Englewood Public School District Physical Education Grade 12

Unit 2: Basketball, Volleyball, and Lifetime Fitness

Overview: Students will develop lifetime fitness habits as they play recreational games such as basketball and volleyball. Students will continue to develop their coordination and balance while focusing on working together as a team. Cooperation and communication will be the focus as students are expected to work together with their peers and demonstrate good sportsmanship.

Time Frame: One Marking Period

Enduring Understandings:

Body awareness and coordination are necessary components of a fit individual.

Balance, coordination, and flexibility are key components of basketball concepts.

Basketball and related activities can effect and benefit the overall health of an individual.

Understanding how volleyball can effect and benefit the overall health of an individual.

Essential Questions:

How can basketball increase the fitness level of each individual?

Which components of fitness does basketball implement?

What do balance, coordination, and flexibility have to do with the concepts and performance of basketball?

What components of fitness does ultimate volleyball encompass?

What do balance, coordination and flexibility have to do with the concepts and performance of volleyball?

How can volleyball increase the fitness level of each individual?

Standards	Topics and Objectives	Activities	Resources	Assessments
Comprehensive Health	Topics		Equipment:	Formative Assessments:
and Physical Education			 Basketballs 	 Prior knowledge
	Basketball		Pinies	assessment
2.5.12.A.1			 Cones 	 Teacher assessment-
Explain and	Objectives		 Baskets 	visual
demonstrate ways to		Students will apply their	 Polly spots 	 Teacher assessment-
apply movement skills	Students will know and be	math skills as they look at	7 1	verbal
from one game,	able to:	the probability of hitting	Probability of Free Throws:	• Teacher observation
sport, dance, or		free throws.	http://mathalicious.com/lesso	of participation
recreational activity to	• Facilitate the learning of	(S.CP.3)(S.CP.6)	ns/three-shots	Teacher observation
another (e.g., striking	the rules, playing		TION COLUMN TO THE COLUMN THE COLUMN TO THE	of skills performance
skills from/to tennis,	regulations, and			or same performance

badminton, ping pong, racquetball).

2.5.12.A.2

Analyze application of force and motion (weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.

2.5.12.B.1

Demonstrate and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies.

2.5.12.B.2

Apply a variety of mental strategies to improve performance.

2.5.12.B.3

Analyze factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness.

2.5.12.C.1

Analyze the role, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their

- boundaries in the sport of basketball.
- Understand the different player positions on the court (ex. point guard, shooting guard, forward).
- Dribble a basketball correctly using both hands in a stationary position as well as while moving across the court with proper head and body position.
- Demonstrate the three types of passes used in basketball (ex. chest, bounce, overhead passes).
- Use proper form shooting from a stationary position.
- Demonstrate the understanding of the three basic shots in basketball (lay-up, foul shot, and jump shot).
- Demonstrate the proper defensive stance and position used in a variety of defenses.

Basketball Unit, Kelli McLarty, Gustavus Adolphus College

Basketball Showcase Unit Plan, Harper Creek High School, Brad Polnasek

- Rules
- Basketball Golf
- Backboard Pass
- King of the Hill
- Dot Drill Routine

Basketball Skills Unit, Cupertino High School

High School Physical Education Lesson Plans, Spark:

- This is How We Roll
- Basketball Practice Plan

Shooting, Basketball Lesson Plan, SCRIBD

Basketball Unit Plan, Hopton's Homeroom:

- Introduction
- Ball-Handling
- Passing
- Dribbling
- Shooting
- Offense
- Defense
- Basketball Game
- Skills Test

Basketball Unit, Kelli McLarty, Gustavus Adolphus College, http://homepages.gac.edu/~m

http://homepages.gac.edu/~mwenstro/bballunit.pdf.

