

Hoboken Public Schools

Physical Education Curriculum Grades 7 & 8



Physical Education 7 & 8 HOBOKEN PUBLIC SCHOOLS

Course Description

The Comprehensive Health and Physical Education Programs of the Hoboken Public School District focus on the development of healthy attitudes and behaviors as well as a variety of physical activities that enhance fitness for all students. In accordance with the New Jersey Core Curriculum Content Standards and the New Jersey Comprehensive Health Education and Physical Education Framework, our program: encompasses health services, creates a healthful environment and incorporates a sequential yet diverse health and physical education program for students throughout their school years. We believe in the development of the concepts of wellness, cooperation, and teamwork in order to provide students with the knowledge and skills needed to promote lifelong health and wellness. Our program focuses on the needs of individual students to provide them with the tools, knowledge and skills needed to meet the challenges and demands of life in the 21st century.

Course Resources

- 1) Scooters, Basketball, Softball, Lacrosse, Volleyball Equipment
- 2) Jump Ropes, Mats
- 3) Smart Board
- 4) Chromebooks/IPADS
- 5) Hockey Equipment

Pacing Guide

Grade Seven Unit Plan

Units	Time Frame Suggested
Recreational Games (Cooperative Games)	9 Weeks
Basketball (Team Sports)	2 Weeks
Badminton (Team Sports)	2-3 Weeks
Flag Football (Team Sports)	2-3 Weeks
Floor Hockey (Team Sports)	2-3 Weeks
Soccer (Team Sports)	2-3 Weeks
Team Handball/Speedball (Team Sports)	2-3 Weeks
Volleyball (Team Sports)	2-3 Weeks
Softball (Team Sports)	2-3 Weeks
Soft Stick Lacrosse (Team Sports)	2-3 Weeks
Physical Fitness (Fitness)	9 Weeks

Grade Eight Unit Plan

Units	Time Frame Suggested
Recreational Games (Cooperative Games)	9 Weeks
Basketball (Team Sports)	2 Weeks
Flag Football (Team Sports)	2-3 Weeks
Floor Hockey (Team Sports)	2-3 Weeks
Soccer (Team Sports)	2-3 Weeks
Team Handball/Speedball (Team Sports)	2-3 Weeks
Volleyball (Team Sports)	2-3 Weeks
Softball (Team Sports)	2-3 Weeks
Soft Stick Lacrosse (Team Sports)	2-3 Weeks
Physical Fitness (Fitness)	9 Weeks

Unit 1 – Cooperative Games

Unit 1 Timeline: 9 Weeks

Unit 1 Overview

In this unit, students will develop the understanding that teamwork plays an integral part of their development. Furthermore, the students will develop an understanding of problem solving as well as rules/procedures.

Essential Questions

- How will students develop teamwork through a series of cooperative games?
- How will students develop trust and leadership through various problem-solving challenges? How will students develop the ability to cooperate and work well with others?
- How will students create a positive self-image through cooperative game activities?
- How will students develop an increased level of agility and physical coordination through cooperative challenges?

Essential Learning Outcomes

- Students will understand the importance of an increase mutual support within a group.
- Students will demonstrate a variety of movement and skills needed to perform the cooperative physical challenges.
- Student will be able to recognize and demonstrate the needed movement skills

- involved in cooperative strategies.
- Students will be able to increase the level of students' self-confidence through the appropriate physical and mental challenges.

Technology Infusion

8.1.8.A.1	Demonstrate knowledge of a real world problem using digital tools.
8.1.8.A.2	Create a document (e.g. newsletter, reports, personalized learning plan, business letters or flyers) using one or more digital applications to be critiqued by professionals for usability.
8.1.8.A.3	Use and/or develop a simulation that provides an environment to solve a real world problem or theory.
8.1.8.A.4	Graph and calculate data within a spreadsheet and present a summary of the results
8.1.8.A.5	Create a database query, sort and create a report and describe the process, and explain the report results.

Standards Addressed: 2.5.8.B.1, 2.5.8.B.2, and 2.5.6.B.3

Differentiation

- Smaller playing area
- Peer assistance during game
- Teacher/Student modeling
- Usage of visual clues
- Walk instead of run
- Serving as facilitator of the academic process

Assessments

- Teacher observation/
- Verbal Feedback
- Teacher Evaluation of critical elements
- Use of skills in lead up activities
- Use of skills in daily participation
- Written Quiz

21st Century Learning Connection

- Standard 9.1 21st Century Life & Career Skills
All students will demonstrate the creative, critical thinking, collaboration, and problem-solving skills needed to function successfully as both global citizens and workers in diverse ethnic and organizational cultures.
- Standard 6.3 Active Citizenship in the 21st Century
All students will acquire the skills needed to be active, informed citizens who value

diversity and promote cultural understanding by working collaboratively to address the challenges that are inherent in living in an interconnected world.

Unit 2 – Team Sports

Unit 2 Timeline: 15 Weeks

Unit 2 Overview

In this unit, students will learn the how to work together in a collaborative nature. Furthermore, they will develop life skills necessary beyond the “game” in order to self reflect and assess across contents and situations.

Essential Questions

- How can body movement improve through team sports?
- How can students move effectively throughout various sport activities?
- How do students interact with others during physical activity?
- Why is it important to master the rules of each team sport?
- How will team sports offer students the opportunity to develop personal fitness?
- How is teamwork a necessary life skill?

Essential Learning Outcomes

- Students will be able to demonstrate the skills and knowledge necessary to participate in a variety of physical activities.
- Students will be able to develop interpersonal skills and exhibit positive character traits during physical activity.
- Students will be able to recognize and understand specialized movement skills for each particular sport.
- Student will understand the importance of setting goals and apply concepts for the development of movement skills and to improve performance.
- Students will demonstrate a positive attitude while encouraging good sportsmanship with their peers.

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Standards Addressed: 2.8.5.C.1, 2.5.8.C.2, and 2.5.8.A.1. 2.5.8.A.2

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Unit 3 - Fitness

Unit 3 Timeline: 9 Weeks

Unit 3 Overview

In this unit, students will discover the importance of fitness in their daily routine and how it relates to emotional and physical well-being holistically as they develop into adulthood.

Essential Questions

- How is working out relative?
- How should physical fit be described?

- How do motor skills and movement patterns enhance physical fitness?
- How does knowing your current level of health-related fitness important?
- How are the safety concerns involved in weight lifting and in fitness described?
- How does participation in weight training and cardiovascular endurance improve physical fitness?

Essential Learning Outcomes

- Students will be able to understand the importance of participating in a health related physical fitness assessment.
- Students will be able to discover how technology can help assess, plan, maintain and enhance physical activity
- Students will be able to participate in activities to help achieve personal fitness goals.
- Students will be able explore how to describe and demonstrate the proper use of fitness equipment in the weight room.
- Students will be able to understand how to select the proper weight selection and maintain equipment to enhance safety and enjoyment.
- Students will be able to demonstrate movement skills when participating in the fitness gram testing.

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Standards Addressed: 2.5.8.A.3, 2.6.8.A.4, 2.6.8.A.5

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