

Curriculum Guide
Subject Focus: Physical Education
Grades: 9-12

STANDARD 2.1 (Wellness) All students will acquire health promotion concepts and skills to support healthy, active lifestyles.
STANDARD 2.5 (Motor Skill Development) All students will utilize safe, efficient, and effective movement to develop and maintain a healthy lifestyle
STANDARD 2.6 (Fitness) All students will apply health related and skill related fitness concepts and skills to develop and maintain a healthy lifestyle

ESSENTIAL QUESTIONS/UNIT OBJECTIVES

- What are the rules of play?
- Can students demonstrate the proper skills during play?
- Can the students incorporate the rules when playing in a game situation?
- Can students use cooperation and communication during play?

Unit: Ultimate Frisbee / Handball

Length of Unit: 2 weeks

NJCCCS	OUTCOMES: Students will...	ACTIVITIES	MATERIALS	ASSESSMENT
2.1.12.D	Demonstrate knowledge of game rules and safety rules.	Throwing exercises Catching exercises Modified game play	<u>Ultimate Frisbee</u> Frisbees (official/foam) Cones Colored jerseys (pinnies)	1. Written evaluation 2. Skill Rubric 3. Visual Observation
2.5.12.A	Demonstrate proper form when performing: throwing and catching a Frisbee or handball.		<u>Handball</u> Foam Dodgeballs Cones Colored jerseys (pinnies)	
2.5.12.B				
2.5.12.C	Identify the court/field dimensions.			
2.6.12.A	Demonstrate teamwork and sportsmanship. Gain fitness benefits through participation in warm-ups, skill activities, and modified games.		<u>Optional:</u> Score Keeper	

