

**Summit High School  
Summit, New Jersey  
Unified Physical Education  
Grades 9-12  
Written by Christine Bohan**

Unified Physical Education focuses on a learning, practice play platform, building community, and communication with students of all different learning abilities. The course for grades 9-12 encompasses a variety of physical, mental, and cooperative activities for students. Students will create positive relationships with others in an environment that allows for collaboration, trust, and enjoyment. To improve student involvement in physical activity and overall wellness. All learning activities correlate with the New Jersey Comprehensive Physical Education Standards. The students are provided a common core of learning experiences designed to develop a proficiency in health-related fitness, physical competence, cognitive understanding, and a positive attitude about physical activity, that will foster lifelong health and a physically active lifestyle. The program will be tailored to meet individual needs, both physical and cognitive. The determination of activities will be based on the students' ability to safely and successfully participate, as well as the skill/fitness levels that need improvement or reinforcement. This curriculum may be modified through varying techniques, strategies, and materials, as per an individual student's Individualized Education Plan (IEP) or 504.

**Anchor Standard**

**Standard** (Wellness) 2.1 All students will acquire health promotion concepts and skills to support a healthy, active lifestyle. (Integrated Skills) 2.2 All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle. (Motor Skill Development) 2.5 All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle. 2.5 A Movement skills and Concepts - Developing competence (and confidence in gross and fine motor skills provides a foundation for participation in physical activities. 2.5 B Strategy - This component is focused on understanding teamwork, communication, offensive, and defensive strategies, and knowing how they contribute to successful gameplay. 2.5 C Sportsmanship, Rules and Safety- Students will learn how to participate in physical activities and sports with integrity, fairness, and as an effective team member. They also learn game rules and how to participate safely. 2.6 (Fitness and Physical Activity) All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.

**Big Ideas:** Motor Skill instruction during each unit can enhance a student's physical, mental, and social development. When played with attention to rules and regulations, games and sports can be both challenging and a great stress reliever. Students will work on self-initiated behaviors that promote personal and group success. Students will benefit from working collaboratively on tasks.

Students will be able to...

- Utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle
- Practices strategies for dealing with stress, such as deep breathing, guided visualization, and aerobic

exercise.

- Accept differences between personal characteristics and the idealized body images and elite performance levels portrayed in various media.
- Apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle
- Accepts differences among classmates in physical development, maturation, and varying skill levels by providing encouragement and positive feedback.
- Accepts others' ideas, cultural diversity, and body types by engaging in cooperative and collaborative movement projects.
- Utilize self-esteem, resiliency, tolerance and coping skills to support social and emotional health
- Effectively use communication skills to enhance a person's ability to express and defend their beliefs
- Demonstrate knowledge and commitment to sportsmanship, rules and safety guidelines
- Gain a better understanding of their own fitness goals.
- Find enjoyment in a variety of physical activities they can perform for a lifetime.
- There are many different training techniques to obtain healthy physical fitness.
- Reflects on personal social behavior in physical activity.
- Develops a plan of action and makes appropriate decisions based on that plan when faced with an individual challenge.

### Essential Questions

*What provocative questions will foster inquiry, understanding, and transfer of learning?*

#### Cooperative Activities

- What is within and just outside my comfort zone?
- How can a group work together to a common goal while promoting self-confidence?
- How does working as a team compare with working as an individual?
- How does cooperating with classmates prepare you for success when working with others in future work settings?
- How does my use of communication skills influence others?
- How do you recognize effective leadership? Are you more comfortable being a leader or a follower?
- What can I do to be a great group member?
- How can the strategies in this class be transferred from this class to other classes?
- How do we resolve conflict?
- How do we work well in teams?
- What does it mean to have good

### Enduring Understandings

*What will students understand about the big ideas?*

#### Cooperative Activities

- By attempting a graduated series of activities involving physical challenges in a supportive group atmosphere will help develop stronger self-esteem.
- Some anxieties before a new venture are natural and can be overcome.
- Success and failure become less important than the act of trying new things.
- A cooperative, supportive atmosphere tends to encourage participation.
- Successfully completing balance activities often provides a feeling of accomplishment.
- The journey is more important than the destination.
- Given a cooperative activity, students will be able to analyze the character development needed to accomplish a common goal.
- Given a team task, students will be able to analyze the strategies and tactics needed to

communication?

