

# Frelinghuysen Township School District



## Physical Education Curriculum

# Frelinghuysen Township School District Physical Education Curriculum

## Frelinghuysen Township School District Mission Statement

Frelinghuysen Township School District is a small and caring community. Its mission is:

- To provide all students a superior individualized education
- To create strategic partnerships with parents and the community to meet students' needs
- To provide a compassionate, safe and supportive environment
- To support innovative practices by effectively leveraging technology
- To develop confident students who will be productive, contributing members of a constantly changing global society

## Curricular Overview

The Physical Education Curriculum was created for Frelinghuysen School District using resources from past curriculum, the New Jersey Student Learning Standards and an analysis of the needs of our students.

The curriculum is based on the Understanding by Design (UbD) philosophy which emphasizes using a backwards design that uses goals to drive the learning plan. This ensures that instruction is focused and driven by specific learning outcomes. Units are organized into themes and learning goals, with pacing guides and suggested resources for teachers to use to guide daily instruction.

Frelinghuysen Township School seeks to provide our students with a well-rounded curriculum supported by best practices in education to guide our students throughout their entire educational journey. This curriculum was created with the intention of keeping with our mission of developing productive students through a superior, individualized education that effectively leverages technology in a safe and supportive school community.

Curriculum Written by: Shannon Bet

Board of Education adoption: August, 2018

# Frelinghuysen Township School District Physical Education Curriculum

**Grades: K-2**

## Unit 1: Locomotor and Non-Locomotor Skills

### DESIRED RESULTS

#### Standards

<p>New Jersey Student Learning Standards</p> <p><b>2.5.2.A.1-</b> Explain and perform movement skills with developmentally appropriate control in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).</p> <p><b>2.5.2.A.2-</b> Demonstrate changes in time, force, and flow while moving in personal and general space at different levels, directions, ranges, and pathways.</p> <p><b>2.5.2.A.4-</b> Correct movement errors in response to feedback.</p> <p><b>2.5.2.B.1-</b> Differentiate when to use competitive and cooperative strategies in games, sports, and other movement activities.</p> <p><b>2.5.2.B.3-</b> Determine how attitude impacts physical performance.</p> <p><b>2.5.2.B.4-</b> Demonstrate strategies that enable team and group members to achieve goals.</p> <p><b>2.5.2.C.1-</b> Explain what it means to demonstrate good sportsmanship.</p> <p><b>2.5.2.C.2-</b> Demonstrate appropriate behaviors and safety rules and explain how they contribute to moving safely during basic activities.</p> <p><b>2.6.2.A.1-</b> Explain the role of regular physical activity in relation to personal health.</p> <p><b>2.6.2.A.2-</b> Explain what it means to be physically fit and engage in moderate to vigorous age-appropriate activities that promote fitness.</p> <p><b>2.6.2.A.3-</b> Develop a fitness goal and monitor progress towards achievement of the goal.</p>	<p>Technology Standards (K-2) 8.1.2.A.4-Demonstrate developmentally appropriate navigation skills in virtual environments (i.e. games, museums). 8.1.P.C.1-Collaborate with peers by participating in interactive digital games or activities. 8.1.2.E.1-Use digital tools and online resources to explore a problem or issue.</p>	<p>21<sup>st</sup> Century Life and Career Standards</p> <p><b>CRP4.</b> Communicate clearly and effectively and with reason.</p> <p><b>CRP8.</b> Utilize critical thinking to make sense of problems and persevere in solving them.</p> <p><b>CRP9.</b> Model integrity, ethical leadership and effective management.</p> <p><b>CRP11.</b> Use technology to enhance productivity.</p>
---	--	---

# Frelinghuysen Township School District Physical Education Curriculum

## Learning Outcomes

*Students will be able to....*

- Demonstrate an ability to perform various locomotor skills (skipping, jumping, hopping, leaping, etc.).
- Skillfully perform various non-locomotor skills (pulling, pushing, stretching, balancing, etc.).
- Correct their form when performing locomotor and non-locomotor skills based on the teacher feedback.
- Demonstrate appropriate spatial awareness, effort, and relationships with body parts and people.
- Set a personal fitness goal that they will try to reach by the end of this unit.
- Demonstrate good sportsmanship and explain doing so helps themselves and those around them.

*Students will be able to answer....*

- What are some different ways that you can move around the gym? (Locomotor)
- What are some different ways you can move your body, while staying in the same place? (Non-Locomotor)
- How can you stay safe while we are moving around the gym?
- What are some ways that you can demonstrate good sportsmanship while completing this activity?

## ASSESSMENT

Formative	Summative	Benchmark
<ul style="list-style-type: none"> <li>• Exit Slips</li> <li>• Class discussion</li> <li>• Running records</li> <li>• Teacher observation</li> </ul>	<ul style="list-style-type: none"> <li>• Alternate Assessments                             <ul style="list-style-type: none"> <li>-Performance Tasks</li> <li>-Benchmark Assessments</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Unit pre and post assessments that align with personal growth</li> </ul>
		<b>Alternative</b>
		<ul style="list-style-type: none"> <li>• Performance assessments</li> </ul>

## LEARNING PLAN

Pacing Guide: 9 Weeks

Recommended Learning Activities

- Musical Hula-Hoops
- Barnyard
- Save the Treasure
- Farmers and Lumberjacks
- Locomotor Relays
- Static Stretching
- Dynamic Stretching
- Tag Games

# Frelinghuysen Township School District Physical Education Curriculum

- Hula-Hooping
- Limbo
- Simon Says
- Follow the Leader
- Parachute
- Obstacle Course
- Skeleton Sprint
- Elf Express

## Integrated Accommodations and Modifications

### Special Education, ELL and 504

- Repeat/modify directions
- Visual models
- Assistive technology
- Extended time
- Preferred/flexible seating
- Differentiated activities (centers)
- Sensory integration activities
- Flexible grouping
- Games
- Kinesthetic Activity

### Gifted and Talented

- Flexible grouping
- Differentiated activities (centers)
- Games
- Assistive technology
- Problem solving strategies
- Kinesthetic Activities
- Critical thinking strategies
- Accelerated learning
- Independent study

## Interdisciplinary Connections

ELA  
 Math  
 Science  
 Social Studies  
 Technology  
 Character Education

### 21<sup>st</sup> Century Skills

- Problem Solving
- Critical Thinking
- Communication
- Collaborative learning
- Productivity
- Real world applications

## Instructional and Supplemental Materials

- <https://www.pecentral.org/>

# Frelinghuysen Township School District

## Physical Education Curriculum

- <http://physedgames.com/>
- <http://carly3.blogspot.com/>
- <https://riseathletics.fit/fun-crossfit-warm-ups/>
- <https://thephysicaleducator.com/>
- <https://www.thepespecialist.com/>

# Frelinghuysen Township School District Physical Education Curriculum

**Grades: K-2**

## Unit 2: Movement and Rhythm

### DESIRED RESULTS

#### Standards

<p>New Jersey Student Learning Standards</p> <p><b>2.5.2.A.1-</b> Explain and perform movement skills with developmentally appropriate control in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).</p> <p><b>2.5.2.A.2-</b> Demonstrate changes in time, force, and flow while moving in personal and general space at different levels, directions, ranges, and pathways.</p> <p><b>2.5.2.A.3-</b> Respond in movement to changes in tempo, beat, rhythm, or musical style.</p> <p><b>2.5.2.A.4-</b> Correct movement errors in response to feedback.</p> <p><b>2.5.2.B.3-</b> Determine how attitude impacts physical performance.</p> <p><b>2.5.2.B.4-</b> Demonstrate strategies that enable team and group members to achieve goals.</p> <p><b>2.5.2.C.1-</b> Explain what it means to demonstrate good sportsmanship.</p> <p><b>2.5.2.C.2-</b> Demonstrate appropriate behaviors and safety rules and explain how they contribute to moving safely during basic activities.</p> <p><b>2.6.2.A.1-</b> Explain the role of regular physical activity in relation to personal health.</p> <p><b>2.6.2.A.2-</b> Explain what it means to be physically fit and engage in moderate to vigorous age-appropriate activities that promote fitness.</p> <p><b>2.6.2.A.3-</b> Develop a fitness goal and monitor progress towards achievement of the goal.</p>	<p>Technology Standards (K-2) 8.1.2.A.4-Demonstrate developmentally appropriate navigation skills in virtual environments (i.e. games, museums).</p> <p>8.1.P.C.1-Collaborate with peers by participating in interactive digital games or activities.</p> <p>8.1.2.E.1-Use digital tools and online resources to explore a problem or issue.</p>	<p>21<sup>st</sup> Century Life and Career Standards</p> <p><b>CRP4.</b> Communicate clearly and effectively and with reason.</p> <p><b>CRP8.</b> Utilize critical thinking to make sense of problems and persevere in solving them.</p> <p><b>CRP9.</b> Model integrity, ethical leadership and effective management.</p> <p><b>CRP11.</b> Use technology to enhance productivity.</p>
--	--	---

# Frelinghuysen Township School District

## Physical Education Curriculum

### Learning Outcomes

*Students will be able to....*

- Demonstrate an ability to perform various movements to different tempos, beats, and rhythms at an age appropriate level.
- Perform and explain various movement skills during both skills practice and applied activities at an age appropriate level.
- Correct mistakes when performing movements based on the teacher feedback.
- Demonstrate age appropriate spatial awareness, effort, and relationships with body parts, people, and objects.
- Set a personal fitness goal that they will try to reach by the end of this unit.
- Demonstrate good sportsmanship and explain doing so helps themselves and those around them.

