Department: Physical Education
Course Title: Middle School PE
Creator: Tom Black
Date: 11/18/2024

Unit Title	Unit Length (weeks)	Dates of Unit (Month - Month)	Essential Questions	Topics to be Covered Texts Used	Skills to be Assessed	Standard Alignment	Formative Assessments	Summative Assessments
Cooperative Games	2	September	How can I use leadership in different physical activity settings? Why are communication and teamwork so important? How can I face and overcome personal challenges?	PacMan Tag	Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities Demonstrate understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities Exhibit responsible personal and social behavior that respects self and others in physical activity settings Value physical activity for health, enjoyment, challenge, self-expression and/or social interaction	Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) (SL.8.1) Acquire and use accurately general academic and domain-specific words and phrases; gather vocabulary knowledge (L. 8.6)	Exit Slips Participation in discussions, reviews, demonstrations	Teamwork Reflection School wide rubric Independent learner Problem-solving
Soccer	2	September	How can I move effectively and efficiently? How do I interact with others during physical activity? How does soccer improve fitness levels?	Soccer	Demonstrate the proper way to dribble and pass a soccer ball at various speeds. Explain the difference between offensive and defensive players in a soccer game. Demonstrate respect and cooperation by working in small groups and following directions. Identify and explain three rules of a soccer game.	Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners (SL.8.1) Determine the meaning of words and phrases as they are used (in a text) (RI.8.4)	Participation in games/activities Participation in closure reviews Exit Slips	
Speed Ball	2 - 3	October	What different ways can the body move give a specific purpose? How can I move more effectively and efficiently? How do I interact with others during physical activity	Speed Ball	Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities Demonstrate understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities Exhibit responsible personal and social behavior that respects self and others in physical activity settings Demonstrate the proper way to dribble, pass, kick, and throw in a fast paced activity. Create and evaluate strategies for including all team members. Demonstrate respect and cooperation by following all safety rules. Compare and contrast Speedball, Soccer, and Team Handball.	Engage effectively in a range of collaborative discussions (one-on-pone, in groups, and teacher-led) with diverse partners (SL.8.1)	Participation in games/activities Participation in closure reviews Exit Slips	

Team Handball	2 - 3	October - Nov	Why is teamwork essential in Team Handball?	Handball	Demonstrate the proper way to throw and catch while performing a locomotor skill (running). Demonstrate respect and cooperation by working in small groups and following directions. Identify and explain three rules of a Team Handball game.	Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings	daily participation rubric/grade exit slips whole class discussions small group discussions	
Fitness testing	1	November	What are the different elements of fitness? How do I test my current fitness levels, and how do I improve? How are the components of fitness reflective of one's health status?		Achieve and maintain a health-enhancing level of physical fitness Exhibit responsible personal and social behavior that respects self and others in physical activity settings Apply safe practices, rules, procedures, and etiquette in physical activity setting Assess and adjust activities to maintain or improve personal level of health-related fitness Use the results of fitness assessments to guide changes in his/her personal programs of physical activities	Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) (SL.8.1) Acquire and use accurately general academic and domain-specific words and phrases; gather vocabulary knowledge (L. 8.6	Participation in activities Responses to math questions KWL chart Peer Fitness Feedback	
Matball	2	November	How can I use leadership in different physical activity settings? Why are communication and teamwork so important? How can I face and overcome personal challenges?	Matball	Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities Demonstrate understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities Exhibit responsible personal and social behavior that respects self and others in physical activity settings Value physical activity for health, enjoyment, challenge, self-expression and/or social interaction	Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) (SL.8.1) Acquire and use accurately general academic and domain-specific words and phrases; gather vocabulary knowledge (L. 8.6)	Exit Slips Participation in discussions, reviews, demonstrations	Teamwork Reflection School wide rubric Independent learner Problem-solving
Volleyball	4	December - Jan	How can I move more effectively and efficiently (how can I do the 'set', 'bump', or 'serve' to get the ball to go where I want it to? Why is talking to teammates so important in volleyball?	Volleyball	Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities Students will demonstrate understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings Students will demonstrate proper bump, set, and serve. Students will describe and create tips for how to do a bump, set, and serve. Students will analyze their performance (including teamwork) and create ways to improve	Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) (SL.8.1) Acquire and use accurately general academic and domain-specific words and phrases; gather vocabulary knowledge (L. 8.63	Participation in discussions/reviews/demonstrations Daily participation rubric Exit slip	Volleyball rubric