### **Basketball**

- How does the history of the game affect the game today? How has the game changed throughout the years?
- Explain the different roles and responsibilities of players, officials, coaches, and other participants have?
- What are the basic offensive and defensive strategies in the game of basketball?
- Why is it important to adhere to safety practices, rules, and etiquette?
- What are the characteristics of someone with good sportsmanship, teamwork, ethical behavior, and positive social interaction?
- How does the game improve physical, mental/emotional, and social wellness?

### **Soccer**

- Why is communication a key component in the game of soccer?
- Why is soccer or “futbol” the world’s most popular sport?
- How can soccer be adapted to “fit” all different abilities?
- How is soccer different from other sports? How is it similar?
- Explain the different roles and responsibilities of players, officials, coaches, and other participants have?

succeed.

- Given a team activity, students will be able to develop changes to ensure each individual succeeds.
- Given a game, students will be able to enhance the game by applying new rules or concepts.
- Given a game, students will be able to apply the concepts and skills to personally improve gameplay.

### **Basketball**

- Students will understand how technology has impacted the development of players as well as a viewer’s ability to watch the game through multiple outlets.
- Students will understand the difference between a zone and man-to-man defense.
- Students will understand that communication is crucial in order for a team to be successful.
- Students will understand strategic skills such as dribbling, passing, shooting, picks, back door, and v-cut.
- Students will understand that keeping score can be used to motivate and initiate friendly competition.
- Students will understand the importance of encouraging others, maintaining a positive attitude, and playing fairly.

### **Soccer**

- Successful soccer players have a high level of communication skills
- The most basic of physical soccer skills can be performed by a multitude of abilities
- How to encourage another student to participate in drills and games
- Rules and regulations of the game of soccer
- How to encourage positive teamwork and sportsmanship •
- How to adapt skill sets to the needs of students

Are those roles and responsibilities the same for every level of play?

- What are the basic offensive and defensive strategies in the game of soccer?
- Does the worldwide popularity of this sport have anything to do with the equipment?

### **Fitness**

- Why is it important to perform weight training exercises with proper technique? How can you make sure you are using the proper technique?
- Setting personal goals is a crucial part of maintaining good health.
- Why is walking a great way to stay fit throughout someone's lifetime?
- How does the safety of one affect everyone in the fitness center?
- What constitutes a healthy lifestyle? What is the recommended amount of physical activity for teens/adults?
- What should you consider when designing a strength and conditioning program?
- What methods can you use to incorporate exercise into your daily routine?
- How does genetics, gender, nutrition, age, and activity level play a role in body composition?
- How can exercise and fitness improve one's mental/emotional and/or social wellness?
- What is the F.I.T.T. Principle?

### **Lacrosse**

- What skills/ strategies are vital to a "good" game of Lacrosse?
- What are the acceptable skill techniques as outlined in the course content for Lacrosse?

- Students will understand that it is important to use different parts of the foot when passing and shooting from varying distances.

### **Fitness**

- Walking is a great way to exercise throughout your lifetime
- Students will be exposed to a variety of different fitness methods including but not limited to, weight training, cycling on indoor bikes, yoga, cardio equipment, circuit training, and kickboxing.
- Increasing one's heart rate is beneficial for achieving fitness goals.
- Fitness is an ongoing process.
- Individualized fitness plans can improve cardiorespiratory fitness, muscular strength, muscular endurance, and flexibility.
- Students will understand that exercise is a known stress reliever, which can improve mental/emotional wellness. Exercise can also improve self-esteem which can also improve mental/emotional wellness. Exercise can be done individually or in a group setting which can improve social wellness.
- Staying physically active throughout life will assist in a healthy physical, emotional, and mental state.
- FITT (frequency, intensity, type, time) is an effective exercise style.

