

## NJDOE MODEL CURRICULUM

<b>CONTENT AREA: Physical Education</b>	<b>GRADE:9-12</b>	<b>UNIT #: IV</b>	<b>UNIT NAME: Individual Activities</b>
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#	STUDENT LEARNING OBJECTIVES	CORRESPONDING NJCCCS
<b>1</b>	Demonstrate and apply movement skills (overhead striking, change of direction) from one game, sport, dance, or recreational activity to another. 9	(2.5.12.A.1)
<b>2</b>	Assess and apply tactical (offensive, defensive) physical and mental strategies to evaluate and improve performance in individual activities. 10	(2.5.12.B.1, 2.5.12.B.2)
<b>3</b>	Analyze the role, responsibilities, preparation and motivation of players/participants /officials and recommend and employ strategies to enhance individual effectiveness. 11	(2.5.12.B.3, 2.5.12.C.1)
<b>4</b>	Identify and explain the influence of globalization and technology on individual activities, develop rule changes to existing individual activities and predict their impact on future participation and viewership. 12	(2.5.12.C.2, 2.5.12.C.3)

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Code #	NJCCCS
2.5- Motor Skill Development	
A. Movement Skills and concepts	<p>12 Movement skill performance is primarily impacted by the quality of instruction, practice, assessment, feedback, and effort.</p> <p>2.5.12.A.1 Explain and demonstrate ways to transfer movement skills from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball).</p>
B. Strategy	<p>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</p> <p>2.5.12.B.1 Demonstrate and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies.</p> <p>2.5.12.B.2 Apply a variety of mental strategies to improve performance.</p> <p>2.5.12.B.3 Analyze factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual effectiveness.</p>
C. Sportsmanship, Rules, and Safety	<p>12 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>2.5.12.C.1 Analyze the role, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance and behavior.</p> <p>2.5.12.C.2 Develop rule changes to existing games, sports, and activities that enhance safety and enjoyment.</p> <p>12 Cultural practices regarding physical activity, sports, and games reflect a microcosm of society.</p> <p>2.5.12.C.3 Determine the current impact of globalization and technology on the development of, participation in, and viewing of games, sports, dance, and other movement activities, and predict future impact.</p>