Basketball Showcase Unit Plan, Harper Creek High School, Brad Polnasek www.each.albion.edu/bpolnas ek/files/2009/11/Basketball-Showcase-Unit-Plan.doc

Basketball Skills Unit, Cupertino High School http://www.chs.fuhsd.org/cms/resources?d=x&folder_group_id=1313209788044&group_id=1313209788044&id=1319 264968201

This is How We Roll, High School Physical Education Lesson Plans, Spark, http://www.sparkpe.org/physical-education/lesson-plans/high-school/

Shooting, Basketball Lesson Plan, SCRIBD, https://www.scribd.com/doc/9 2754725/Basketball-Unit-2-Lesson-Plan-Intro-Shooting-Week-1

Teacher Resources:

High School Basketball Training and Skills Development with Moore Management & OC Pride,

- Written and skills tests/quizzes
- Projects/class assignments
- DMHS grading rubrics

Summative Assessments:

Lay-up Test Rubric, Cupertino High School, CA, https://www.chs.fuhsd.org /cms/resources?d=x&fold er_group_id=1313209788 044&group_id=13132097 88044&id=131926496820

High School Basketball Skills Assessment, iRubric, https://www.rcampus.com/rubricshowc.cfm?code=C X78342&sp=yes&

Fitness Test for Basketball, Topend Sports http://www.topendsports.c om/sport/basketball/testin g.htm

Benchmark Assessment:

Common Formative Assessment

Alternative Assessment:

- Self-assessment
- Peer assessment
- Basketball Shooting Peer Assessment, PE

performance and behavior. 2.5.12.C.2 Develop rule changes to existing games, sports, and activities that enhance safety and enjoyment.			https://youtu.be/r0FvmstE6u8 Fabulous 15 Basketball Drills for All Ages, Teach Hoops, https://youtu.be/B1HGjkpyYf A Basketball Unit Plan, Hopton's Homeroom https://hoptonshomeroom.wik ispaces.com/file//Basketball +Unit_Grade9_4+weeks.pdf PE Games – Basketball	Central http://www.pecentral. org/LessonIdeas/Vie wLesson.asp?ID=118 4#.WgyKYEdryX0
			Shooting Game – Hot Spots, The PE Specialist, Youtube, https://youtu.be/xM_r3jNOyT_Q Secondary Lessonn Plan, Mr. Mohlis, Youtube, https://youtu.be/mSuZ-pZmYUI	
			 Additional Websites: www.pecentral.org www.pelinks4u.org www.educationworld.co m www.teachers.net www.lesson- plans.theteacherscorner.n et/pe www.lessonplanet.com 	
Comprehensive Health and Physical Education 2.5.12.A.1 Explain and demonstrate ways to	Topics Volleyball Objectives	Students will choose an Olympic sport to research.	Equipment:VolleyballsStandardsNetsCones/boundary lines	Formative Assessments: • Teacher assessment-visual

Olympic sport to research.

demonstrate ways to

apply movement skills from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball).

2.5.12.A.2

Analyze application of force and motion (weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.

2.5.12.B.1

Demonstrate and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies.

2.5.12.B.2

Apply a variety of mental strategies to improve performance.

2.5.12.B.3

Analyze factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness.

2.5.12.C.1

Analyze the role, responsibilities, and preparation of players,

Students will know and be able to:

- Perform fundamental skills such as bumping, setting, serving, and blocking.
- Understand and implement basic offensive and defensive techniques, both as a team and as individuals.
- Implement basic offensive and defensive positions on the court.
- Implement basic scoring principles, rotation principles, rules and regulations, safety concerns and understand the penalties for violations of these rules.
- Understand the dimensions of the playing court, boundaries and other areas of importance.
- Identify potential risks and dangers associated with physical activity and describe how to minimize these risks.
- Understand the importance of physical conditioning and its relationship to participation in the sport of volleyball.

Students will create a Google Slide presentation focusing on the preparation of the athlete, as well as costs associated. (NJSLS W11-12.7)(NJSLS W 11-12.6)

Students will share their presentation with another small group. (NJSLS SL 11-12.1)

Volleyball Unit Plan, Steven Baker, Livonia Public Schools, MI

Serve, Then Defend, SPARK High School PE Lessons

Foxtail Volleyball, Mike Bohannon, Great Activities, PE Matters!

