

Curriculum Guide
Subject Focus: Physical Education
Grades:

<p>STANDARD 2.1 (Wellness) All students will acquire health promotion concepts and skills to support a healthy active lifestyle.</p> <p>STANDARD 2.5 (Motor Skill Development) All students will utilize safe, efficient, and effective movement to develop and maintain a healthy lifestyle</p> <p>STANDARD 2.6 (Fitness) All students will apply health related and skill related fitness concepts and skills to develop and maintain a healthy lifestyle</p>
<p>ESSENTIAL QUESTIONS</p> <ul style="list-style-type: none"> • What are the rules of play? • Can students demonstrate proper skills when playing games? • Can students use communication/cooperation during game situations?
<p>Unit: Softball/Baseball/Kickball/Whiffleball</p>
<p>Length: 2 Weeks</p>

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
2.1 C	Students will demonstrate use of safety rules in skill/game play.	Throwing/Catching/Hitting	Softball, Bases, Bats	Skill Rubric
2.5 A 2.5 B	Students will demonstrate the ability to throw and catch a softball. Students will show proper technique in batting. Students will demonstrate the knowledge of how the game is played and apply it in a game situation	Throwing/Catching/Hitting		Written Test
2.6 A	Students will gain fitness benefits through warm up activities.	Warm up jog. Stretching activities.		

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