Fitness room	2	Jan	What are the different elements of fitness? How do I test my current fitness levels, and how do I improve? How are the components of fitness reflective of one's health status?		Achieve and maintain a health-enhancing level of physical fitness Exhibit responsible personal and social behavior that respects self and others in physical activity settings Apply safe practices, rules, procedures, and etiquette in physical activity setting Assess and adjust activities to maintain or improve personal level of health-related fitness Use the results of fitness assessments to guide changes in his/her personal programs of physical activities	Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) (SL.8.1) Acquire and use accurately general academic and domain-specific words and phrases; gather vocabulary knowledge (L. 8.6	Participation in activities Responses to math questions KWL chart Peer Fitness Feedback	
Badminton	3 - 4	Jan - Feb	Why are strategies and teamwork important to fast paced badminton games? How do different cultures view the game of badminton compared to the United States?		Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities Students will demonstrate understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities Students will value physical activity for health, enjoyment, challenge, self-expression and/or social interaction Demonstrate proper: clear shot, serve and one advance move (smash, drop shot, hairpin shot) Analyze and evaluate techniques and strategies used by peers Demonstrate respect and cooperation by working in small groups and following directions. Compare and contrast badminton in the US and other countries, such as China. (recreational vs. competitive)	Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) (SL.8.1) Acquire and use accurately general academic and domain-specific words and phrases; gather vocabulary knowledge (L. 8.6	Participation in discussions Participation in class activities Participation rubric Exit slip KWL chart	
Pickleball	3	Feb - March	How can I move effectively and efficiently? Why is communication important to the game of Pickleball?		Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities Students will demonstrate understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings	Engage effectively in a range of collaborative discussions (one - on - one, in groups, and teacher - led) (SL.8.1) Acquire and use accurately general academic and domain - specific words and phrases; gather vocabulary knowledge (L. 8.6	Demonstrate proper Pickleball strokes and serves. Describe various strategies to be successful in Pickleball games. Demonstrate respect, cooperation, and listening skills by following expectations/guidelines/rules while working in small groups Exit Slips Participation in discussions, reviews, demonstrations	

Basketball	2 - 3	March - April	What are the basic skills one needs to participate in basketball activities? How can games be modified for different people with different interests?		Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities Students will demonstrate understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings Demonstrate basic dribbling, passing, and shooting techniques Work cooperatively in small groups Explain basic defensive strategies Define basketball vocabulary	Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) (SL.8.1) Acquire and use accurately general academic and domain-specific words and phrases; gather vocabulary knowledge (L. 8.6)	Participation in games/activities Participation in closure reviews Exit slips	
Island Ball	2	April	How can I use leadership in different physical activity settings? Why are communication and teamwork so important? How can I face and overcome personal challenges?	Island Ball	Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities Demonstrate understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities Exhibit responsible personal and social behavior that respects self and others in physical activity settings Value physical activity for health, enjoyment, challenge, self-expression and/or social interaction	Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) (SL.8.1) Acquire and use accurately general academic and domain-specific words and phrases; gather vocabulary knowledge (L. 8.6)	Exit Slips Participation in discussions, reviews, demonstrations	Teamwork Reflection School wide rubric Independent learner Problem-solving
Whiffleball	3	May	How can I use leadership in different physical activity settings? Why are communication and teamwork so important? How can I face and overcome personal challenges?	Whiffle Ball	Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities Demonstrate understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities Exhibit responsible personal and social behavior that respects self and others in physical activity settings Value physical activity for health, enjoyment, challenge, self-expression and/or social interaction	Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) (SL.8.1) Acquire and use accurately general academic and domain-specific words and phrases; gather vocabulary knowledge (L. 8.6)	Exit Slips Participation in discussions, reviews, demonstrations	Teamwork Reflection School wide rubric Independent learner Problem-solving