Volleyball Drills and Games, Schoolyard Specialty:

- Volley Tennis
- Mini Volleyball
- 3rd Hits a Charm
- Royal Court Tournament

Volleyball Forearm Pass, PE Central

Volleyball Tennis, PE Central Volleyball Unit Plan, Steven Baker, Livonia Public Schools, MI, https://msu.edu/~bakers12/Volleyball%20Unit%20Plan.html Serve, Then Defend, SPARK

High School PE Lessons, http://www.sparkpe.org/physical-education/lessonplans/high-school/

Foxtail Volleyball, Mike Bohannon, Great Activities, PE Matters! https://greatactivitiesonline.co m/foxtail-volleyball/

Games, Schoolyard Specialty, http://blog.schoolspecialty.co http://blog.schoolspecialty.co <a href="mailto:m/physical-education-mailto:m

Volleyball Forearm Pass, PE Central, http://www.pecentral.org/less onideas/ViewLesson.asp?ID= 2941#.Wg2SeUdryX0

Volleyball Tennis, PE Central http://www.pecentral.org/less onideas/ViewLesson.asp?ID=8501#.Wg2S4kdryX0

Volleyball Lesson Plan, Study.com

- Teacher assessment-verbal
- Teacher observation of participation
- Written/skills tests/quizzes
- Projects/class assignments
- DMHS grading rubric

Summative Assessments:

Volleyball/Net Skills Quick Assessment, PE Central Assessment, http://www.pecentral.org/lessonideas/ViewLesson.as p?ID=8023#.Wg2TCUdry X0

Underhand Volleyball Serving Skills, PE Central http://www.pecentral.org/lessonideas/ViewLesson.as p?ID=4580#.Wg2TZ0dry X0

Volleyball Online Quiz, PE Central, http://www.pecentral.org/lessonideas/ViewLesson.as p?ID=4931#.Wg2TikdryX

Alternative Assessment:

- Teacher observation of skills performance
- Self-Assessment

officials, trainers, and other participants and recommend strategies to improve their performance and behavior.

2.5.12.C.2

Develop rule changes to existing games, sports, and activities that enhance safety and enjoyment. Underhand Volleyball Serving Skills, PE Central

Volleyball Lesson Plan, Study.com

11th Grade Volleyball Unit Plan, Luke Merrill, Plymouth State University:

- Soccer Volleyball
- Juggle Juggle
- Warm Up Game

Volleyball Unit Plan, Rowan University Department of Health and Exercise Science:

- Introduction
- Passing
- Blocking
- Spiking
- Team Juggle
- Exhibition Game

Volleyball Lessons, Bethany Berger, Phillipsburg-Osceola Senior High

- Volleyball Lesson 1 -Forearm Pass/Set
- Volleyball Lesson 3 –
 Game Play-Using All
 Hits
- Volleyball Lesson 4 Game Play Variations

http://study.com/academy/pop ular/volleyball-lessonplan.html

11th Grade Volleyball Unit Plan, Luke Merrill, Plymouth State University: www.plymouth.edu/eportfolio/artefact/file/download.php?fil e=149903&view...

Volleyball Unit Plan, Rowan University Department of Health and Exercise Science, www.users.rowan.edu/~coluc c19/unit.plan.volleyball.doc

Forearm Pass/Set, Bethany Berger, Phillipsburg-Osceola Senior High https://bethberger.weebly.com/lesson-plans.html

Additional Websites:

- www.pecentral.org
- www.pelinks4u.org
- www.educationworld.co m
- www.teachers.net
- www.lessonplans.theteacherscorner.n et/pe
- www.lessonplanet.com

- Peer assessment
 Volleyball Set
 Pass Peer
 Assessment, PE
 Central
 Assessment,
 http://www.pecent-ral.org/lessonideas
 /ViewLesson.asp?I
 D=1200#.Wg2SZk
 dryX0
- Volleyball
 Forearm Pass Peer
 Assessment, PE
 Central
 Assessment,
 http://www.pecent-ral.org/lessonideas/ViewLesson.asp?I
 D=1199#.Wg2SuE
 dryX0

Comprehensive Health and Physical Education

Topics

Lifetime Fitness

Objectives

Equipment:

- Hurdles
- Agility Ladder
- Floor hoops
- Medicine Balls

Formative Assessments:

- Pulse rate monitors
- TeacherObservations

Analyze application of force and motion (weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.

