



BOE Approved 4/15

## Cliffside Park Public Schools

**GRADE: 7-8**   **SUBJECT: Physical Education**

<b>Unit Name: Physical Education</b>		
<b>Duration: 4 marking periods</b>		
<b>Essential Questions:</b>	<ul style="list-style-type: none"><li>• How can you play a more active role in your health?</li><li>• How can healthy fitness levels lead to happier, more productive lives?</li><li>• How does assessment play a vital role in your fitness program?</li></ul> <p>How can understanding basketball movement concepts improve my performance?</p> <ul style="list-style-type: none"><li>• How does the understanding of court position in basketball impact game play?</li></ul>	<p><b>How does physical activity benefit the quality of life?</b></p> <p><b>How do you demonstrate the impact of physical activities, such as volleyball, dance, basketball, group games, cardiovascular training, and weight training, on lifelong fitness ?</b></p> <ul style="list-style-type: none"><li>• <b>How can you play a more active role in your health?</b></li><li>• <b>How can healthy fitness levels lead to happier, more productive lives?</b></li><li>• <b>How does assessment play a vital role in your fitness program?</b></li><li>• <b>What are the health related fitness components that are measured in.</b></li></ul>



BOE Approved 4/15

## Cliffside Park Public Schools

**GRADE: 7-8**   **SUBJECT: Physical Education**

	<ul style="list-style-type: none"><li>• How do game strategies in basketball improve performance on the court?</li><li>• How does my movement on a basketball court influence that of my teammates?</li><li>• How can playing the game of basketball help me stay committed to wellness?</li></ul>	
<b>Enduring Understandings</b>	<ul style="list-style-type: none"><li>• Research shows that people who participate in regular physical activity, such as basketball, are more likely to do so because they feel comfortable and competent in movement skills.</li><li>• Skill development in basketball involves an understanding of movement concepts, the underlying principles of physics, as a means to analyze movement performance and make adjustments.</li></ul>	<p><b>Physical activity reduces the risk of premature mortality in general, and of coronary artery disease, hypertension, colon cancer, and diabetes mellitus in particular.</b></p> <p><b>Physical activity also improves mental health and is important for the health of muscles, bones, and joints.</b></p> <ul style="list-style-type: none"><li>• <b>Physical fitness (an outcome associated with participation in physical activity) also has been shown to be important for health and quality of life.</b></li></ul> <p><b>While not everyone can be an elite athlete, most people can achieve healthy levels of fitness by performing the recommended amounts of physical activity.</b></p>



BOE Approved 4/15

## Cliffside Park Public Schools

**GRADE: 7-8 SUBJECT: Physical Education**

	<ul style="list-style-type: none"> <li>• Implementing movement principles in basketball such as space, speed, force, projection or tempo makes movement more effective and more interesting.</li> </ul>	<p><b>Knowing their current level of fitness will help them assess areas that need improvement.</b></p> <p><b>Physical fitness (an outcome associated with participation in physical activity) also has been shown to be important for health and quality of life</b></p> <p><b>While not everyone can be an elite athlete, most people can achieve healthy levels of fitness by performing the recommended amounts of physical activity.</b></p>	
<p>Relevant Standards</p>	<ul style="list-style-type: none"> <li>• <b>2.1 Students will learn health promotion and disease prevention concepts and behaviors</b> <ul style="list-style-type: none"> <li>• <b>2.2 Students will learn health enhancing personal and interpersonal life skills</b></li> <li>• <b>2.3 Students will learn physical, mental, emotional and social effects of use/abuse of alcohol and drugs</b></li> <li>• <b>2.4 Students will learn biological, social, cultural and psychological aspects of human sexuality</b></li> </ul> </li> </ul>		



BOE Approved 4/15

## Cliffside Park Public Schools

**GRADE: 7-8**   **SUBJECT: Physical Education**

### **Interdisciplinary Connections : ELA,History, Math, Literacy, Science**

*SCIENCE: LS1A Structure & Function*

2.3A Medicine

2.3B Alcohol, Tobacco & Other Drugs

*SCIENCE: LS1B Growth & Development of Organisms*

2.1A Personal Growth & Development

2.1C Disease

2.2E Health Services

2.3A Medicine

2.3B Alcohol, Tobacco & Other Drugs

2.4B Sexuality

2.4C Pregnancy & Parenting



BOE Approved 4/15

## Cliffside Park Public Schools

**GRADE: 7-8**   **SUBJECT: Physical Education**

*SCIENCE: LS1C Organization for Matter & Energy Flow in Organisms*

2.1B Nutrition

*SOCIAL STUDIES:*

Similar connections may be made between social studies content areas (6.3) and the following areas of content such as (2.2A) interpersonal communication skills, (2.1E) social, (2.2E) health services and (2.4A) relationships.

