

## NJDOE MODEL CURRICULUM

<b>CONTENT AREA:</b> Physical Education	<b>GRADE:</b> 9-12	<b>UNIT #:</b> V	<b>UNIT NAME:</b> Team Activities
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#	STUDENT LEARNING OBJECTIVES	CORRESPONDING NJCCCS
<b>1</b>	Identify and demonstrate appropriate and effective offensive, defensive and cooperative strategies that can be utilized during team activities. 9	(2.5.12.B.1)
<b>2</b>	Apply and assess tactical (offensive, defensive, cooperative) physical and mental strategies to evaluate and improve performance in team 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 strategies to enhance team 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 team activities, develop rule changes to existing team activities and predict their impact on future participation and viewership. 12	(2.5.12.C.2, 2.5.12.C.3)
<b>5</b>	Identify performance enhancing substances (anabolic steroids, HGH, ergogenic aids) and debate their use (pros/ cons they have on performance as well consequences on one's health and wellness). 12	(2.6.12.A.5)

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Code #	NJCCCS
2.5- Motor Skill Development	
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 and team 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>
2.6 Fitness	
A. Fitness and Physical Activity	<p>12 Taking personal responsibility to develop and maintain physical activity levels provides opportunities for increased health, fitness, enjoyment, challenges, self-expression, and social interaction.</p> <p>2.6.12.A.5* Debate the use of performance-enhancing substances (i.e., anabolic steroids and other legal and illegal substances) to improve performance.</p>

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