### **Lacrosse**

- Understand the importance of teamwork on both offense and defense.

- Why is it important to exhibit safe and socially acceptable behavior, good sportsmanship, and fair play in Lacrosse?
- How does executing appropriate skills and strategy contribute to the team effort in Lacrosse?
- What is the purpose of understanding the skills and the intricate team patterns of Lacrosse?
- What steps are necessary to understand the sport as a spectator and participant?
- Why is it important to exhibit safety in Lacrosse?
- How does the game improve physical, mental/emotional, and social wellness?

### **Racquet Sports**

- Why are racquet sports considered a lifetime fitness activity?
- What are the similarities between pickleball, badminton, and tennis?
- How does strategy play a role in a player's success when playing racquet sports?
- How do players rotate in the singles and doubles games of each racquet sport?
- What is the best way to communicate to teammates when going to play a ball?
- What is the best positioning for doubles?
- How can you use your strengths along with your partner?
- Why is it important to use teamwork in doubles?
- When setting up your formation what factors should you consider?
- Where do you set up when receiving a serve?
- Why should you stagger your positioning in pickleball?

### **Bowling**

- Why is bowling considered a "lifetime fitness activity"?
- What is the proper approach technique used for bowling?

- Students will demonstrate proper upright and front cradle standing with and without a lacrosse ball
- Demonstrate correct carry and cradle around multiple cones in a zig-zag manner.
- Demonstrate the correct hand and arm position for holding a Lacrosse stick.
- The proper skills needed to play the game; cradling, catching, throwing, and shooting.

### **Racquet Sports**

- Racquet sports incorporate many different locomotor skills
- Racquet sports can be enjoyed by many different age groups
- The strategy is an important part of racquet sports
- Racquet sports all use different scoring techniques
- Service rotation is important in all racquet sports
- Proper form and technique can increase performance.
- Good communication in doubles can help improve the team's performance.
- Positioning is an important part of the strategy.
- Different types of strikes can be used depending on the skill and position of the opponent.
- Physical and cognitive skills are a part of this game.
- Following the rules and proper team etiquette will increase the enjoyment of the sport.

### **Bowling**

- Bowling is a lifetime fitness activity that can be enjoyed by everyone and any age.

- How can bowling be modified to meet the needs of all bowlers?
- Why is good social behavior crucial to the success of a bowler and those around him/her?
- Why is it important to use bowling equipment i.e. shoes, a ball that is size appropriate?

### **Ultimate Games**

- What are the connecting skills the games of Ultimate Frisbee, Flag Football, and Rugby all have in common?
- Which skills and strategies transfer from Kan Jam to Ultimate Frisbee?
- How teamwork paramount to the game of Kan-Jam?
- What are the basic rules of playing a Kan-Jam game?
- Why is it important to adhere to safety practices, rules, and etiquette when playing ultimate games?

- Proper technique can attribute to a successful roll.
- Some students may have different approaches and rolling techniques that may need adjustments.
- Social skills such as sportsmanship, lane etiquette, and communication play a vital role in bowling.
- Proper equipment is important for a bowler's success.

### **Ultimate Games**

- Students will understand the invasion game connection between Ultimate Frisbee, Flag Football, and Rugby.
- Students will understand how tournament play works and that keeping score can be used to motivate and initiate friendly competition.
- Catching a Frisbee properly is just as important as the different throwing techniques.
- Students will demonstrate the ability to accurately throw at a target.
- The Rules are in place to ensure safety and fair play.
- Students will demonstrate proper throwing and receiving techniques.
- Students will demonstrate how to properly carry the football, rugby ball, and frisbee while moving across the field.
- Communication is key to a team's success.
- Students will understand that keeping score can be used to motivate and initiate friendly competition.
- Students will understand the importance of encouraging others, maintaining a positive attitude, and playing fairly.
- Students will understand that ultimate games improve cardiorespiratory endurance as well as other skill-related components of fitness such as hand-eye coordination. It can also be a stress reliever and an enjoyable activity, which can improve mental/emotional wellness. It is also a team/partner sport that can improve social wellness.