*Students will be able to answer....*

- How can moving to different tempos, beats, and rhythms help to keep you healthy?
- What are some ways that you can move?
- How can you stay safe while completing these activities?
- How can you demonstrate good sportsmanship while completing these activities?

### ASSESSMENT

Formative	Summative	Benchmark
<ul style="list-style-type: none"> <li>• Exit Slips</li> <li>• Class discussion</li> <li>• Running records</li> <li>• Teacher observation</li> </ul>	<ul style="list-style-type: none"> <li>• Alternate Assessments                             <ul style="list-style-type: none"> <li>-Performance Tasks</li> <li>-Benchmark Assessments</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Unit pre and post assessments that align with personal growth</li> </ul>
		<b>Alternative</b>
		<ul style="list-style-type: none"> <li>• Performance assessments</li> </ul>

### LEARNING PLAN

Pacing Guide: 3 Weeks

Recommended Learning Activities

- Dynamic Stretching
- Line Dancing
- Square Dancing
- Popular Social Dances
- Movement with Manipulatives (Scarves, pool noodles, bean bags, etc.)
- Freeze Dance

# Frelinghuysen Township School District Physical Education Curriculum

## Integrated Accommodations and Modifications

### Special Education, ELL and 504

- Repeat/modify directions
- Visual models
- Assistive technology
- Preferred/flexible seating
- Differentiated activities (centers)
- Sensory integration activities
- Flexible grouping
- Games
- Kinesthetic Activity

### Gifted and Talented

- Flexible grouping
- Differentiated activities (centers)
- Games
- Assistive technology
- Problem solving strategies
- Kinesthetic Activities
- Critical thinking strategies
- Accelerated learning
- Independent study

## Interdisciplinary Connections

ELA

Math

Science

Social Studies

Technology

Character Education

### 21<sup>st</sup> Century Skills

- Problem Solving
- Critical Thinking
- Communication
- Collaborative learning
- Productivity
- Real world applications

## Instructional and Supplemental Materials

- <https://www.pecentral.org/>
- <http://physedgames.com/>
- <http://carly3.blogspot.com/>
- <https://riseathletics.fit/fun-crossfit-warm-ups/>
- <https://thephysicaleducator.com/>
- <https://www.thepespecialist.com/>

# Frelinghuysen Township School District Physical Education Curriculum

**Grades: K-2**

<b>Unit 3: Manipulative Skills</b>		
<b>DESIRED RESULTS</b>		
<b>Standards</b>		
<p>New Jersey Student Learning Standards</p> <p><b>2.5.2.A.1-</b> Explain and perform movement skills with developmentally appropriate control in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).</p> <p><b>2.5.2.A.2-</b> Demonstrate changes in time, force, and flow while moving in personal and general space at different levels, directions, ranges, and pathways.</p> <p><b>2.5.2.A.4-</b> Correct movement errors in response to feedback.</p> <p><b>2.5.2.B.1-</b> Differentiate when to use competitive and cooperative strategies in games, sports, and other movement activities.</p> <p><b>2.5.2.B.3-</b> Determine how attitude impacts physical performance.</p> <p><b>2.5.2.B.4-</b> Demonstrate strategies that enable team and group members to achieve goals.</p> <p><b>2.5.2.C.1-</b> Explain what it means to demonstrate good sportsmanship.</p> <p><b>2.5.2.C.2-</b> Demonstrate appropriate behaviors and safety rules and explain how they contribute to moving safely during basic activities.</p> <p><b>2.6.2.A.1-</b> Explain the role of regular physical activity in relation to personal health.</p> <p><b>2.6.2.A.2-</b> Explain what it means to be physically fit and engage in moderate to vigorous age-appropriate activities that promote fitness.</p> <p><b>2.6.2.A.3-</b> Develop a fitness goal and monitor progress towards achievement of the goal.</p>	<p>Technology Standards (K-2) 8.1.2.A.4-Demonstrate developmentally appropriate navigation skills in virtual environments (i.e. games, museums).</p> <p>8.1.P.C.1-Collaborate with peers by participating in interactive digital games or activities.</p> <p>8.1.2.E.1-Use digital tools and online resources to explore a problem or issue.</p>	<p>21<sup>st</sup> Century Life and Career Standards</p> <p><b>CRP4.</b> Communicate clearly and effectively and with reason.</p> <p><b>CRP8.</b> Utilize critical thinking to make sense of problems and persevere in solving them.</p> <p><b>CRP9.</b> Model integrity, ethical leadership and effective management.</p> <p><b>CRP11.</b> Use technology to enhance productivity.</p>

# Frelinghuysen Township School District Physical Education Curriculum

## Learning Outcomes

*Students will be able to....*

- Demonstrate an ability to perform various manipulative skills (dribbling with hands and feet, kicking, striking, throwing, etc.) at an age appropriate level.
- Demonstrate age appropriate spatial awareness, effort, and relationships with body parts, people, and objects.
- Correct their form when performing manipulative skills based on the teacher feedback.
- Set a personal fitness goal that they will try to reach by the end of this unit.
- Demonstrate good sportsmanship and explain doing so helps themselves and those around them.

*Students will be able to answer....*

- How do you properly throw a ball? (or another object)
- How do you properly dribble a basketball/ a soccer ball?
- How do you properly strike a ball with a bat?
- How can you make sure that you stay safe while completing these activities?
- How can we demonstrate good sportsmanship while completing this activity?

## ASSESSMENT

Formative	Summative	Benchmark
<ul style="list-style-type: none"> <li>• Exit Slips</li> <li>• Class discussion</li> <li>• Running records</li> <li>• Teacher observation</li> </ul>	<ul style="list-style-type: none"> <li>• Alternate Assessments                             <ul style="list-style-type: none"> <li>-Performance Tasks</li> <li>-Benchmark Assessments</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Unit pre and post assessments that align with personal growth</li> </ul>
		<b>Alternative</b>
		<ul style="list-style-type: none"> <li>• Performance assessments</li> </ul>

## LEARNING PLAN

Pacing Guide: 9 Weeks

### Recommended Learning Activities

- Skore
- Bocce
- Cornhole
- Ball Handling
- Balloon Bonanza
- Partner Catch
- Hula-Hooping
- Bowling Pin Bonanza
- Clean Your Room

# Frelinghuysen Township School District Physical Education Curriculum

- Hula-Hooping
- Clean Your Room
- Save the Treasure
- Basketball Skills
- Volleyball Skills (Nuke 'Em)
- Wiffle Ball Skills
- Soccer Skills
- Scooter Hockey Skills
- Frisbee

## Integrated Accommodations and Modifications

### Special Education, ELL and 504

- Repeat/modify directions
- Visual models
- Extended time
- Preferred/flexible seating
- Differentiated activities (centers)
- Sensory integration activities
- Flexible grouping
- Games
- Kinesthetic Activity

### Gifted and Talented

- Flexible grouping
- Differentiated activities (centers)
- Games
- Problem solving strategies
- Kinesthetic Activities
- Critical thinking strategies
- Accelerated learning
- Independent study

## Interdisciplinary Connections

ELA  
 Math  
 Science  
 Social Studies  
 Technology  
 Character Education

### 21<sup>st</sup> Century Skills

- Problem Solving
- Critical Thinking
- Communication
- Collaborative learning
- Productivity
- Real world applications

# Frelinghuysen Township School District Physical Education Curriculum

## Instructional and Supplemental Materials

- <https://www.pecentral.org/>
- <http://physedgames.com/>
- <http://carly3.blogspot.com/>
- <https://thephysicaleducator.com/>
- <http://www.parksun.com/Outdoor-Games/Disc-Golf/Skore-Disc-Golf-Target-Set.php>
- <https://www.gophersport.com/>
- <https://www.thepespecialist.com/>

