

Students continue to improve upon their skills in activities that are available outside of school. Activities include bowling, and lead up games and tournaments in tennis, badminton and bowling. Yoga activities include reviewing breath control, relaxation techniques and methods of modifying poses to suit individual needs, attending to body alignment, introducing more challenging poses and creating a sequence of poses to present to the class.

Essential Questions	Skills		NJCCCS	Assessment	Resources
<p>How does participation in lifetime sports influence physical fitness?</p> <p>Why is it important to learn lifetime sport skills in middle school?</p> <p>Why is it important to stress safety in all lifetime sports?</p> <p>How can knowledge of rules and strategies enhance participation in lifetime sports?</p>	<p>Skills: Rules, Etiquette</p> <p><u>Racket Sports</u></p> <ul style="list-style-type: none"> • Serve • Forehand • Backhand • Smash • Body Position • Overhand • Underhand • Partner play • Strategies • Topspin <p><u>Bowling</u></p> <ul style="list-style-type: none"> • Grip • Swing • Approach • Ball placement • Scoring <p><u>Yoga</u></p>		<p>2.5.8.A.1</p> <p>A.2</p> <p>A.3</p> <p>A.4</p> <p>2.5.8.B.1</p> <p>B.2</p> <p>B.3</p> <p>2.5.8.C.1</p> <p>C.2</p> <p>C.3</p> <p>2.6.8.A.1</p>	<p>Teacher observation</p> <p>Rubrics</p> <p>Self-Assessment</p> <p>Peer Assessment</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>