LANGUAGE ARTS LITERACY

Students in physical education and health classrooms are provided with the opportunity to address CCSS in literacy, specifically “Grades 6-12 Literacy in History/Social Studies, Science and Technical Subjects” with a focus on analysis of non-fiction text and writing.

CCSS.ELA-LITERACY.CCRA.W.4

Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.



BOE Approved 4/15

## Cliffside Park Public Schools

**GRADE: 7-8**   **SUBJECT: Physical Education**

CCSS.ELA-LITERACY.CCRA.W.6

Use technology, including the Internet, to produce and publish writing and to interact and collaborate with others.

CCSS.ELA-LITERACY.CCRA.W.8

Gather relevant information from multiple print and digital sources, assess the credibility and accuracy of each source, and integrate the information while avoiding plagiarism.

CCSS.ELA-LITERACY.CCRA.W.9

Draw evidence from literary or informational texts to support analysis, reflection, and research.

CCSS.ELA-LITERACY.CCRA.W.10

Write routinely over extended time frames (time for research, reflection, and revision) and shorter time frames (a single sitting or a day or two) for a range of tasks, purposes, and audiences.



BOE Approved 4/15

## Cliffside Park Public Schools

**GRADE: 7-8**   **SUBJECT: Physical Education**

CCSS.MATH PRACTICES 1 and 2

Make sense of problems and reason abstractly during physical education classes and health data analysis goal setting.

WIDA English Language Development Standard 1

English language learners communicate for social and instructional purposes within the school setting.

**Tier 2 Vocabulary: Demonstrate, Analyze, Application, Perform, Recall, Evaluate, Irrelevant**

**Tier 3 Vocabulary: Digression, Aesthetic, Exemplary, Allocate**

**Core Instructional Materials/Resources/Digital Tools: Internet, Web Quests, wireless laptop computers, SMART Boards, digital tools, video streaming, podcasting**

**21<sup>st</sup> Century Themes and Skills:**

**(CRP Standards)**

<http://www.state.nj.us/education/cccs/2014/career/CareerReadyPractices.pdf>

CRP2. Apply appropriate academic and technical skills.

CRP3. Attend to personal health and financial well-being.

CRP4. Communicate clearly and effectively and with reason



BOE Approved 4/15

## Cliffside Park Public Schools

**GRADE: 7-8**   **SUBJECT: Physical Education**

<p><b>8.1 Educational Technology</b></p> <p><b>8.2 Technology Education, Engineering, Design, and Computation</b></p>	<p><a href="http://www.state.nj.us/education/cccs/2014/tech/8.pdf">http://www.state.nj.us/education/cccs/2014/tech/8.pdf</a>   8.1.12.A.1 Create a personal digital portfolio which reflects personal and academic interests, achievements, and career aspirations by using a variety of digital tools and resources. Select and use applications effectively and productively.</p> <p>8.1.12.A.2 Produce and edit a multi-page digital document for a commercial or professional audience and present it to peers and/or professionals in that related area for review</p> <div data-bbox="716 748 932 813" style="border: 1px solid black; height: 40px; width: 100%;"></div>
<p><b>Assessments and Performance Tasks:</b></p>	<p>Projects, written and/or oral responses, self-assessments, multi-media presentations.</p> <p>Student periodicals, health websites, public health resources, teacher-created resources</p> <p>perform the physical Fitness testing all year and log their improvement.</p>





BOE Approved 4/15

## Cliffside Park Public Schools

**GRADE: 7-8**   **SUBJECT: Physical Education**

Differentiation/Accommodations/Modifications			
Gifted and Talented	English Language Learners	Students with Disabilities	Students at Risk of School Failure
<p><i>(content, process, product and learning environment)</i></p> <p><b>Extension Activities</b></p> <p>Conduct research and provide presentation of cultural topics.</p> <p>Design surveys to generate and analyze data to be used in discussion.</p> <p>Debate topics of interest / cultural importance.</p>	<p><b>Modifications for Classroom</b></p> <p><b>Modifications for Homework/Assignments</b></p> <p>Modified Assignments</p> <p>Native Language Translation (peer, online assistive technology, translation device, bilingual dictionary)</p> <p>Extended time for assignment completion as needed</p>	<p><i>(appropriate accommodations, instructional adaptations, and/or modifications as determined by the IEP or 504 team)</i></p> <p><b>Modifications for Classroom</b></p> <p>Pair visual prompts with verbal presentations</p> <p>Ask students to restate information, directions, and assignments.</p>	<p><b>Modifications for Classroom</b></p> <p>Pair visual prompts with verbal presentations</p> <p>Ask students to restate information, directions, and assignments.</p> <p>Repetition and and practice</p> <p>Model skills / techniques to be mastered.</p>



