

Topic, Unit, Theme or Process Taught	Maine LEARNING RESULT Links (Standard and PI) 1997	Strategies/Skills/Concepts/Secure Goals By the end of this grade level or course, learners will be able to know and use the following:	Resources (Complete bibliographic form for required texts or resources and lists of supplementary resources)	Assessments and Major Assignments (Tests, quizzes, projects, papers, homework, labs, etc.)
Basketball	<p>A. Physical Fitness 1, 2, 8</p> <p>B. Motor Skills 1, 2, 4, 5</p> <p>C. Personal and Social Interaction 1, 2, 5, 6, 7</p>	<p>Strategies</p> <ul style="list-style-type: none"> • Defense <ol style="list-style-type: none"> 1. see ball end person you are guarding 2. stay between basket and person you are guarding 3. play defense with your feet • Offensive <ol style="list-style-type: none"> 1. spread out 2. move the ball 3. work for high percentage shot 4. head up <p>Skills</p> <ul style="list-style-type: none"> • Dribbling • Defensive slide • Passing (chest, bounce, baseball, etc.) • Shooting • Lay ups <p>Concepts</p> <ul style="list-style-type: none"> • Safety • Be considerate of others • Including everyone • Basic rules (double dribble, travel, foul shots, etc.) 	<p>Internet Websites</p> <ul style="list-style-type: none"> • Educational • Skill based <p>Information received from other PE teachers, conferences, and meetings</p> <p>“How to” Books from personal library</p> <p>A study guide is prepared from all of the information gathered during this unit.</p>	<p>Written test produced by PE teacher from resources listed:</p> <ul style="list-style-type: none"> • Rules • Safety • Skills • Strategies

<p>Lacrosse</p>	<p>A. Physical Fitness 1, 7, 8</p> <p>B. Motor Skills 1, 4, 5</p> <p>C. Personal and Social Interactions 1, 2, 3, 5, 6, 7</p>	<p>Strategies</p> <ul style="list-style-type: none"> • By the end of the unit students will be able to demonstrate basic offensive and defensive strategies <p>Offensive</p> <ul style="list-style-type: none"> • Spread out • Move to open space (clear away from defenders) • Pass a “catchable” pass • Ready position <p>Defense</p> <ul style="list-style-type: none"> • Between offensive player and goal • Stick straight up and down • Ready position <p>Skills</p> <ul style="list-style-type: none"> • Over hand pass • Side arm pass • Cradle • Receive with soft hands • Students will be able to demonstrate proper lacrosse skills <p>Concepts</p> <ul style="list-style-type: none"> • Teamwork • Safety • Care of equipment • Etiquette (consideration of others) • Students will be able to demonstrate proper etiquette when participating in a game like lacrosse 	<p>Internet</p> <p>Educational websites</p> <p>Skill based websites</p> <p>Study guides and other information from other PE teachers</p> <p>“How to” books</p> <p>Each student receives a study guide containing information that will be on the test</p>	<p>Written test prepared by teacher over the following:</p> <ul style="list-style-type: none"> • Skills • Rules • Learning results • Safety • Strategies
------------------------	---	---	---	---

<p>Presidential Fitness Challenge</p> <p>and other fitness stations</p>	<p>A. Physical Fitness 1, 2, 3, 5, 6, 7, 8</p> <p>B. Motor Skills 2, 3, 5, 6</p> <p>C. Personal and Social Interactions 1, 2, 3, 6, 7</p>	<p>Strategies By the end of this unit students should have basic strategies for duration and intensity of exercise. Realizing that exercise needs to be done outside of the PE classroom. PE for 40 minutes every 3 days is not enough. Students will also demonstrate the knowledge of working at their own pace or level. Doing the best that they can do, not what their friends can do.</p> <p>Concepts Being “in shape” isn’t just being thin. There are many components of fitness. Students will demonstrate knowledge of these fitness components.</p> <ul style="list-style-type: none"> • Health related components: <ol style="list-style-type: none"> 1. flexibility, cardiovascular endurance, muscular strength and endurance, and body composition <p>Skills Students will be able to demonstrate proper technique of simple fitness stretches and exercises. Proper technique is vital for maximum results of fitness exercises.</p>	<p>Presidential fitness materials-sent every year via mail</p> <p>Information viewed on the internet</p> <p>“Study Guide” produced and modified each year by PE teacher</p>	<p>Recording sheet of results- each attempt over a period of 3-4 classes is recorded on this form.</p> <p>A written test (made up with study guide) is produced and modified each year by the PE teacher.</p> <p>Test is over fitness components, safety, and learning results.</p>
--	---	--	---	---