# Frelinghuysen Township School District Physical Education Curriculum

**Grades: K-2**

## Unit 4: Team Activities

### DESIRED RESULTS

#### Standards

<p><b>New Jersey Student Learning Standards</b></p> <p><b>2.5.2.A.1-</b> Explain and perform movement skills with developmentally appropriate control in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).</p> <p><b>2.5.2.A.2-</b> Demonstrate changes in time, force, and flow while moving in personal and general space at different levels, directions, ranges, and pathways.</p> <p><b>2.5.2.A.4-</b> Correct movement errors in response to feedback.</p> <p><b>2.5.2.B.1-</b> Differentiate when to use competitive and cooperative strategies in games, sports, and other movement activities.</p> <p><b>2.5.2.B.2-</b> Explain the difference between offense and defense.</p> <p><b>2.5.2.B.3-</b> Determine how attitude impacts physical performance.</p> <p><b>2.5.2.B.4-</b> Demonstrate strategies that enable team and group members to achieve goals.</p> <p><b>2.5.2.C.1-</b> Explain what it means to demonstrate good sportsmanship.</p> <p><b>2.5.2.C.2-</b> Demonstrate appropriate behaviors and safety rules and explain how they contribute to moving safely during basic activities.</p> <p><b>2.6.2.A.1-</b> Explain the role of regular physical activity in relation to personal health.</p> <p><b>2.6.2.A.2-</b> Explain what it means to be physically fit and engage in moderate to vigorous age-appropriate activities that promote fitness.</p> <p><b>2.6.2.A.3-</b> Develop a fitness goal and monitor progress towards achievement of the goal.</p>	<p><b>Technology Standards</b> (K-2) 8.1.2.A.4-Demonstrate developmentally appropriate navigation skills in virtual environments (i.e. games, museums).</p> <p>8.1.P.C.1-Collaborate with peers by participating in interactive digital games or activities.</p> <p>8.1.2.E.1-Use digital tools and online resources to explore a problem or issue.</p>	<p><b>21<sup>st</sup> Century Life and Career Standards</b></p> <p><b>CRP4.</b> Communicate clearly and effectively and with reason.</p> <p><b>CRP8.</b> Utilize critical thinking to make sense of problems and persevere in solving them.</p> <p><b>CRP9.</b> Model integrity, ethical leadership and effective management.</p> <p><b>CRP11.</b> Use technology to enhance productivity.</p>
---	---	--

# Frelinghuysen Township School District Physical Education Curriculum

## Learning Outcomes

*Students will be able to....*

- Verbally explain the difference between offense and defense.
- Identify and apply various strategies to help their team succeed.
- Determine how they can help their teammates and themselves reach their potential.
- Correct mistakes made during team activities based on the teacher feedback.
- Set a personal fitness goal that they will try to reach by the end of this unit.
- Demonstrate good sportsmanship and explain doing so helps themselves and those around them.

*Students will be able to answer....*

- What is the difference between offense and defense?
- What are some offensive (and defensive) strategies that can help your team, for this activity?
- What can you do to help your teammates?
- What are some things we can do to help us stay safe during this activity?
- How can we demonstrate good sportsmanship while completing this activity?

## ASSESSMENT

Formative	Summative	Benchmark
<ul style="list-style-type: none"> <li>• Exit Slips</li> <li>• Journals</li> <li>• Class discussion</li> <li>• Running records</li> <li>• Teacher observation</li> </ul>	<ul style="list-style-type: none"> <li>• Alternate Assessments                             <ul style="list-style-type: none"> <li>-Performance Tasks</li> <li>-Benchmark Assessments</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Unit pre and post assessments that align with personal growth</li> </ul>
		<b>Alternative</b>
		<ul style="list-style-type: none"> <li>• Performance assessments</li> </ul>

## LEARNING PLAN

Pacing Guide: 16 Weeks

Recommended Learning Activities

- Basketball
- Scooter Hockey
- Soccer
- Nuke 'Em
- Team Memory
- Save the Treasure
- Witches and Candy

# Frelinghuysen Township School District Physical Education Curriculum

- Skeleton Sprint
- Do You Want to Build a Snowman?
- Elf Express
- Clean Your Room
- Kickball
- Tee Ball/ Wiffle Ball
- Skore
- Relay Races
- Obstacle Courses

## Integrated Accommodations and Modifications

### Special Education, ELL and 504

- Repeat/modify directions
- Visual models
- Extended time
- Preferred/flexible seating
- Differentiated activities (centers)
- Sensory integration activities
- Flexible grouping
- Games
- Kinesthetic Activity

### Gifted and Talented

- Flexible grouping
- Differentiated activities (centers)
- Games
- Problem solving strategies
- Kinesthetic Activities
- Critical thinking strategies
- Accelerated learning
- Independent study

## Interdisciplinary Connections

ELA  
 Math  
 Science  
 Social Studies  
 Technology  
 Character Education

### 21<sup>st</sup> Century Skills

- Problem Solving
- Critical Thinking
- Communication
- Collaborative learning
- Productivity
- Real world applications

# Frelinghuysen Township School District Physical Education Curriculum

## Instructional and Supplemental Materials

- <https://www.pecentral.org/>
- <http://physedgames.com/>
- <http://carly3.blogspot.com/>
- <https://riseathletics.fit/fun-crossfit-warm-ups/>
- <https://thephysicaeducator.com/>
- <http://www.parksun.com/Outdoor-Games/Disc-Golf/Skore-Disc-Golf-Target-Set.php>
- <https://www.gophersport.com/>
- <https://www.thepespecialist.com/>

# Frelinghuysen Township School District Physical Education Curriculum

**Grades: 3-4**

<b>Unit 1: Fitness</b>		
<b>DESIRED RESULTS</b>		
<b>Standards</b>		
<p>New Jersey Student Learning Standards</p> <p><b>2.5.4.A.2-</b> Use body management skills and demonstrate control when moving in relation to others, objects, and boundaries in personal and general space.</p> <p><b>2.5.4.A.4-</b> Correct movement errors in response to feedback and explain how the change improves performance.</p> <p><b>2.5.4.C.1-</b> Summarize the characteristics of good sportsmanship and demonstrate appropriate behavior as both a player and an observer.</p> <p><b>2.5.4.C.2-</b> Apply specific rules and procedures during physical activity and explain how they contribute to a safe active environment.</p> <p><b>2.6.4.A.1-</b> Determine the physical, social, emotional, and intellectual benefits of regular physical activity.</p> <p><b>2.6.4.A.2-</b> Participate in moderate to vigorous age-appropriate activities that address each component of health-related and skill-related fitness.</p> <p><b>2.6.4.A.3-</b> Develop a health-related fitness goal and track progress using health/fitness indicators.</p> <p><b>2.6.4.A.4-</b> Determine the extent to which different factors influence personal fitness, such as heredity, training, diet, and technology.</p>	<p>Technology Standards (3-5) 8.1.5.A.1-Select and use the appropriate digital tools and resources to accomplish a variety of tasks including solving problems.</p> <p>8.1.P.C.1-Collaborate with peers by participating in interactive digital games or activities.</p> <p>8.1.5.E.1-Use digital tools to research and evaluate the accuracy of, relevance to, and appropriateness of using print and non-print electronic information sources to complete a variety of tasks.</p>	<p>21<sup>st</sup> Century Life and Career Standards</p> <p><b>CRP2.</b> Apply appropriate academic and technical skills.</p> <p><b>CRP4.</b> Communicate clearly and effectively and with reason.</p> <p><b>CRP9.</b> Model integrity, ethical leadership and effective management.</p> <p><b>CRP11.</b> Use technology to enhance productivity.</p>

# Frelinghuysen Township School District Physical Education Curriculum

## Learning Outcomes

*Students will be able to....*

- Provide examples of the personal benefits they receive from regular physical activity.
- List the Five Components of Fitness.
- Explain the Component of Fitness that each Fitness Activity would be categorized with.
- Set a personal fitness goal, based on their Personal Fitness Test Scores from October, and explain how they plan to reach that goal when they complete the Fitness Test in April.
- Document their progress in a fitness journal throughout the year (Activities, Heart Rate, Steps/Class).
- Determine different factors that might impact a person's physical fitness.
- Correct mistakes made during Fitness Testing based on the teacher feedback and explain why the correction was beneficial.
- Provide examples of how they displayed good sportsmanship and explain how doing so was helpful to themselves, their teammates, and the rest of their class.

*Students will be able to answer....*

- What is physical activity important?
- What are some of the physical benefits of exercising regularly?
- What are the Five Components of Fitness?
- What are the different activities that we use for our Fitness Testing?
- Can you place each Fitness Test Activity with the correct Component of Fitness that it measures?
- Why is it important to set personal goals?
- What are the benefits of documenting your progress throughout the year?
- What are some things that might impact how well someone does on a given Fitness Test?
- How can you stay safe while completing these activities?
- What are some examples of how you can demonstrate good sportsmanship throughout this activity?
- Why is it important to demonstrate good sportsmanship?