BOE Approved 4/15

## Cliffside Park Public Schools

**GRADE: 7-8**    **SUBJECT: Physical Education**

<p>Authentic listening and reading sources that provide data and support for speaking and writing prompts.</p> <p>Exploration of art and/or artists to understand society and history.</p> <p>Implement RAFT Activities as they pertain to the types / modes of communication (role, audience, format, topic).</p> <p>Anchor Activities</p> <p>Use of Higher Level Questioning Techniques</p> <p>Provide assessments at a higher level</p>	<p>Highlight key vocabulary</p> <p>Use graphic organizers</p>	<p>Repetition and and practice</p> <p>Model skills / techniques to be mastered.</p> <p>Extended time to complete class work</p> <p>Provide copy of classnotes</p> <p>Preferential seating to be mutually determined by the student and teacher</p> <p>Student may request to use a computer to complete assignments.</p> <p>Establish expectations for</p>	<p>Extended time to complete class work</p> <p>Provide copy of classnotes</p> <p>Preferential seating to be mutually determined by the student and teacher</p> <p>Student may request to use a computer to complete assignments.</p> <p>Establish expectations for correct spelling on assignments.</p> <p>Extra textbooks for home.</p> <p>Student may request books on tape / CD / digital media, as available and</p>
--	---	--	--



BOE Approved 4/15

## Cliffside Park Public Schools

**GRADE: 7-8**   **SUBJECT: Physical Education**

<p>of thinking</p>		<p>correct spelling on assignments.</p> <p>Extra textbooks for home.</p> <p>Student may request books on tape / CD / digital media, as available and appropriate.</p> <p>Assign a peer helper in the class setting</p> <p>Provide oral reminders and check student work during independent work time</p> <p>Assist student with long and short term planning of assignments</p>	<p>appropriate.</p> <p>Assign a peer helper in the class setting</p> <p>Provide oral reminders and check student work during independent work time</p> <p>Assist student with long and short term planning of assignments</p> <p>Encourage student to proofread assignments and tests</p> <p>Provide regular parent/ school communication</p>
--------------------	--	---	---



BOE Approved 4/15

## Cliffside Park Public Schools

**GRADE: 7-8**   **SUBJECT: Physical Education**

		<p>Encourage student to proofread assignments and tests</p> <p>Provide regular parent/ school communication</p> <p>Teachers will check/sign student agenda daily</p> <p>Student requires use of other assistive technology device</p> <p><b>Modifications for Homework and Assignments</b> Extended time to complete assignments.</p> <p>Student requires more complex</p>	<p>Teachers will check/sign student agenda daily</p> <p>Student requires use of other assistive technology device</p> <p><b>Modifications for Homework and Assignments</b> Extended time to complete assignments.</p> <p>Student requires more complex assignments to be broken up and explained in smaller units, with work to be submitted in phases.</p> <p>Provide the student with clearly stated (written) expectations and grading criteria for assignments.</p> <p>Implement RAFT activities as they pertain to the types / modes of</p>
--	--	--	--



BOE Approved 4/15

## Cliffside Park Public Schools

**GRADE: 7-8**   **SUBJECT: Physical Education**

		<p>assignments to be broken up and explained in smaller units, with work to be submitted in phases.</p> <p>Provide the student with clearly stated (written) expectations and grading criteria for assignments.</p> <p>Implement RAFT activities as they pertain to the types / modes of communication (role, audience, format, topic).</p> <p><b>Modifications for Assessments</b> Extended time on classroom tests and quizzes.</p> <p>Student may take/complete tests in an alternate setting as needed.</p> <p>Restate, reread, and clarify</p>	<p>communication (role, audience, format, topic).</p> <p><b>Modifications for Assessments</b> Extended time on classroom tests and quizzes.</p> <p>Student may take/complete tests in an alternate setting as needed.</p> <p>Restate, reread, and clarify directions/questions</p> <p>Distribute study guide for classroom tests.</p> <p>Establish procedures for accommodations / modifications for assessments.</p>
--	--	---	---



BOE Approved 4/15

## Cliffside Park Public Schools

**GRADE: 7-8**   **SUBJECT: Physical Education**

		<p>directions/questions</p> <p>Distribute study guide for classroom tests.</p> <p>Establish procedures for accommodations / modifications for assessments.</p>	
--	--	--	--