<p><b>Volleyball</b></p> <ul style="list-style-type: none"> <li>• How are the rules and regulations of Volleyball essential for proper gameplay?</li> <li>• How can volleyball be adapted to “fit” all different abilities?</li> <li>• Which positions in Volleyball call for great communications and passing?</li> <li>• How do teamwork and sportsmanship affect gameplay?</li> <li>• Why is it important to adhere to safety practices, rules, and etiquette?</li> <li>• What skills are vital to a “good” game of Volleyball?</li> </ul> <p><b>Indoor / Outdoor Games</b></p> <ul style="list-style-type: none"> <li>• Which different games were combined to make the game of team handball, speedball, and Tchoukball?</li> <li>• Why are the penalties/rules so important to the flow of the game?</li> <li>• What skills/strategies are vital to a “good” game.</li> </ul> <p><b>Softball</b></p> <ul style="list-style-type: none"> <li>• How is Softball similar to Baseball? How are they different?</li> <li>• Why is Baseball so popular in certain parts of the country?</li> <li>• What rules can be changed to make the game of softball more rewarding?</li> </ul>	<p><b>Volleyball</b></p> <ul style="list-style-type: none"> <li>• Students will understand how to properly perform fundamental skills such as bumping, setting, serving, and blocking.</li> <li>• Understand and implement basic offensive and defensive techniques, both as a team and as individuals.</li> <li>• Implement basic scoring principles, rotation principles, rules and regulations, safety concerns, and understand the penalties for violations of these rules.</li> <li>• Understand the dimensions of the playing court, boundaries, and other areas of importance.</li> </ul> <p><b>Indoor/Outdoor Games</b></p> <ul style="list-style-type: none"> <li>• Students will understand the strategy behind using different passes/shots and defensive positioning.</li> <li>• A game is played best-using strategy, cooperation, and positive encouragement.</li> <li>• Performing proper running, throwing, and catching techniques will enhance the game.</li> </ul> <p><b>Softball</b></p> <ul style="list-style-type: none"> <li>• Students will use transfer of skills to include throwing, catching, and striking a ball.</li> <li>• Softball is a game played best-using strategy, cooperation, and positive encouragement.</li> <li>• Apply physical, emotional, social and mental skills to engage in activities that can be performed throughout one’s life</li> </ul>
<b>Areas of Focus: Proficiencies (Progress Indicators)</b>	<b>Examples, Outcomes, Assessments</b>
<p><b>Students will:</b></p> <p>2.1 Personal Growth and Development 2.1.12.A.1</p> <p>2.2 A. Interpersonal Communication 2.2.12.A.1 2.2.12.A.2 2.2.12.C.1</p>	<p><b>Instructional Focus:</b></p> <p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• Follow rules and directions in all sporting units throughout the year.</li> <li>• Explain why rules are to be followed.</li> <li>• Explain why fair play and teamwork is important.</li> <li>• Play in teams together cooperatively and</li> </ul>