## ASSESSMENT

Formative	Summative	Benchmark
<ul style="list-style-type: none"> <li>• Exit Slips</li> <li>• Class discussion</li> <li>• Running records</li> <li>• Teacher observation</li> </ul>	<ul style="list-style-type: none"> <li>• Alternate Assessments                             <ul style="list-style-type: none"> <li>-Performance Tasks</li> <li>-Benchmark Assessments</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Unit pre and post assessments that align with personal growth</li> </ul>
		<b>Alternative</b>
		<ul style="list-style-type: none"> <li>• Performance assessments</li> </ul>

# Frelinghuysen Township School District Physical Education Curriculum

## LEARNING PLAN

Pacing Guide: 9 Weeks

### Recommended Learning Activities

- Alternate Assessments
  - Mile Run/ ½ Mile Run
  - Shuttle Run
  - Sit and Reach
  - Back Stretch
  - Sit-Ups (one minute)
  - Pull-Ups/ Flexed Arm Hang
  - Vertical Jump

### Integrated Accommodations and Modifications

#### Special Education, ELL and 504

- Repeat/modify directions
- Visual models
- Extended time
- Preferred/flexible seating
- Differentiated activities (centers)
- Sensory integration activities
- Flexible grouping
- Games
- Kinesthetic Activity

#### Gifted and Talented

- Flexible grouping
- Differentiated activities (centers)
- Games
- Problem solving strategies
- Kinesthetic Activities
- Critical thinking strategies
- Accelerated learning
- Independent study

### Interdisciplinary Connections

ELA  
 Math  
 Science  
 Social Studies  
 Technology  
 Character Education

#### 21<sup>st</sup> Century Skills

- Problem Solving
- Critical Thinking
- Communication
- Collaborative learning
- Productivity
- Real world applications

# Frelinghuysen Township School District Physical Education Curriculum

## Instructional and Supplemental Materials

- <https://www.pecentral.org/>
- <https://thephysicaleducator.com/>
- <https://www.gophersport.com/>
- <https://www.thepespecialist.com/>

# Frelinghuysen Township School District

## Physical Education Curriculum

**Grades: 3-4**

<b>Unit 2: Manipulative Skills</b>		
<b>DESIRED RESULTS</b>		
<b>Standards</b>		
<p>New Jersey Student Learning Standards</p> <p><b>2.5.4.A.1-</b> Explain and perform essential elements of movement skills in both isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).</p> <p><b>2.5.4.A.2-</b> Use body management skills and demonstrate control when moving in relation to others, objects, and boundaries in personal and general space.</p> <p><b>2.5.4.A.4-</b> Correct movement errors in response to feedback and explain how the change improves performance.</p> <p><b>2.5.4.B.2-</b> Acknowledge the contributions of team members and choose appropriate ways to motivate and celebrate accomplishments.</p> <p><b>2.5.4.C.1-</b> Summarize the characteristics of good sportsmanship and demonstrate appropriate behavior as both a player and an observer.</p> <p><b>2.5.4.C.2-</b> Apply specific rules and procedures during physical activity and explain how they contribute to a safe active environment.</p> <p><b>2.6.4.A.2-</b> Participate in moderate to vigorous age-appropriate activities that address each component of health-related and skill-related fitness.</p>	<p>Technology Standards</p> <p>(3-5) 8.1.5.A.1-Select and use the appropriate digital tools and resources to accomplish a variety of tasks including solving problems.</p> <p>8.1.P.C.1-Collaborate with peers by participating in interactive digital games or activities.</p> <p>8.1.5.E.1-Use digital tools to research and evaluate the accuracy of, relevance to, and appropriateness of using print and non-print electronic information sources to complete a variety of tasks.</p>	<p>21<sup>st</sup> Century Life and Career Standards</p> <p><b>CRP2.</b> Apply appropriate academic and technical skills.</p> <p><b>CRP4.</b> Communicate clearly and effectively and with reason.</p> <p><b>CRP8.</b> Utilize critical thinking to make sense of problems and persevere in solving them.</p> <p><b>CRP9.</b> Model integrity, ethical leadership and effective management.</p> <p><b>CRP11.</b> Use technology to enhance productivity.</p>

# Frelinghuysen Township School District Physical Education Curriculum

## Learning Outcomes

*Students will be able to....*

- Demonstrate an ability to perform and explain various manipulative skills (dribbling with hands and feet, kicking, striking, throwing, etc.).
- Demonstrate age appropriate spatial awareness, effort, and relationships with body parts, people, and objects.
- Correct their form when performing manipulative skills based on the teacher feedback and explain why the correction was beneficial.
- Set a personal fitness goal and explain how they plan to reach that goal by the end of this unit.
- Provide examples of how they displayed good sportsmanship and explain how doing so was helpful to themselves, their teammates, and the rest of their class.

*Students will be able to answer....*

- What are the proper steps for throwing a ball? (or another object, underhand and overhand)
- How does dribbling a soccer ball differ from dribbling a basketball?
- What are the proper steps for hitting a ball with a bat, like in Wiffle Ball, Baseball, or Softball?
- What can you do to adjust how far you throw an object?
- How can you make sure that you stay safe while completing these activities?
- What are some examples of how you can demonstrate good sportsmanship throughout this activity?
- Why is it important to demonstrate good sportsmanship?

## ASSESSMENT

Formative	Summative	Benchmark
<ul style="list-style-type: none"> <li>• Exit Slips</li> <li>• Class discussion</li> <li>• Running records</li> <li>• Teacher observation</li> </ul>	<ul style="list-style-type: none"> <li>• Alternate Assessments                             <ul style="list-style-type: none"> <li>-Performance Tasks</li> <li>-Benchmark Assessments</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Unit pre and post assessments that align with personal growth</li> </ul>
		<b>Alternative</b>
		<ul style="list-style-type: none"> <li>• Performance assessments</li> </ul>

## LEARNING PLAN

Pacing Guide: (#) Weeks

Recommended Learning Activities

- DiscBonk
- Bocce
- Ball Handling
- Partner Catch
- Hula-Hooping
- Bowling Pin Bonanza
- Capture the Pig

# Frelinghuysen Township School District Physical Education Curriculum

- Poison Ball
- Castles
- Basketball Skills
- Soccer Skills
- Floor Hockey Skills
- Nuke ‘Em Skills
- Wiffle Ball Skills
- Kickball Skills
- Sink the Ship
- Handball Skills
- Speedball Skills

## Integrated Accommodations and Modifications

### Special Education, ELL and 504

- Repeat/modify directions
- Visual models
- Extended time
- Preferred/flexible seating
- Differentiated activities (centers)
- Sensory integration activities
- Flexible grouping
- Games
- Kinesthetic Activity

### Gifted and Talented

- Flexible grouping
- Differentiated activities (centers)
- Games
- Problem solving strategies
- Kinesthetic Activities
- Critical thinking strategies
- Accelerated learning
- Independent study

## Interdisciplinary Connections

ELA  
 Math  
 Science  
 Social Studies  
 Technology  
 Character Education

### 21<sup>st</sup> Century Skills

- Problem Solving
- Critical Thinking
- Communication
- Collaborative learning
- Productivity
- Real world applications

# Frelinghuysen Township School District Physical Education Curriculum

## Instructional and Supplemental Materials

- <https://www.pecentral.org/>
- <http://physedgames.com/>
- <http://carly3.blogspot.com/>
- <https://thephysicaleducator.com/>
- <https://www.gophersport.com/>
- <https://www.thepespecialist.com/>

# Frelinghuysen Township School District

## Physical Education Curriculum

**Grades 3-4**

### Unit 3: Movement and Rhythm

#### DESIRED RESULTS

#### Standards

<p>New Jersey Student Learning Standards</p> <p><b>2.5.4.A.1-</b> Explain and perform essential elements of movement skills in both isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).</p> <p><b>2.5.4.A.2-</b> Use body management skills and demonstrate control when moving in relation to others, objects, and boundaries in personal and general space.</p> <p><b>2.5.4.A.3-</b> Explain and demonstrate movement sequences, individually and with others, in response to various tempos, rhythms, and musical styles.</p> <p><b>2.5.4.A.4-</b> Correct movement errors in response to feedback and explain how the change improves performance.</p> <p><b>2.5.4.C.1-</b> Summarize the characteristics of good sportsmanship and demonstrate appropriate behavior as both a player and an observer.</p> <p><b>2.5.4.C.2-</b> Apply specific rules and procedures during physical activity and explain how they contribute to a safe active environment.</p> <p><b>2.6.4.A.2-</b> Participate in moderate to vigorous age-appropriate activities that address each component of health-related and skill-related fitness.</p>	<p>Technology Standards</p> <p>(3-5) 8.1.5.A.1-Select and use the appropriate digital tools and resources to accomplish a variety of tasks including solving problems.</p> <p>8.1.P.C.1-Collaborate with peers by participating in interactive digital games or activities.</p> <p>8.1.5.E.1-Use digital tools to research and evaluate the accuracy of, relevance to, and appropriateness of using print and non-print electronic information sources to complete a variety of tasks.</p>	<p>21<sup>st</sup> Century Life and Career Standards</p> <p><b>CRP2.</b> Apply appropriate academic and technical skills.</p> <p><b>CRP4.</b> Communicate clearly and effectively and with reason.</p> <p><b>CRP8.</b> Utilize critical thinking to make sense of problems and persevere in solving them.</p> <p><b>CRP9.</b> Model integrity, ethical leadership and effective management.</p> <p><b>CRP11.</b> Use technology to enhance productivity.</p>
--	--	--

# Frelinghuysen Township School District Physical Education Curriculum

## Learning Outcomes

*Students will be able to....*

- Demonstrate an ability to perform various movements to different tempos, beats, and rhythms.
- Skillfully perform and verbally explain various movement skills during both skills practice and applied activities at an age appropriate level.
- Correct their form when performing movements based on the teacher feedback and explain why the correction was beneficial.
- Demonstrate age appropriate spatial awareness, effort, and relationships with body parts, people, and objects.
- Set a personal fitness goal and explain how they plan to reach that goal by the end of this unit.
- Provide examples of how they displayed good sportsmanship and explain how doing so was helpful to themselves, their teammates, and the rest of their class.