<p>Field Hockey</p> <p>Day 1</p> <ul style="list-style-type: none"> • Origin • Basic Rules • Equipment • Safety • Stick handling <p>Day 2</p> <ul style="list-style-type: none"> • Passing • Receiving • Push pass • Drive • Flick • Safety <p>Day 3</p> <ul style="list-style-type: none"> • Warm up with passes • Shooting • Safety <p>Day 4</p> <ul style="list-style-type: none"> • Specific game rules • Game • Review strategies • Safety <p>Days 5 & 6</p> <ul style="list-style-type: none"> • Same as Day 4 (hopefully less interruptions) 	<p>A. Physical Fitness 1, 6, 8</p> <p>B. Motor Skills 1, 4, 5</p> <p>C. Personal and Social Interactions 1, 2, 6</p>	<p>Strategies</p> <ul style="list-style-type: none"> • Offensive <ol style="list-style-type: none"> 1. spread out 2. pass to the space where your teammate is headed 3. ready position • Defensive <ol style="list-style-type: none"> 1. stand between opponent and the goal 2. see ball and the person you're guarding 3. ready position <p>By the end of this unit students will be able to demonstrate basic offensive and defensive strategies.</p> <p>Skills</p> <ul style="list-style-type: none"> • push pass • flick • drive • stick handle • receive <p>By the end of this unit students will be able to demonstrate basic field hockey skills</p> <p>Concepts</p> <ul style="list-style-type: none"> • team work • safety • care of equipment • etiquette <p>Students will demonstrate proper etiquette and safety along with appropriate personal and social interactions</p>	<p>Internet</p> <p>Educational websites</p> <p>Skill based websites</p> <p>Talk to field hockey coaches</p> <p>Study guides and other information from other PE teachers</p> <p>“How To” books</p> <p>Each student receives a study guide containing information that will be on the test</p>	<p>Written test over:.</p> <ul style="list-style-type: none"> • Skills • Rules • Learning results • Safety • Strategies
---	--	---	---	--

<p>Cup Stacking with Speed Stacks</p>	<p>A. Fitness 1. reaction time, speed, coordination</p> <p>B. Motor Skills</p> <p>C. Personal and Social Interactions 1, 2, 5, 6</p>	<p>Concept/Goal</p> <ul style="list-style-type: none"> • Bilateral proficiency • Following directions • Speed/quickness (hands) • Care of equipment <p>By the end of this unit students should develop some confidence in their non-dominant side. Students will also demonstrate the ability to follow simple directions (or steps) while stacking specially designed cups</p> <p>Strategies</p> <ul style="list-style-type: none"> • Soft touch/grip (relaxed hand) • Let gravity do the work • Sometimes slow and steady is better than fast • Practice, practice, practice • Muscle memory 	<p>CD and VCR tape that was included in the cup stacking kit</p> <p>“Speed Stacks” website</p>	<p>No tests or papers for this unit. Students just time and record their trials in order to increase their speed</p>
--	--	---	--	--

<p>Volleyball</p>	<p>A. Physical Fitness 2, 8 B. Motor Skills 4, 5 C. Personal and Social Interactions 1, 2, 3, 5, 6</p>	<p>Strategies By the end of this unit students will be able to demonstrate appropriate offensive and defensive strategies</p> <p>Offense</p> <ul style="list-style-type: none"> • Slow the ball down • Safely pass the ball to a teammate • Hit to an open space across the net <p>Defense</p> <ul style="list-style-type: none"> • Move feet to get under the ball • Communicate • Ready position <p>Skills</p> <ul style="list-style-type: none"> • Underhand and overhand serves • Bump • Overhead set (pass) • Spike <p>Concepts</p> <ul style="list-style-type: none"> • Teamwork/communication • Safety • Etiquette • Scoring • Positional rotations <p>Students will be able to demonstrate proper etiquette when safely participating in a game of volleyball</p>	<p>Internet Educational websites Skill based websites Study guides and/or other information from various PE teachers “How To” books Each student receives a study guide containing information covered during the unit</p>	<p>Written test over</p> <ul style="list-style-type: none"> • Skills • Rules • Learning results • Safety • Strategies
--------------------------	--	---	---	--

<p>Floor Hockey</p>	<p>A. Physical Fitness 1, 8 B. Motor Skills 2, 3, 4, 5 C. Personal and Social Interactions 1, 2, 6, 7</p>	<p>Strategies</p> <p>Offensive</p> <ul style="list-style-type: none"> • Move ahead of teammate with the puck • Play position-surround goal • Sticks on the floor <p>Defensive</p> <ul style="list-style-type: none"> • Stand between player and goal • Don't chase the puck- 1 person guard 1 person • Defense help offense <p>Skills</p> <ul style="list-style-type: none"> • Wrist shot ("push pass") • Snap shot • Receiving a pass • Use feet to redirect puck • Slap shot <p>Concept</p> <ul style="list-style-type: none"> • Safety • Care of equipment • Transitioning from offense to defense • Passing to a space in front of team mate • Being considerate of classmates 	<p>Internet websites</p> <ul style="list-style-type: none"> • Educational • Skill based <p>Information received from other PE teachers, conferences, and meetings</p> <p>"How To" books from personal library</p> <p>A study guide is prepared from all the information gathered during this unit on floor hockey</p>	<p>Written test produced by PE teacher from resources previously listed:</p> <ul style="list-style-type: none"> • Rules • Safety • Skills • Strategies
----------------------------	---	--	---	--

