rules <p><u>Volleyball</u></p> <ul style="list-style-type: none"> • Forearm Pass • Overhead Pass • Serve • Set • Spike • Strategies • Rules 	<p><u>Frisbee</u></p> <ul style="list-style-type: none"> • Grip • Throw • Catch • Rules • Strategies <p><u>Team Handball</u></p> <ul style="list-style-type: none"> • Throw • Catch • Air Volley • Strategies • Rules <p><u>Floor Hockey</u></p> <ul style="list-style-type: none"> • Stick Handling • Shoot • Pass • Strategies • Rule 	<p>2.5.6A1 B1 B2 C1 C2 2.5.8A1 A2 A4 B1 B2 B3 C1 C2 2.6.6A1 A2 2.6.8A1 A5</p>	<p>Rubrics</p> <p>Teacher Observation</p> <p>Self-Assessment</p>	<p>Steps to Success Series</p> <p>Internet Resources including but not limited to:</p> <p>PE Central AAHPERD NJAHPERD NASPE</p>