2.5.12.B.2

Apply a variety of mental strategies to improve performance.

2.5.12.B.3

Analyze factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness.

2.5.12.C.2

Develop rule changes to existing games, sports, and activities that enhance safety and enjoyment.

2.6.12.A.2

Design, implement, and evaluate a fitness plan that reflects knowledge and application of fitness-training principals. (FITT and additional training principles)

2.6.12.A.3

Determine the role of genetics, gender, age, nutrition, activity level,

Students will be able to:

- Demonstrate an understanding of the components of cardiovascular fitness
- Demonstrate an understanding of the components of muscular strength
- Demonstrate an understanding of the components of muscular endurance
- Demonstrate an understanding of the components of flexibility
- Demonstrate an understanding of the components of core body strength
- Demonstrate an understanding of how proper nutrition, proper health habits affect overall fitness levels
- Demonstrate an understanding of proper safety measures associated with fitness training
- Demonstrate an understanding of proper warm up and cool down techniques and procedures.

Students will choose a health goal to work on for the semester. Students will review various fitness and health apps to use to meet this goal. (NJSLS W.11-12.7)

Cardiovascular Fitness Activities:

- Lecture and Demonstration
- Warm Up
- Circuit Training
- Jump rope Training
- Interval Training
- Walking for fitness
- Heart Rate Training with Pulse Monitors
- Commercial aerobic activities (Tac-Bo, Power 90, etc.)
- Weight Training
- Speed and Agility Training
- Fitness Games
- Dance

Muscular Strength Activities:

- Warm up and Cool down
- Stretching
- Weight Lifting
- Stretch Cords
- Balance Pads
- Core body activities
- Body weight activities
- Circuit training
- Speed and agility training

- Push-up mats
- Mats
- Running Man
- Exercise Dice
- FITT worksheets

Lifetime Fitness Activities, LiveStrong.com, https://www.livestrong.com/art icle/119292-lifetime-fitnessactivities/

Teacher Resources:

Educators Doing Their Best to Make Lifelong Fitness Appealing to PE Students, 40 Athletic Business, https://www.athleticbusiness.com/high-school/educators-doing-their-best-to-make-lifelong-fitness-appealing-to-pe-students.html

10 Ideas to Improve Your School's PE Program, SPARK, http://www.sparkpe.org/blog/1 0-ideas-to-improve-yourschools-pe-program/

New PE Trend Stresses Fitness and Fun, Education World, http://www.educationworld.co m/a_curr/curr346.shtml

- Written tests
- Skill tests

Summative Assessments:

Lifetime Fitness Activity Log, OnlineHS.net, http://www.onlinehs.net/p e/activity/ActivityLog_Ru bric.pdf.

Lifetime Fitness Rubric, Freeman High School, WA, https://www.freemansd.or g/site/Default.aspx?PageT ype=3&DomainID=87&P ageID=521&ViewID=c9e 0416e-f0e7-4626-aa7bc14d59f72f85&FlexDataI D=4514

Active Metabolic Assessment, Lifetime Fitness. https://shop.lifetimefitness .com/medias/Active-Metabolic-Assessment.pdf?context= bWFzdGVyfHJvb3R8NiU 5NDk0fGFwcGxpY2F0a W9uL3BkZnxoMjMvaDZ mLzg4MDc5MTOvNzO4 NDYucGRmfGRmODhm NjhlODZmOGE4MzBhM idhZDNhZmMxZiNmYW M1ZiFlMzVlMDkvMGJ mNzBhYWUxMzEzMjI2 ZTNhZTI3ZDA

Alternative Assessment:

and exercise type on body composition.

