

**NORTHERN BURLINGTON COUNTY REGIONAL SCHOOL DISTRICT  
2021 Course Map/Pacing Guide**

<b>Department</b>	Health & Physical Education	<b>Course</b>	Physical Education 9
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**Source of Standards**

- [New Jersey Student Learning Standards 2020](#)
  - 2.1 Personal and Mental Health
    - Personal Growth and Development
    - Social and Sexual Health
  - 2.2 Physical Wellness
    - Movement Skills and Concepts
    - Physical Fitness
    - Lifelong Fitness
  - 2.3 Safety
    - Personal Safety
- [Career Readiness, Life Literacies, and Key Skills](#);
  - All courses Focus on - 9.4 Life Literacies and Key Skills (p. 49)
- 21st Century Skills/Career Ready Practices
  - [21st Century Life and Careers](#)

**Sequence- Unit Titles and Number of weeks per unit**

- Unit 1: Introduction/Team Building-1 Week
- Unit 2: Ropes Course/Rock Wall-4 Weeks
- Unit 3: Ultimate Games-2 Weeks
- Unit 4: Flag Football-2 Weeks
- Unit 5: Volleyball-3 Weeks
- Unit 6: Racket Sports-1 Week
- Unit 7: Basketball-3 Weeks
- Unit 8: Soccer 2-Weeks
- Unit 9: Floor Hockey\Pillow Polo-2 Weeks
- Unit 10: Fitness Testing-2 Weeks
- Unit 11: Strength & Circuit Training-2 Weeks
- Unit 12: Golf-1 Week
- Unit 13: Track & Field-2 Weeks

**[Enduring Understanding \(link to guide\)](#)**

- Cooperation is essential to team building activities.
- Strong leadership roles are necessary in team building activities.
- The rules of the game of flag football.
- Be able to understand the terminology that goes with the game.
- Be able to use the skills taught to play the game.

- The proper way to throw and catch a football, using the techniques shown by the teacher.
- How to defend students when their team does not have the ball.
- How to score a touchdown.
- The rules of the game.
- Ball control is an essential component to playing successful volleyball.
- Game of Eclipse Ball as lead up activity to get the students an understanding on the different movements they will incorporate into the volleyball unit.
- No body part may ever touch the net in volleyball.
- Strong hand/eye coordination is important to one's success in volleyball.
- A volleyball player is responsible for covering a general "zone" on the court and not just where they are standing.
- Setting up an "attack" or a "spike" is a more effective volleyball strategy than hitting it over on one hit.
- An overhand serve is harder for the opponent to receive than an underhand serve.
- Teamwork and communication is the most important component in volleyball.
- Badminton and pickleball terminology, scoring, rotation of serve, and definitions.
- The importance of game strategies for successful game play.
- Sportsmanship, integrity and game etiquette are necessary for successful game play.
- Game rules are necessary for organized play.
- Each position has its own role and area on court to cover
- When to legally use a jump shot, lay-up, foul shot and field goal?
- The advantages of using offensive and defensive strategies
- How to officiate on and off the basketball court.
- The importance of game strategies for successful game play.
- Sportsmanship, integrity and game etiquette are necessary for successful game play.
- Game rules necessary for organized play.
- The skills associated with the game of floor hockey and how to apply them.
- Proper team strategies that go along with the game and make in-game decisions that will help the team and utilize them in game play.
- Terms that go along with the game of hockey while playing or watching the games
- Fitness Testing procedures and what the results mean
- Components of Fitness :
  - Aerobic Capacity
  - Muscular Strength
  - Muscular Endurance
  - Flexibility
  - Body Composition
- Gain an understanding for how the body will react to cardio training and weight training.
- Importance and benefits of lifting with a partner