*Students will be able to answer....*

- What are some movement sequences that you can perform by yourself/ with others?
- How can you make sure that you (and your partner/ group) are moving in response to the current tempo and rhythm?
- What are some corrections that you have had (or might have) to make to your movements, and how might these corrections be helpful to you?
- How can you stay safe while completing these activities?
- What are some examples of how you can demonstrate good sportsmanship throughout this activity?
- Why is it important to demonstrate good sportsmanship?

## ASSESSMENT

Formative	Summative	Benchmark
<ul style="list-style-type: none"> <li>• Exit Slips</li> <li>• Class discussion</li> <li>• Running records</li> <li>• Teacher observation</li> </ul>	<ul style="list-style-type: none"> <li>• Alternate Assessments                             <ul style="list-style-type: none"> <li>-Performance Tasks</li> <li>-Benchmark Assessments</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Unit pre and post assessments that align with personal growth</li> </ul>
		<b>Alternative</b>
		<ul style="list-style-type: none"> <li>• Performance assessments</li> </ul>

## LEARNING PLAN

Pacing Guide: 9 Weeks

Recommended Learning Activities

- Dynamic Stretching
- Line Dancing
- Square Dancing
- Popular Social Dances

# Frelinghuysen Township School District Physical Education Curriculum

- Movement with Manipulatives (Scarves, pool noodles, bean bags, etc.)
- Freeze Dance

## Integrated Accommodations and Modifications

### Special Education, ELL and 504

- Repeat/modify directions
- Visual models
- Extended time
- Preferred/flexible seating
- Differentiated activities (centers)
- Sensory integration activities
- Flexible grouping
- Games
- Kinesthetic Activity

### Gifted and Talented

- Flexible grouping
- Differentiated activities (centers)
- Games
- Problem solving strategies
- Kinesthetic Activities
- Critical thinking strategies
- Accelerated learning
- Independent study

## Interdisciplinary Connections

ELA  
Math  
Science  
Social Studies  
Technology  
Character Education

### 21<sup>st</sup> Century Skills

- Problem Solving
- Critical Thinking
- Communication
- Collaborative learning
- Productivity
- Real world applications

## Instructional and Supplemental Materials

- <https://www.pecentral.org/>
- <http://physedgames.com/>
- <http://carly3.blogspot.com/>
- <https://riseathletics.fit/fun-crossfit-warm-ups/>
- <https://thephysicaleducator.com/>
- <https://www.thepespecialist.com/>

# Frelinghuysen Township School District

## Physical Education Curriculum

**Grades: 3-4**

<b>Unit 4: Team Activities</b>		
<b>DESIRED RESULTS</b>		
<b>Standards</b>		
<p>New Jersey Student Learning Standards</p> <p><b>2.5.4.A.1-</b> Explain and perform essential elements of movement skills in both isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).</p> <p><b>2.5.4.A.2-</b> Use body management skills and demonstrate control when moving in relation to others, objects, and boundaries in personal and general space.</p> <p><b>2.5.4.A.4-</b> Correct movement errors in response to feedback and explain how the change improves performance.</p> <p><b>2.5.4.B.1-</b> Explain and demonstrate the use of basic offensive and defensive strategies (e.g., player positioning, faking, dodging, creating open areas, and defending space).</p> <p><b>2.5.4.B.2-</b> Acknowledge the contributions of team members and choose appropriate ways to motivate and celebrate accomplishments.</p> <p><b>2.5.4.C.1-</b> Summarize the characteristics of good sportsmanship and demonstrate appropriate behavior as both a player and an observer.</p> <p><b>2.5.4.C.2-</b> Apply specific rules and procedures during physical activity and explain how they contribute to a safe active environment.</p> <p><b>2.6.4.A.2-</b> Participate in moderate to vigorous age-appropriate activities that address each component of health-related and skill-related fitness.</p>	<p>Technology Standards</p> <p>(3-5) 8.1.5.A.1-Select and use the appropriate digital tools and resources to accomplish a variety of tasks including solving problems.</p> <p>8.1.P.C.1-Collaborate with peers by participating in interactive digital games or activities.</p> <p>8.1.5.E.1-Use digital tools to research and evaluate the accuracy of, relevance to, and appropriateness of using print and non-print electronic information sources to complete a variety of tasks.</p>	<p>21<sup>st</sup> Century Life and Career Standards</p> <p><b>CRP2.</b> Apply appropriate academic and technical skills.</p> <p><b>CRP4.</b> Communicate clearly and effectively and with reason.</p> <p><b>CRP8.</b> Utilize critical thinking to make sense of problems and persevere in solving them.</p> <p><b>CRP9.</b> Model integrity, ethical leadership and effective management.</p> <p><b>CRP11.</b> Use technology to enhance productivity.</p>

# Frelinghuysen Township School District Physical Education Curriculum

## Learning Outcomes

*Students will be able to....*

- Verbally explain and provide examples of the different roles between offensive and defensive players.
- Identify and apply various strategies that would be beneficial to offensive players/ defensive players.
- Determine how they can motivate their teammates and themselves to reach their full potential.
- Correct mistakes made during team activities based on the teacher feedback and explain why the correction was beneficial.
- Set a personal fitness goal and explain how they plan to reach that goal by the end of this unit.
- Provide examples of how they displayed good sportsmanship and explain how doing so was helpful to themselves, their teammates, and the rest of their class.

*Students will be able to answer....*

- What are the roles of an offensive player/ defensive player for this activity?
- What are some offensive (and defensive) strategies that can help your team, for this activity? How would these offensive/ defensive strategies help your team?
- What are some strategies that you can use to make sure that you are motivated to reach your full potential for this activity?
- What are some strategies that you can use to make sure that your teammates are motivated to reach their full potential for this activity?
- How can you stay safe while completing these activities?
- What are some examples of how you can demonstrate good sportsmanship throughout this activity?
- Why is it important to demonstrate good sportsmanship?

## ASSESSMENT

Formative	Summative	Benchmark
<ul style="list-style-type: none"> <li>• Exit Slips</li> <li>• Class discussion</li> <li>• Running records</li> <li>• Teacher observation</li> </ul>	<ul style="list-style-type: none"> <li>• Alternate Assessments                             <ul style="list-style-type: none"> <li>-Performance Tasks</li> <li>-Benchmark Assessments</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Unit pre and post assessments that align with personal growth</li> </ul>
		<b>Alternative</b>
		<ul style="list-style-type: none"> <li>• Performance assessments</li> </ul>

## LEARNING PLAN

Pacing Guide: 16 Weeks

Recommended Learning Activities

- Soccer
- Basketball
- Kickball/Box Ball
- Floor Hockey
- Nuke 'Em
- Quidditch

# Frelinghuysen Township School District Physical Education Curriculum

- Handball
- Speedball
- Wiffle Ball
- Castles
- Sink the Ship
- Bowling Pin Bonanza
- Skore
- Relay Races
- Pirate Ball
- Capture the Pig
- Elf Express
- Holiday Dash
- Poison Ball

## Integrated Accommodations and Modifications

### Special Education, ELL and 504

- Repeat/modify directions
- Visual models
- Extended time
- Preferred/flexible seating
- Differentiated activities (centers)
- Sensory integration activities
- Flexible grouping
- Games
- Kinesthetic Activity

### Gifted and Talented

- Flexible grouping
- Differentiated activities (centers)
- Games
- Problem solving strategies
- Kinesthetic Activities
- Critical thinking strategies
- Accelerated learning
- Independent study

## Interdisciplinary Connections

ELA  
Math  
Science  
Social Studies  
Technology  
Character Education

### 21<sup>st</sup> Century Skills

- Problem Solving
- Critical Thinking
- Communication
- Collaborative learning
- Productivity
- Real world applications