<p>Badminton</p>	<p>A. Physical Fitness 1, 8 B. Motor Skills 1, 3, 4, 5 C. Personal and Social Interactions 2, 5, 6, 7</p>	<p>Strategies</p> <p>Offensive</p> <ul style="list-style-type: none"> • Use variety of “shots” • Aim for open spaces • Move opponents <p>Defensive</p> <ul style="list-style-type: none"> • Ready position • Move feet • Recover to middle of court <p>By the end of this unit students will demonstrate basic strategies involved with the game of badminton</p> <p>Skills</p> <ul style="list-style-type: none"> • Forehand/backhand • Serve • Drop/clear/drive/smash <p>Concepts</p> <ul style="list-style-type: none"> • Scoring-singles/doubles • Rules-singles/doubles • Safety • Care of equipment • Etiquette 	<p>Internet</p> <ul style="list-style-type: none"> • Educational • Skills based websites <p>Information-handouts and study guides from other PE teachers</p> <p>“How To” books from personal library</p> <p>Study guide prepared from information reviewed during the unit on Badminton</p>	<p>Written test</p> <ul style="list-style-type: none"> • Rules • Safety • Skills • Strategies • Learning results
-------------------------	---	---	---	---

<p>Football</p>	<p>A. Physical Fitness 1, 8 B. Motor Skills 2, 4, 5 C. Personal and Social Interactions 2, 5, 6, 7</p>	<p>Strategies</p> <p>Offensive</p> <ul style="list-style-type: none"> • Work together as a team • Everyone needs to use their personal “strength” in order to move the ball down field <p>Defensive</p> <ul style="list-style-type: none"> • Everyone needs to “guard” an opponent • See the ball <u>and</u> opponent <p>Skills</p> <ul style="list-style-type: none"> • Throw • Catch • Kick (off tee) • Punt <p>Concepts</p> <ul style="list-style-type: none"> • Safety • Care of equipment • Being considerate of others • Throw the ball to the space your receiver is going toward 	<p>Internet</p> <ul style="list-style-type: none"> • Educational • Skills based websites <p>Information-handouts and study guides from other PE teachers</p> <p>“How To” books from personal library</p> <p>Study guide prepared from information reviewed during the unit on football.</p>	<p>Written test produced by PE teacher from resources previously listed</p> <ul style="list-style-type: none"> • Rules • Safety • Skills • Strategies • Learning results
------------------------	--	--	---	---

<p>Wiffle ball Softball</p>	<p>A. Physical Fitness 7, 8 B. Motor Skills 4, 5, 6 C. Personal and Social Interactions 2, 3, 5, 6, 7</p>	<p>Strategies</p> <p>Offensive</p> <ul style="list-style-type: none"> • Moving base runners • RBI's • Smart base running-if it isn't a force, the runner doesn't have to go <p>Defensive</p> <ul style="list-style-type: none"> • Trying to get the lead runner out • Not throwing the ball around <p>Skills</p> <ul style="list-style-type: none"> • Throwing • Catching • Base running • Hitting <p>Concepts</p> <ul style="list-style-type: none"> • Care of equipment • Safety • Taking turns • Allowing everyone equal opportunity • "Tagging up" on a flyball • "Force outs" • Basic rules 	<p>Internet</p> <ul style="list-style-type: none"> • Educational • Skills based websites <p>Information received from other PE teachers, conferences, and meetings</p> <p>"How To" books from personal library</p> <p>Study guide is prepared from information gathered during the unit</p>	<p>Written test produced by PE teacher from resources previously listed</p> <ul style="list-style-type: none"> • Rules • Safety • Skills • Strategies • Learning results
---	---	--	---	---

<p>Pickle ball</p> <p>A paddle and ball game similar to tennis</p>	<p>A. Physical Fitness 1, 8</p> <p>B. Motor Skills 4, 5, 6</p> <p>C. Personal and Social Interactions 1, 2, 6, 7</p>	<p>Strateiges</p> <p>Offensive</p> <ul style="list-style-type: none"> • Move your opponent(s) • Use variety of “shots” –spin ball <p>Defensive</p> <ul style="list-style-type: none"> • Ready position • Know where you are on course • Watch spin of ball <p>Skills</p> <ul style="list-style-type: none"> • Forehand • Backhand • Underhand serve • Drop shot – smash • Drive <p>Concepts</p> <ul style="list-style-type: none"> • Scoring • Alternating serves/courts • Rules • Safety • Care of equipment • Etiquette 	<p>Internet</p> <ul style="list-style-type: none"> • Educational • Skills based websites <p>Information received from other PE teachers, conferences, and meetings</p> <p>“How To” books from personal library</p> <p>Study guide is prepared from information gathered during the unit on pickle ball</p>	<p>Written test produced by PE teacher from resources previously listed</p> <ul style="list-style-type: none"> • Rules • Safety • Skills • Strategies • Learning results
---	--	---	--	---