- The positive effects on the body from using a variety of weight training exercises and programs
- The health related fitness components when developing their weight training program
- The FITT principles : Frequency, Intensity Time, Type
- Golf terminology, scoring, and definitions.
- The importance of golf etiquette and safety for successful game play.
- Sportsmanship and integrity are necessary for successful game play.
- Game rules are necessary for organized play.
- Race walking is a special long-distance race event in which the participants must walk as fast as they can, while they are expected to maintain good form
- 60 meter dash is roughly the distance required for a human to reach maximum speed and can be run with one breath.
- Track and Field is the designation given to contests for men and women that involve running, jumping for height and distance, and throwing for distance using implements of standardized design

### **Essential Questions (link to guide)**

- How can team or individual activities help you maintain or improve your overall health?
- Why do I have to show good sportsmanship and follow the rules when others do not?
- How does executing a basic skill affect offensive and defensive game strategies?
- How does teamwork and knowledge of rules enhance game play?
- What is a forearm pass? Overhead pass? Set?
- How do you spike the ball?
- What are the rules and how do you keep score?
- How can you best control volleyball?
- Why is constant movement on the court important?
- Why is it important to communicate and work as a team on the volleyball court?
- How do the skills learned on the volleyball court apply to basic life skills?
- Badminton and pickleball terminology, scoring, rotation of serve, and definitions.
- How does executing a basic skill affect offensive and defensive game strategies?
- How does teamwork and knowledge of rules enhance game play?
- How do game strategies differ for pickleball and badminton and why?
- What are the health benefits of playing racquet sports?
- How can positioning in basketball affect teamwork?
- How does skill work affect the outcome of a game?
- Why should you use different strategies in a basketball game?
- What are ways of scoring in a basketball game?
- How do executing basic skills affect offensive and defensive game strategies?
- How does teamwork and knowledge of rules enhance game play?
- How can soccer help teach life skills and lifetime wellness?
- How do executing basic skills affect offensive and defensive game strategies?

- How does teamwork and knowledge of rules enhance game play?
- How can floor hockey help teach life skills and lifetime wellness?
- Why is it important to maintain a healthy level of fitness throughout one's life?
- What is the minimum amount of exercise I can do to stay physically fit?
- How do I develop an appropriate personal fitness program and find the motivation to commit to it?
- How do you realize age-appropriate fitness?
- How do the major components of physical fitness combine to keep one healthy?
- How do you test for the major components of physical fitness?
- How can someone improve their overall health by starting an exercise program?
- How are the health related fitness components useful in planning an exercise program?
- How can someone stay consistent with maintaining an exercise program in order to maintain a healthy lifestyle?
- Why is proper grip important?
- Why is proper stance important?
- Why is the swing plane important?
- What are the health and social benefits of playing golf?
- Why is the follow through after contact important?
- How does track and field further your physical fitness?
- Can track and field prepare you for other sports/activities?
- How should I train for short and long distance events?
- What effect does my nutrition have on how I perform in the different events?

### [Reporting Student Progress](#) (link to pyramid)

- End of unit assessments
- Quarterly Exam
- Informal teacher observations
- Observation
- Skill Test
- Tournament Play
- Soccer Unit Exam
- Stretching, warm-up, cool down
- Effort and Attitude
- Participation
- Discussion
- Floor Hockey Unit Exam
- Volleyball Unit Exam
- Basketball Unit Exam

### [Accommodations and Modifications](#) (link to menu)

Integrated accommodations and modifications for special education students, English

language learners, students at risk of school failure, gifted and talented students, and students with 504 plans

### **Resources (Text and Technology)**

- Physical Education Handbook, 9<sup>th</sup> Edition
- Pecentral.org
- Glencoe Health Textbook
- United Streaming
- You don't know Bo, video (2012)
- Glencoe Health Textbook.
- United Streaming; Discovery Education
- Super Size Me video (2004)
- Food Inc. video (2008)
- Fat Sick Nearly Dead, Video (2010)
- Unguarded, video (2011)
- Marion Jones: Press Pause, video (2010)
- The Announcement (2012)
- Pay it Forward, video (2000)
- Bully (2001)
- Stress: The Portrait of a Killer (2008)
- ShapeAmerica.org
- NJAHPERD.org
- MapMyRun
- Goosechase