# Frelinghuysen Township School District Physical Education Curriculum

## Instructional and Supplemental Materials

- <https://www.pecentral.org/>
- <http://physedgames.com/>
- <http://carly3.blogspot.com/>
- <https://thephysicaleducator.com/>
- <http://www.parksun.com/Outdoor-Games/Disc-Golf/Skore-Disc-Golf-Target-Set.php>
- <https://www.gophersport.com/>
- <https://www.thepespecialist.com/>
- <https://sparkpe.org/>

# Frelinghuysen Township School District Physical Education Curriculum

**Grades: 5-6**

<b>Unit 1: Fitness</b>		
<b>DESIRED RESULTS</b>		
<b>Standards</b>		
<p>New Jersey Student Learning Standards</p> <p><b>2.5.6.A.2-</b> Explain concepts of force and motion and demonstrate control while modifying force, flow, time, space, and relationships in interactive dynamic environments.</p> <p><b>2.5.6.A.4-</b> Use self-evaluation and external feedback to detect and correct errors in one’s movement performance.</p> <p><b>2.5.6.C.1-</b> Summarize the characteristics of good sportsmanship and demonstrate appropriate behavior as both a player and an observer.</p> <p><b>2.5.6.C.2-</b> Apply specific rules and procedures during physical activity and explain how they contribute to a safe active environment.</p> <p><b>2.6.6.A.1-</b> Analyze the social, emotional, and health benefits of selected physical experiences.</p> <p><b>2.6.6.A.2-</b> Determine to what extent various activities improve skill-related fitness versus health-related fitness.</p> <p><b>2.6.6.A.3-</b> Develop and implement a fitness plan based on the assessment of one’s personal fitness level, and monitor health/fitness indicators before, during, and after the program.</p> <p><b>2.6.6.A.4-</b> Predict how factors such as health status, interests, environmental conditions, and available time may impact personal fitness.</p> <p><b>2.6.6.A.5-</b> Relate physical activity, healthy eating, and body composition to personal fitness and health.</p> <p><b>2.6.6.A.6-</b> Explain and apply the training principles of frequency, intensity, time, and type (FITT) to improve personal fitness.</p> <p><b>2.6.6.A.7-</b> Evaluate the short- and long-term effects of anabolic steroids and other performance-enhancing substances on personal health.</p>	<p>Technology Standards (3-5) 8.1.5.A.1-Select and use the appropriate digital tools and resources to accomplish a variety of tasks including solving problems.</p> <p>8.1.P.C.1-Collaborate with peers by participating in interactive digital games or activities.</p> <p>8.1.5.E.1-Use digital tools to research and evaluate the accuracy of, relevance to, and appropriateness of using print and non-print electronic information sources to complete a variety of tasks.</p> <p>(6) 8.1.8.A.1-Demonstrate knowledge of a real world problem using digital tools.</p> <p>8.1.P.C.1-Collaborate with peers by participating in interactive digital games or activities.</p> <p>8.1.8.E.1-Effectively use a variety of search tools and filters in professional public databases to find information to solve a real world problem.</p>	<p>21<sup>st</sup> Century Life and Career Standards</p> <p><b>CRP2.</b> Apply appropriate academic and technical skills.</p> <p><b>CRP4.</b> Communicate clearly and effectively and with reason.</p> <p><b>CRP8.</b> Utilize critical thinking to make sense of problems and persevere in solving them.</p> <p><b>CRP9.</b> Model integrity, ethical leadership and effective management.</p> <p><b>CRP11.</b> Use technology to enhance productivity.</p>

# Frelinghuysen Township School District Physical Education Curriculum

## Learning Outcomes

*Students will be able to....*

- Provide specific examples of the personal benefits they receive from regular physical activity.
- List the Five Components of Fitness.
- Explain the Component of Fitness that each Fitness Activity would be categorized with.
- Set a SMART personal fitness goal, based on their Personal Fitness Test Scores from October, and explain how they plan to reach that goal when they complete the Fitness Test in April.
- Develop a FITT Program to help them reach their SMART goal.
- Document their progress in a fitness journal throughout the year (Activities, Heart Rate, Steps/Class).
- List different lifestyle changes they can make to improve their physical fitness.
- Determine different factors that might impact a person's physical fitness.
- Recognize mistakes made during Fitness Testing based on self-evaluation, correct the mistake, and explain why the correction was beneficial.
- Provide examples of how they displayed good sportsmanship and explain how doing so was helpful to themselves, their teammates, and the rest of their class.

*Students will be able to answer....*

- Why is it important to participate in regular physical activity?
- What are some of the physical benefits of exercising regularly?
- What are the Five Components of Fitness?
- How would you describe each Component of Fitness?
- What are the different activities that we use for our Fitness Testing?
- Can you place each Fitness Test Activity with the correct Component of Fitness that it measures?
- What is a SMART Goal?
- Why is it important to set SMART Goals?
- What is a FITT Program?
- Why is it beneficial to create a FITT Program that aligns with your SMART Goal?
- What are the benefits of documenting your progress throughout the year?
- What are some things that might impact how well someone does on a given Fitness Test?
- What small changes can you make throughout the day to improve your health and physical fitness?
- How can you make sure that you stay safe while completing these activities?
- What are some examples of how you can demonstrate good sportsmanship throughout this activity?

## ASSESSMENT

Formative	Summative	Benchmark
<ul style="list-style-type: none"> <li>• Exit Slips</li> <li>• Class discussion</li> <li>• Running records</li> <li>• Teacher observation</li> </ul>	<ul style="list-style-type: none"> <li>• Alternate Assessments                             <ul style="list-style-type: none"> <li>-Performance Tasks</li> <li>-Benchmark Assessments</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Unit pre and post assessments that align with personal growth</li> </ul>
		<b>Alternative</b>
		<ul style="list-style-type: none"> <li>• Performance assessments</li> </ul>

# Frelinghuysen Township School District Physical Education Curriculum

## LEARNING PLAN

Pacing Guide: 9 Weeks

### Recommended Learning Activities

- Alternate Assessments
  - Mile Run/ ½ Mile Run
  - Shuttle Run
  - Sit and Reach
  - Back Stretch
  - Sit-Ups (one minute)
  - Pull-Ups/ Flexed Arm Hang
  - Vertical Jump

### Integrated Accommodations and Modifications

#### Special Education, ELL and 504

- Repeat/modify directions
- Visual models
- Extended time
- Preferred/flexible seating
- Differentiated activities (centers)
- Sensory integration activities
- Flexible grouping
- Games
- Kinesthetic Activity

#### Gifted and Talented

- Flexible grouping
- Differentiated activities (centers)
- Games
- Problem solving strategies
- Kinesthetic Activities
- Critical thinking strategies
- Accelerated learning
- Independent study

### Interdisciplinary Connections

ELA  
 Math  
 Science  
 Social Studies  
 Technology  
 Character Education

#### 21<sup>st</sup> Century Skills

- Problem Solving
- Critical Thinking
- Communication
- Collaborative learning
- Productivity

# Frelinghuysen Township School District Physical Education Curriculum

- Real world applications

## Instructional and Supplemental Materials

- <https://www.pecentral.org/>
- <https://thephysicaleducator.com/>
- <https://www.gophersport.com/>
- <https://www.thepespecialist.com/>

# Frelinghuysen Township School District Physical Education Curriculum

**Grades: 5-6**

<b>Unit 2: Manipulative Skills</b>		
<b>DESIRED RESULTS</b>		
<b>Standards</b>		
<p>New Jersey Student Learning Standards</p> <p><b>2.5.6.A.1-</b> Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).</p> <p><b>2.5.6.A.2-</b> Explain concepts of force and motion and demonstrate control while modifying force, flow, time, space, and relationships in interactive dynamic environments.</p> <p><b>2.5.6.A.4-</b> Use self-evaluation and external feedback to detect and correct errors in one’s movement performance.</p> <p><b>2.5.6.B.2-</b> Compare and contrast strategies used to impact individual, team and group effectiveness and make modifications for improvement.</p> <p><b>2.5.6.C.1-</b> Summarize the characteristics of good sportsmanship and demonstrate appropriate behavior as both a player and an observer.</p> <p><b>2.5.6.C.2-</b> Apply specific rules and procedures during physical activity and explain how they contribute to a safe active environment.</p>	<p>Technology Standards</p> <p>(3-5) 8.1.5.A.1-Select and use the appropriate digital tools and resources to accomplish a variety of tasks including solving problems.</p> <p>8.1.P.C.1-Collaborate with peers by participating in interactive digital games or activities.</p> <p>8.1.5.E.1-Use digital tools to research and evaluate the accuracy of, relevance to, and appropriateness of using print and non-print electronic information sources to complete a variety of tasks.</p> <p>(6) 8.1.8.A.1-Demonstrate knowledge of a real world problem using digital tools.</p> <p>8.1.P.C.1-Collaborate with peers by participating in interactive digital games or activities.</p> <p>8.1.8.E.1-Effectively use a variety of search tools and filters in professional public databases to find information to solve a real world problem.</p>	<p>21<sup>st</sup> Century Life and Career Standards</p> <p><b>CRP2.</b> Apply appropriate academic and technical skills.</p> <p><b>CRP4.</b> Communicate clearly and effectively and with reason.</p> <p><b>CRP8.</b> Utilize critical thinking to make sense of problems and persevere in solving them.</p> <p><b>CRP9.</b> Model integrity, ethical leadership and effective management.</p> <p><b>CRP11.</b> Use technology to enhance productivity.</p>

