

NJDOE MODEL CURRICULUM

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| CONTENT AREA: Physical Education | GRADE:6-8 | UNIT #: IV | UNIT NAME: Individual Activities |
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| # | STUDENT LEARNING OBJECTIVES | CORRESPONDING NJCCCS |
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| 1 | Identify individual tactical strategies that will impact the quality of performance in individual and dual activities. 6 | (2.5.6.B.1, 2.5.6.B.2) |
| 2 | Identify and demonstrate critical thinking skills necessary to design effective offensive and defensive strategies. 7 | (2.5.8.B.2) |
| 3 | Compare and contrast the impact of offensive and defensive strategies that could affect performance in individual and dual activities. 8 | (2.5.8.B.1) |
| 4 | Identify and demonstrate the use of various shots / skills used during practice / game play. 6 | (2.5.6.B.2, 2.5.6.A.4) |
| 5 | Provide fair and honest skill specific feedback to a partner which will be integrated into game play. (tennis, pickle ball, badminton) 7 | (2.5.8.A.2) |
| 6 | Analyze the effectiveness of mental strategies and skills used to achieve specific goals (accuracy, sportsmanship, game plan) during game play. 8 | (2.5.8.B.2, 2.5.8.B.3) |
| 7 | Demonstrate and fairly enforce various rules during game play exhibiting appropriate sportsmanship. 6 | (2.5.6.C.1, 2.5.6.C.2) |
| 8 | Compare and contrast the different behaviors participants may exhibit in relation to proper sportsmanship in individual and dual activities. 7 | (2.5.8.C.1) |
| 9 | Describe the proper equipment, rules, and procedures that will promote participant safety when engaged in practice/play in individual and dual activities. 8 | (2.5.8.C.2) |
| 10 | Identify how certain individual or dual activities may contribute to achieving a healthy lifestyle. (healthy eating, body composition, physical activity) 6 | (2.6.6.A.4) |
| 11 | Define appropriate fitness training strategies (skill-related fitness components) and exercises needed to participate successfully and efficiently in individual / dual activities. 8 | (2.6.8.A.4) |

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| Code # | NJCCCS |
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| 2.5- | |
| A. Movement Skills and Concepts | 6 Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities. |
| | 2.5.6.A.2 Explain concepts of force and motion and demonstrate control while modifying force, flow, time, space, and relationships in interactive dynamic environments. |
| | 8 Movement skill performance is primarily impacted by the quality of instruction, practice, assessment, feedback, and effort. |
| | 2.5.8.A.2 Apply the concepts of force and motion (weight transfer, power, speed, agility, range of motion) to impact performance. |
| B. Strategy | 6 There is a relationship between applying effective tactical strategies and achieving individual and team goals when competing in games, sports, and other activity situations. |
| | 2.5.6.B.1 Demonstrate the use of offensive, defensive, and cooperative strategies in individual, dual, and team activities. |
| | 2.5.6.B.2 Compare and contrast strategies used to impact individual and team effectiveness and make modifications for improvement. |
| | 8 Individual and team execution in games, sports, and other activity situations is based on the interaction of tactical use of strategies, positive mental attitudes, competent skill levels, and teamwork. |
| | 2.5.8.B.1 Compare and contrast the use of offensive, defensive, and cooperative strategies in a variety of settings. |
| 2.5.8.B.2 Assess the effectiveness of specific mental strategies applied to improve performance. | |
| 2.5.8.B.3 Analyze individual and team effectiveness in achieving a goal and make recommendations for improvement. | |

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| C. Sportsmanship, Rules, Safety | <p>6 Practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events contributes to enjoyment of the event.</p> |
| | <p>2.5.6.C.1 Compare the roles and responsibilities of players and observers and recommend strategies to enhance sportsmanship-like behavior.</p> <p>2.5.6.C.2 Apply rules and procedures for specific games, sports, and other competitive activities and describe how they enhance participation and safety.</p> |
| | <p>8 Self-initiated behaviors that promote personal and group success include safety practices, adherence to rules, etiquette, cooperation, teamwork, ethical behavior, and positive social interaction.</p> |
| | <p>2.5.8.C.1 Assess player behavior for evidence of sportsmanship in individual, small-group, and team activities.</p> <p>2.5.8.C.2 Summarize types of equipment, products, procedures, and rules that contribute to the safety of specific individual, small-group, and team activities.</p> |
| 2.6-Fitness | |
| A. Fitness and Physical Activity | <p>8 Knowing and applying a variety of effective training principles over time enhances personal fitness level, performance, and health status.</p> |
| | <p>2.6.8.A.4 Determine ways to achieve a healthy body composition through healthy eating, physical activity, and other lifestyle behaviors.</p> |