

## NJDOE MODEL CURRICULUM

<b>CONTENT AREA: Physical Education</b>	<b>GRADE:9-12</b>	<b>UNIT #: III</b>	<b>UNIT NAME: Cooperative Activities</b>
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#	STUDENT LEARNING OBJECTIVES	CORRESPONDING NJCCCS
<b>1</b>	Describe and analyze factors that influence both intrinsic and extrinsic motivation (positive mental attitudes, competent skill levels, teamwork) and how they affect individual and team effectiveness. 9	(2.5.12.B.3)
<b>2</b>	Identify and assess tactical understanding of cooperative strategies including communication, respect of others' ideas, and decision making of oneself/group (good/poor) during cooperative activities. 10	(2.2.12.B.1,2.5.12.B.1)
<b>3</b>	Assess and apply tactical (offensive, defensive, and cooperative) physical and mental strategies to improve performance. 11	(2.5.12.B.1, 2.5.12.B.2)
<b>4</b>	Identify and demonstrate how engaging in cooperative activities can impact the effects of genetics, gender, age, nutrition, and activity level, on body composition in a wellness plan. 12	(2.6.12.A.3)

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<b>Code #</b>	<b>NJCCCS</b>
2.5 Motor Skill Development	
B. Strategy	12 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
	2.5.12.B.1 Demonstrate and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies.
	2.5.12.B.2 Apply a variety of mental strategies to improve performance.
	2.5.12.B.3 Analyze factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness.
2.2 integrated Skills	
B. Decision Making and Goal Setting	12 Developing and implementing an effective personal wellness plan contributes to healthy decision-making over one's lifetime.
	2.2.12.B.1 Predict the short- and long-term consequences of good and poor decision-making on oneself, friends, family, and others.
2.6 Fitness	
A. Fitness and Physical Activity	12 Taking personal responsibility to develop and maintain physical activity levels provides opportunities for increased health, fitness, enjoyment, challenges, self-expression, and social interaction.
	2.6.12.A.3 Determine the role of genetics, gender, age, nutrition, activity level, and exercise type on body composition.