# Frelinghuysen Township School District Physical Education Curriculum

## Learning Outcomes

*Students will be able to....*

- Demonstrate an ability to correctly perform and explain the purpose of various manipulative skills (dribbling with hands and feet, kicking, striking, throwing, etc.).
- Demonstrate age appropriate spatial awareness, effort, and relationships with body parts, people, and objects.
- Recognize when corrections their form are necessary when performing manipulative skills, and explain why the correction was beneficial.
- Set a SMART personal fitness goal and explain how they plan to reach that goal by developing a FITT Program.
- Provide examples of how they displayed good sportsmanship and explain how doing so was helpful to themselves, their teammates, and the rest of their class.

*Students will be able to answer....*

- What are the proper steps for throwing a ball? (or another object, underhand and overhand)
- What does it mean if the ball (or other object) is being thrown too far to the left or right?
- How does dribbling a soccer ball differ from dribbling a basketball, and what are the proper steps for dribbling each?
- What are the proper steps for hitting a ball with a bat, like in Wiffle Ball, Baseball, or Softball?
- What can you do to adjust how far you throw an object?
- What must you do differently when throwing or kicking an object to a moving target instead of a stationary target?
- How can you make sure that you stay safe while completing these activities?
- What are some examples of how you can demonstrate good sportsmanship throughout this activity?

## ASSESSMENT

Formative	Summative	Benchmark
<ul style="list-style-type: none"> <li>• Exit Slips</li> <li>• Class discussion</li> <li>• Running records</li> <li>• Teacher observation</li> </ul>	<ul style="list-style-type: none"> <li>• Alternate Assessments                             <ul style="list-style-type: none"> <li>-Performance Tasks</li> <li>-Benchmark Assessments</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Unit pre and post assessments that align with personal growth</li> </ul>
		<b>Alternative</b>
		<ul style="list-style-type: none"> <li>• Performance assessments</li> </ul>

## LEARNING PLAN

Pacing Guide: (#) Weeks

Recommended Learning Activities

- DiscBonk
- Bocce
- Ball Handling
- Partner Catch

# Frelinghuysen Township School District Physical Education Curriculum

- Hula-Hooping
- Bowling Pin Bonanza
- Capture the Pig
- Poison Ball
- Castles
- Basketball Skills
- Soccer Skills
- Floor Hockey Skills
- Nuke 'Em Skills
- Wiffle Ball Skills
- Kickball Skills
- Sink the Ship
- Handball Skills
- Speedball Skills

## Integrated Accommodations and Modifications

### Special Education, ELL and 504

- Repeat/modify directions
- Visual models
- Extended time
- Preferred/flexible seating
- Differentiated activities (centers)
- Sensory integration activities
- Flexible grouping
- Games
- Kinesthetic Activity

### Gifted and Talented

- Flexible grouping
- Differentiated activities (centers)
- Games
- Problem solving strategies
- Kinesthetic Activities
- Critical thinking strategies
- Accelerated learning
- Independent study

## Interdisciplinary Connections

ELA  
 Math  
 Science  
 Social Studies  
 Technology  
 Character Education

### 21<sup>st</sup> Century Skills

- Problem Solving
- Critical Thinking
- Communication
- Collaborative learning

- 
- |  |  |
|--|--|
|  | <ul style="list-style-type: none"><li>• Productivity</li><li>• Real world applications</li></ul> |
|--|--|

<b>Instructional and Supplemental Materials</b>	
---	--

- |   |
|---|
| <ul style="list-style-type: none"><li>• <a href="https://www.pecentral.org/">https://www.pecentral.org/</a></li><li>• <a href="http://physedgames.com/">http://physedgames.com/</a></li><li>• <a href="http://carly3.blogspot.com/">http://carly3.blogspot.com/</a></li><li>• <a href="https://thephysicaleducator.com/">https://thephysicaleducator.com/</a></li><li>• <a href="https://www.gophersport.com/">https://www.gophersport.com/</a></li><li>• <a href="https://www.thepespecialist.com/">https://www.thepespecialist.com/</a></li></ul> |
|---|

Unit 3: Movement and Rhythm		
DESIRED RESULTS		
Standards		
<p>New Jersey Student Learning Standards</p> <p><b>2.5.6.A.1-</b> Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).</p> <p><b>2.5.6.A.2-</b> Explain concepts of force and motion and demonstrate control while modifying force, flow, time, space, and relationships in interactive dynamic environments.</p> <p><b>2.5.6.A.3-</b> Create and demonstrate planned movement sequences, individually and with others, based on tempo, beat, rhythm, and music (creative, cultural, social, and fitness dance).</p> <p><b>2.5.6.A.4-</b> Use self-evaluation and external feedback to detect and correct errors in one’s movement performance.</p> <p><b>2.5.6.B.2-</b> Compare and contrast strategies used to impact individual, team and group effectiveness and make modifications for improvement.</p> <p><b>2.5.6.C.1-</b> Summarize the characteristics of good sportsmanship and demonstrate appropriate behavior as both a player and an observer.</p> <p><b>2.5.6.C.2-</b> Apply specific rules and procedures during physical activity and explain how they contribute to a safe active environment.</p> <p><b>2.6.6.A.1-</b> Analyze the social, emotional, and health benefits of selected physical experiences.</p>	<p>Technology Standards</p> <p>(K-2) 8.1.2.A.4-Demonstrate developmentally appropriate navigation skills in virtual environments (i.e. games, museums).</p> <p>8.1.P.C.1-Collaborate with peers by participating in interactive digital games or activities.</p> <p>8.1.2.E.1-Use digital tools and online resources to explore a problem or issue.</p> <p>(3-5) 8.1.5.A.1-Select and use the appropriate digital tools and resources to accomplish a variety of tasks including solving problems.</p> <p>8.1.P.C.1-Collaborate with peers by participating in interactive digital games or activities.</p> <p>8.1.5.E.1-Use digital tools to research and evaluate the accuracy of, relevance to, and appropriateness of using print and non-print electronic information sources to complete a variety of tasks.</p> <p>(6) 8.1.8.A.1-Demonstrate knowledge of a real world problem using digital tools.</p> <p>8.1.P.C.1-Collaborate with peers by participating in interactive digital games or activities.</p> <p>8.1.8.E.1-Effectively use a variety of search tools and filters in professional public databases to find information to solve a real world problem.</p>	<p>21<sup>st</sup> Century Life and Career Standards</p> <p><b>CRP2.</b> Apply appropriate academic and technical skills.</p> <p><b>CRP4.</b> Communicate clearly and effectively and with reason.</p> <p><b>CRP8.</b> Utilize critical thinking to make sense of problems and persevere in solving them.</p> <p><b>CRP9.</b> Model integrity, ethical leadership and effective management.</p> <p><b>CRP11.</b> Use technology to enhance productivity.</p>

## Learning Outcomes

*Students will be able to....*

- Demonstrate an ability to correctly perform various movements to different tempos, beats, and rhythms.
- Skillfully perform and verbally explain various planned movement skills/ sequences during both skills practice and applied activities at an age appropriate level.
- Recognize when corrections their form are necessary when performing movements, and explain why the correction was beneficial.
- Set a SMART personal fitness goal and explain how they plan to reach that goal by developing a FITT Program.
- Provide examples of how they displayed good sportsmanship and explain how doing so was helpful to themselves, their teammates, and the rest of their class.

*Students will be able to answer....*

- What are some strategies you can use to remember planned movement sequences?
- How can you make sure that you (and your partner/ group) are moving in response to the current tempo and rhythm?
- What are some strategies that you can use to determine if you need to make corrections to your movements?
- What are some examples of corrections you might m\need to make to your movements, and how can these corrections be beneficial?
- How can you make sure that you stay safe while completing these activities?
- What are some examples of how you can demonstrate good sportsmanship throughout this activity?