<p>2.2 C. Character Development 2.2.12.C.1 2.2.12.C.2</p> <p>2.2 D E. Health Services and Information 2.2.12.E.2</p> <p>2.5.12 A. Movement Skills 2.5.12.A.1 2.5.12.A.2 2.5.12.A.3 2.5.12.A.4</p> <p>2.5.12 B. Strategy 2.5.12.B.1 2.5.12.B.2 2.5.12.B.3</p> <p>2.5.12 D. Sportsmanship, Rules, and Safety 2.5.12.C.1 2.5.12.C.2 2.5.12.C.3</p> <p>2.6.12 A. Fitness and Physical Activity 2.6.12.A.1 2.6.12.A.2</p>	<p>involve everyone.</p> <ul style="list-style-type: none"> <li>● Transfer skills learned in one activity to another.</li> <li>● Explanation, demonstration and proper use of equipment, exercise techniques, muscle groups, health-related components of fitness, skill-related components of fitness, FITT principle, sample weight-training program, circuits, safety precautions, spotting, and hygiene.</li> <li>● Students will demonstrate proper warm-up and cool-down techniques for activities.</li> <li>● Students will be able to apply physical, emotional, social and mental skills to engage in activities that can be performed throughout one's life</li> <li>● Students will successfully analyze the benefits of staying active throughout one's life</li> <li>● How to create rules and regulations for a new game</li> </ul> <p><b>Interdisciplinary skills:</b></p> <ul style="list-style-type: none"> <li>● Reading comprehension with illustrations and descriptions of exercises and cues.</li> <li>● Students will analyze how teamwork used and how it correlates to the development of communication.</li> </ul> <p><b>Sample Assessments:</b></p> <ul style="list-style-type: none"> <li>● Portfolios</li> <li>● Check-ins</li> <li>● Psychomotor Skills Test</li> <li>● Cognitive - Quiz, Exit Slip, Assignment, Portfolio</li> <li>● Affective - Behavior, Fair Play, Cooperation, Attitude</li> <li>● Google Classroom Quiz</li> <li>● Teacher and peer observation</li> <li>● Self / Peer evaluation</li> <li>● Pre-assessment</li> <li>● Discussions before, during, and after activities.</li> </ul>
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**Projects/Post Assessment:**

Course portfolio: Students will create a personal portfolio using technology or a physical notebook to showcase the activities completed in class. The portfolio will be a self-reflection with student highlights. Students will present their pieces of the portfolio as they see fit, examples: a narrative (essay form), drawings, videos, pictures, or voice recordings.

- Students will be divided into pairs to create portfolios.
- Each individual will have their own portfolio, but pairs will work together for the overall design of the portfolio.
- Students will organize each cooperative activity and include a description of the activity to start each section of the portfolio.
- In each portfolio, the challenges and rewards of each activity will be discussed.
- Personal and team achievements will be assessed in the portfolio. Students will add recommendations for the activity.
- Students will assess group effectiveness and offer suggestions for the future.

**Check-ins**

- The teacher will do formative assessments of the portfolio.
- Students will be guided to keep their portfolios up to date.

**Technology Integration:**

- GoPro video camera
  - Skill analysis
- Google classroom
  - Rules provided
  - Discussions
- Seesaw: Online Portfolio

**Media Literacy Integration**

- Articles and research to the google classroom
- Posting on gymnasium bulletin boards
- Delineate between media's version of body image and reality.

	<p><b>Global Perspectives</b></p> <ul style="list-style-type: none"> <li>● Teaching the history of the sport and physical activities connected to different parts of the world. Explore the popularity of the sport in different regions.</li> <li>● Connect happenings in class compared to sporting events around the world such as the Olympics, the World Cup, and other international events.</li> <li>● Compare and discuss why sports are popular or unpopular around the world.</li> </ul> <p><b>Sample Assessments:</b></p> <ul style="list-style-type: none"> <li>● Psychomotor Skills Test</li> <li>● Cognitive - Quiz, Exit Slip, Assignment, Portfolio</li> <li>● Affective - Behavior, Fair Play, Cooperation, Attitude</li> <li>● Google Classroom Quiz</li> <li>● Teacher and peer observation</li> <li>● Self / Peer evaluation</li> <li>● Pre-assessment</li> <li>● Google Form Post Test</li> <li>● Skill assessment</li> <li>● Task sheets</li> </ul>
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### Supports for English Language Learners

Sensory Supports	Graphic Supports	Interactive Supports
Real-life objects	Charts	In pairs or partners
Manipulatives	Graphic Organizers	In triads or small groups
Pictures	Tables	In a whole group
Illustrations, diagrams & drawings	Graphs	Using cooperative group

