

NORTHERN BURLINGTON COUNTY REGIONAL SCHOOL DISTRICT
2018 Course Map/Pacing Guide

Department	Health and Physical Education	Course	MS Adaptive Physical Education
Source of Standards			
<ul style="list-style-type: none"> • New Jersey Student Learning Standards 2014 <ul style="list-style-type: none"> ◦ Comprehensive Health and Physical Education • 21st Century Skills/Career Ready Practices <ul style="list-style-type: none"> ◦ 21st Century Life and Careers ◦ Technology Standards 			
Sequence- Unit Titles and Number of weeks per unit			
Unit 1: Introduction/Team Building - 2 Weeks Unit 2: Strength Training - 7 Weeks Unit 3: Soccer - 3 weeks Unit 4: Lifetime Activities- 2 Weeks Unit 5: Bicycling/Scooters - 4 Weeks Unit 6: Basketball - 2 Weeks Unit 7: Volleyball - 3 Weeks Unit 8: Racket Sports - 2 Weeks Unit 9: Rhythmic Activities - 2 Weeks Unit 10: Hockey- 1 week Unit 11: Cooperative Games/Pillow Polo - 3 Weeks Unit 12: Softball/Wiffleball - 3 Weeks Unit 13: Low ropes course- 2 weeks			
Enduring Understanding (link to guide)			
<ul style="list-style-type: none"> • Trust and cooperation is essential to team building activities. • Everyone is a part of a team • Communication is key in creating relationships • Rules, safety, and fair play are essential for cooperative team games. • Importance of the F.I.T.T. principle when working on physical fitness • Safety precautions and class procedures while working out • 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 • Soccer terminology, positions, scoring 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. • Fun not Competition 			

- The importance of leisure activities which can be enjoyed throughout life
- The importance of lawn games etiquette and safety
- Game rules which are necessary for organized play
- Safety precautions are important
- The importance of leisure activities which can be enjoyed throughout life
- Spatial awareness
- Using proper mechanics when shooting, passing, and dribbling, will increase the rate of success found
- The scoring system and the difference in the shots performed
- The advantages of using teammates when creating offensive and defensive strategy
- Comprehending the rules and regulations of a traditional basketball game
- Comprehending and utilizing proper mechanics involved in game play
- Understanding the responsibility of each player and their role on the court
- Utilizing the most effective strikes to score on an opponent
- Comprehending they types of serve and their advantages and disadvantages
- Teamwork and communication
- Mastering necessary mechanics for rackets sports, so that the rate of success is increased
- The necessity of communication during dual racket sports
- Comprehension of rules, regulations and sportsmanship
- The importance of muscular strength and endurance, cardiorespiratory endurance, agility, and flexibility during rhythmic activities
- The social benefits of engaging in rhythmic dances
- Floor hockey terminology, positions, scoring 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.
- Identify with classmates through problem solving
- Creating strategies through open lines of communication with classmates to achieve a common goal
- Identifying and following the rules and regulations associated with the cooperative games
- Participating in games and physical activity is a healthy way to relieve stress.
- Hand/eye and foot/eye coordination is essential in performing certain gross motor skills.
- Teamwork and communication are vital components in team sports.
- Body control is necessary in performing physical activities.
- Strategic knowledge is an essential aspect in all sports.
- Trust and cooperation is essential to team building activities.
- Everyone is a part of a team
- Communication is key in creating relationships
- Rules, safety, and fair play are essential for cooperative team games.

Essential Questions (link to guide)

- How can communication affect my peers and me?
- Why do I have to show good sportsmanship?

- What does it mean to be part of a team?
- What is my role in this class?
- What is the role of my teacher and aides in class?
- How does physical activity improve your quality of life?
- How can someone improve their overall health by starting an exercise program?
- Why is it important to follow safety precautions during class?
- Why do we have weight room procedures?
- How are the health related fitness components useful in planning an exercise program?
- How can someone stay consistent with maintaining an exercise program?
- How does executing basic skills affect offensive and defensive game strategies?
- How does teamwork and knowledge of rules enhance game play?
- How can you build up your endurance to play a soccer game?
- What are the health benefits of playing soccer?
- How can lawn games promote an active lifestyle?
- What is the difference between leisure and stereotypical competitive games?
- Why is it important to follow game etiquette?
- What are the specific rules to each respective game?
- What is the scoring system for each game?
- Why is it important to maintain a healthy level of fitness?
- Why is it important to follow safety precautions during class?
- How do I use my body and movements to gain my desired results?
- How can using proper mechanics change my rate of success found on the court?
- 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?
- What are advantages and disadvantages associated with the types of passes used in volleyball
- What are the mechanics involved in a spike
- What are the rules and regulations associated with traditional volleyball game play
- Why is constant movement on the court important?
- How can communication with my teammates not only help me but my team?
- How do the skills learned on the volleyball court apply to basic life skills?
- How does executing a basic skill increase my chance of success?
- How does teamwork and knowledge of rules enhance game play?
- How do game strategies differ from pickleball and badminton?
- What are the health benefits of playing racquet sports?
- How can learning a rhythmic dance increase your social and physical health?
- How can rhythmic dances improve your muscular strength, agility, coordination, balance, and endurance?
- What are the proper steps to each respective dance?
- How can communication improve my rhythmic patterns in a dance sequence?
- How do teamwork, communication, and knowledge of rules enhance game play?
- How does executing basic skills effect offensive and defensive strategies?
- What are the two main components of communication?
- Why is identifying with someone else's idea important?

- What are the advantages and disadvantages with working in a group?
- What strategies can you use to work as a team with someone who disagrees with your ideas?
- How does participating in games help you relieve stress?
- Why is engaging in physical activity important?
- How does being able to play slow-pitch softball benefit one's overall health?
- How can knowing the rules of softball/wiffle ball improve your performance?
- How can softball/wiffle ball fit into your personal fitness plan?
- How can communication affect my peers and me?
- Why do I have to show good sportsmanship?
- What does it mean to be part of a team?
- What is my role in this class?
- What is the role of my teacher and aides in class?
- How does physical activity improve your quality of life?

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

- Teacher observations
- Effort and attitude
- Participation
- Discussion

[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 \(Text and Technology\)](#)

- Pecentral.com
- <https://outdooradventureclub.com/>
- <http://wilderdom.com/games/InitiativeGames.html>
- Adapted Games & Activities (From Tag to Team Building)- Pattie Rouse