## ASSESSMENT

Formative	Summative	Benchmark
<ul style="list-style-type: none"> <li>• Exit Slips</li> <li>• Class discussion</li> <li>• Running records</li> <li>• Teacher observation</li> </ul>	<ul style="list-style-type: none"> <li>• Alternate Assessments                             <ul style="list-style-type: none"> <li>-Performance Tasks</li> <li>-Benchmark Assessments</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Unit pre and post assessments that align with personal growth</li> </ul>
		<b>Alternative</b>
		<ul style="list-style-type: none"> <li>• Performance assessments</li> </ul>

## LEARNING PLAN

Pacing Guide: 9 Weeks

Recommended Learning Activities

- Dynamic Stretching
- Line Dancing
- Square Dancing
- Popular Social Dances
- Movement with Manipulatives (Scarves, pool noodles, bean bags, etc.)

Integrated Accommodations and Modifications	
Special Education, ELL and 504 <ul style="list-style-type: none"> <li>• Repeat/modify directions</li> <li>• Visual models</li> <li>• Extended time</li> <li>• Preferred/flexible seating</li> <li>• Differentiated activities (centers)</li> <li>• Sensory integration activities</li> <li>• Flexible grouping</li> <li>• Games</li> <li>• Kinesthetic Activity</li> </ul>	Gifted and Talented <ul style="list-style-type: none"> <li>• Flexible grouping</li> <li>• Differentiated activities (centers)</li> <li>• Games</li> <li>• Problem solving strategies</li> <li>• Kinesthetic Activities</li> <li>• Critical thinking strategies</li> <li>• Accelerated learning</li> <li>• Independent study</li> </ul>
Interdisciplinary Connections	
ELA Math Science Social Studies Technology Character Education	21 <sup>st</sup> Century Skills <ul style="list-style-type: none"> <li>• Problem Solving</li> <li>• Critical Thinking</li> <li>• Communication</li> <li>• Collaborative learning</li> <li>• Productivity</li> <li>• Real world applications</li> </ul>
Instructional and Supplemental Materials	
<ul style="list-style-type: none"> <li>• <a href="https://www.pecentral.org/">https://www.pecentral.org/</a></li> <li>• <a href="http://physedgames.com/">http://physedgames.com/</a></li> <li>• <a href="http://carly3.blogspot.com/">http://carly3.blogspot.com/</a></li> <li>• <a href="https://riseathletics.fit/fun-crossfit-warm-ups/">https://riseathletics.fit/fun-crossfit-warm-ups/</a></li> <li>• <a href="https://thephysicaleducator.com/">https://thephysicaleducator.com/</a></li> <li>• <a href="https://www.thepespecialist.com/">https://www.thepespecialist.com/</a></li> </ul>	

Unit 4: Team Activities		
DESIRED RESULTS		
Standards		
<p>New Jersey Student Learning Standards</p> <p><b>2.5.6.A.1-</b> Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).</p> <p><b>2.5.6.A.2-</b> Explain concepts of force and motion and demonstrate control while modifying force, flow, time, space, and relationships in interactive dynamic environments.</p> <p><b>2.5.6.A.4-</b> Use self-evaluation and external feedback to detect and correct errors in one’s movement performance.</p> <p><b>2.5.6.B.1-</b> Demonstrate the use of offensive, defensive, and cooperative strategies in individual, dual, team and group activities.</p> <p><b>2.5.6.B.2-</b> Compare and contrast strategies used to impact individual, team and group effectiveness and make modifications for improvement.</p> <p><b>2.5.6.C.1-</b> Summarize the characteristics of good sportsmanship and demonstrate appropriate behavior as both a player and an observer.</p> <p><b>2.5.6.C.2-</b> Apply specific rules and procedures during physical activity and explain how they contribute to a safe active environment.</p> <p><b>2.6.6.A.1-</b> Analyze the social, emotional, and health benefits of selected physical experiences.</p>	<p>Technology Standards</p> <p>(3-5) 8.1.5.A.1-Select and use the appropriate digital tools and resources to accomplish a variety of tasks including solving problems.</p> <p>8.1.P.C.1-Collaborate with peers by participating in interactive digital games or activities.</p> <p>8.1.5.E.1-Use digital tools to research and evaluate the accuracy of, relevance to, and appropriateness of using print and non-print electronic information sources to complete a variety of tasks.</p> <p>(6) 8.1.8.A.1-Demonstrate knowledge of a real world problem using digital tools.</p> <p>8.1.P.C.1-Collaborate with peers by participating in interactive digital games or activities.</p> <p>8.1.8.E.1-Effectively use a variety of search tools and filters in professional public databases to find information to solve a real world problem.</p>	<p>21<sup>st</sup> Century Life and Career Standards</p> <p><b>CRP2.</b> Apply appropriate academic and technical skills.</p> <p><b>CRP4.</b> Communicate clearly and effectively and with reason.</p> <p><b>CRP8.</b> Utilize critical thinking to make sense of problems and persevere in solving them.</p> <p><b>CRP9.</b> Model integrity, ethical leadership and effective management.</p> <p><b>CRP11.</b> Use technology to enhance productivity.</p>

## Learning Outcomes

*Students will be able to....*

- Verbally explain and demonstrate the different roles between offensive and defensive players.
- Identify, apply, and explain various strategies that would be beneficial to offensive players/ defensive players.
- Collaborate with their classmates about strategies that they can use to make sure that the class is reaching their full potential, then determine which strategies are the most effective.
- Recognize mistakes made during team activities based on the self-evaluation, correct the mistake, and explain why the correction was beneficial.
- Set a SMART personal fitness goal and explain how they plan to reach that goal by developing a FITT Program.
- Provide examples of how they displayed good sportsmanship and explain how doing so was helpful to themselves, their teammates, and the rest of their class.

*Students will be able to answer....*

- Can you demonstrate the different roles that offensive and defensive players have during this activity?
- What are some offensive (and defensive) strategies that can help your team, for this activity? How would these offensive/ defensive strategies help your team?
- How did you, personally, apply these offensive and defensive strategies while you were taking part in this activity?
- What strategies did you use to try to help your teammates reach their full potential? Which of those strategies worked the best? Why?
- How can you stay safe while completing these activities?
- What are some examples of how you can demonstrate good sportsmanship throughout this activity?
- Why is it important to demonstrate good sportsmanship?

### ASSESSMENT

Formative	Summative	Benchmark
<ul style="list-style-type: none"> <li>• Exit Slips</li> <li>• Class discussion</li> <li>• Running records</li> <li>• Teacher observation</li> </ul>	<ul style="list-style-type: none"> <li>• Alternate Assessments                             <ul style="list-style-type: none"> <li>-Performance Tasks</li> <li>-Benchmark Assessments</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Unit pre and post assessments that align with personal growth</li> </ul>
		<b>Alternative</b>
		<ul style="list-style-type: none"> <li>• Performance assessments</li> </ul>

### LEARNING PLAN

Pacing Guide: 16 Weeks

Recommended Learning Activities

- Soccer
- Basketball
- Kickball/Box Ball
- Floor Hockey

- Nuke 'Em
- Quidditch
- Handball
- Speedball
- Wiffle Ball
- Castles
- Sink the Ship
- Bowling Pin Bonanza
- Skore
- Relay Races
- Pirate Ball
- Capture the Pig
- Elf Express
- Holiday Dash
- Poison Ball

### Integrated Accommodations and Modifications

#### Special Education, ELL and 504

- Repeat/modify directions
- Visual models
- Extended time
- Preferred/flexible seating
- Differentiated activities (centers)
- Sensory integration activities
- Flexible grouping
- Games
- Kinesthetic Activity

#### Gifted and Talented

- Flexible grouping
- Differentiated activities (centers)
- Games
- Problem solving strategies
- Kinesthetic Activities
- Critical thinking strategies
- Accelerated learning
- Independent study

Interdisciplinary Connections	
ELA Math Science Social Studies Technology Character Education	21 <sup>st</sup> Century Skills <ul style="list-style-type: none"> <li>• Problem Solving</li> <li>• Critical Thinking</li> <li>• Communication</li> <li>• Collaborative learning</li> <li>• Productivity</li> <li>• Real world applications</li> </ul>
Instructional and Supplemental Materials	
<ul style="list-style-type: none"> <li>• <a href="https://www.pecentral.org/">https://www.pecentral.org/</a></li> <li>• <a href="http://physedgames.com/">http://physedgames.com/</a></li> <li>• <a href="http://carly3.blogspot.com/">http://carly3.blogspot.com/</a></li> <li>• <a href="https://thephysicaleducator.com/">https://thephysicaleducator.com/</a></li> <li>• <a href="http://www.parksun.com/Outdoor-Games/Disc-Golf/Skore-Disc-Golf-Target-Set.php">http://www.parksun.com/Outdoor-Games/Disc-Golf/Skore-Disc-Golf-Target-Set.php</a></li> <li>• <a href="https://www.gophersport.com/">https://www.gophersport.com/</a></li> <li>• <a href="https://www.thepespecialist.com/">https://www.thepespecialist.com/</a></li> <li>• <a href="https://sparkpe.org/">https://sparkpe.org/</a></li> </ul>	