Magazines & Newspapers	Timelines	Structures
Physical activities	Number lines	With the Internet / Software
Videos & Film		In the home language
Broadcasts		With mentors
Models & Figures		

Intervention Strategies		
Accommodations	Interventions	Modifications
Allow for verbal responses	Multi-sensory techniques	Modified tasks/expectations
Repeat/confirm directions	Increase task structure (e.g. directions, checks for understanding, feedback)	Differentiated materials
Permit response provided via computer or electronic device	Increase opportunities to engage in active academic responding	Individualized assessment tools based on student need
Audio Books	Utilize pre reading strategies and activities previews, anticipatory guides, and semantic mapping	Modified assessment grading

#### Resources:

Unified Champion Schools :

<https://resources.specialolympics.org/community-building/youth-and-school/unified-champion-schools>

<https://www.bowl.com/bowlersed/>

New Jersey Student Learning Standards, Comprehensive Health and Physical Education

National P.E. Standards (SHAPE America)

National Association of Sport and Physical Education (NASPE)

## Curricular Addendum

<b>Career-Ready Practices</b> <b>CRP1:</b> Act as a responsible and contributing citizen and employee. <b>CRP2:</b> Apply appropriate academic and technical skills. <b>CRP3:</b> Attend to personal health and financial	<b>Interdisciplinary Connections</b> <ul style="list-style-type: none"> <li>Close Reading of works of art, music lyrics, videos, and advertisements</li> </ul>
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well-being.

**CRP4:** Communicate clearly and effectively and with reason.

**CRP5:** Consider the environmental, social and economic impacts of decisions.

**CRP6:** Demonstrate creativity and innovation.

**CRP7:** Employ valid and reliable research strategies.

**CRP8:** Utilize critical thinking to make sense of problems and persevere in solving them.

**CRP9:** Model integrity, ethical leadership and effective management.

**CRP10:** Plan education and career paths aligned to personal goals.

**CRP11:** Use technology to enhance productivity.

**CRP12:** Work productively in teams while using cultural global competence.

- Use [Standards for Mathematical Practice](#) and [Cross-Cutting Concepts](#) in science to support debate/inquiry across thinking processes

### Technology Integration

#### Ongoing:

- Listen to books on CDs, Playaways, videos, or podcasts if available.
- Use document camera or overhead projector for shared reading of texts.

#### Other:

- Use Microsoft Word, Inspiration, or SmartBoard Notebook software to write the words from their word sorts.
- Use available technology to create concept maps of unit learning.

### Instructional Strategies: Supports for English Language Learners:

Sensory Supports	Graphic Supports	Interactive Supports
Real-life objects (realia)	Charts	In pairs or partners
Manipulatives	Graphic organizers	In triads or small groups
Pictures & photographs	Tables	In a whole group
Illustrations, diagrams, & drawings	Graphs	Using cooperative group structures
Magazines & newspapers	Timelines	With the Internet (websites) or software programs
Physical activities	Number lines	In the home language
Videos & films		With mentors
Broadcasts		
Models & figures		

from <https://wida.wisc.edu>

### Media Literacy Integration

- Use multiple forms of print media (including books, illustrations/photographs/artwork, video clips, commercials, podcasts, audiobooks, Playaways, newspapers, magazines) to practice reading and comprehension skills.

### Global Perspectives

- [The Global Learning Resource Library](#)

### Differentiation Strategies:

Accommodations	Interventions	Modifications
Allow for verbal responses	Multi-sensory techniques	Modified tasks/expectations
Repeat/confirm directions	Increase task structure (e.g., directions, checks for understanding, feedback)	Differentiated materials
Permit response provided via computer or electronic device	Increase opportunities to engage in active academic responding (e.g., writing, reading aloud, answering questions in class)	Individualized assessment tools based on student need
Audio Books	Utilize prereading strategies and	Modified assessment grading

		activities: previews, anticipatory guides, and semantic mapping	