2.6.12.A.4
Compare and contrast the impact of health-related fitness components as a measure of fitness and health.

• Isometric

Muscular Endurance Activities:

- Stretching
- Calisthenics
- Lecture and Demonstration
- Warm up
- Circuit Training
- Jump Rope Training
- Interval Training
- Walking for fitness
- Commercial Aerobic Activities (ie. Tae-Bo, Power 90, etc.)
- Speed and Agility Training
- Fitness Games
- Dance
- Medicine Ball Activities
- Balance Pads
- Stretch Cords

Flexibility Activities:

- Warm up and Cool down
- Lecture and Demonstration
- Stretching
- Static Stretching
- Partner Stretching
- Medicine Balls
- Balance Pads
- Dance

Core Body Strength Activities:

• Warm up and Cool down

- Teacher observation of skills performance
- Self-Assessment
- Peer assessment
- Student rubric
- Performance charts
- Performance tests

- Lecture and Demonstration
- Stretching
- Physio Balls
- Medicine Balls

Nutrition, Health Habits:

- Lecture and Demonstration
- Nutrition and strength gains
- Nutrition and endurance
- Nutrition and sport performance
- Nutrition and recovery
- Effect of negative health habits on general fitness and athletic performance

Safety:

- Lecture and Demonstration
- Proper use of equipment
- Proper cleaning of equipment after use
- Use of safety equipment
- Understanding mechanics, capabilities and training thresholds for personal safety

Warm Up and Cool Down:

- Lecture and Demonstration
- Stretching
- Jogging
- Calisthenics
- Jump Rope
- Breathing Activities
- Game Activity
- Walking

Students will gather data from the app they used and present to their peers in small groups.(NJSLS SL 11-12.1)

Key Vocabulary:

Basketball

- **Traveling** A violation in which the ball-handler moves both feet to a different spot on the floor without dribbling.
- Double Dribble A violation in which the ball-handler dribbles with both hands or when the ball-handler dribbles, picks up the dribble (stops dribbling) then dribbles again.
- **Jump shot** a shot made while jumping
- Lay up a one-handed shot made from near the basket, especially one that rebounds off the backboard
- Foul shot a free throw made from the foul line
- Offense the team with possession of the ball
- **Defense** the team without possession of the ball
- Zone Defense a defensive strategy based on individuals being responsible for defense of a particular area
- Man to Man a defensive strategy based on individuals being responsible for defending against individual members of the opposing team
- Point Guard the player who runs the team's offense by controlling the ball and making sure that it gets to the right players at the right time
- Small Forward a versatile position who can score from long or short range
- Center often the tallest plater, the center is responsible for scoring close to the opposing basket and guarding close to their own
- Shooting Guard a position that tends to take shots from outside the score zone
- **Dribbling** consists of bouncing the ball on the floor continuously with one hand while walking or running down the court
- Chest Pass a pass in which the ball is propelled away from the chest with a quick extension of the hands and arms
- Carry occurs when the dribbling player continues to dribble after allowing the ball to come to rest in one or both hands
- Bounce Pass a pass to a teammate that is made by bouncing the ball once
- Overhead Pass a pass made by snapping the ball from behind the head to a teammate, similar to a throw-in in soccer
- Scoring points accumulated by getting the ball into the basket, either as a field goal (2 or 3 points) or a free throw (1 point)

Volleyball

- Regulation Game a match of volleyball played to 25 points, with the winning team winning by at least two points
- Tournament Play matches of volleyball played in succession, with each wining team advancing to the next round
- **Pass/bump** to pass the ball using locked forearms
- Set the tactical skill in which a ball is directed to a point where a player can spike it into the opponent's court
- Spike a ball contacted with force by a player on the offensive team who intends to terminate the ball on the opponent's floor or off the opponent's blocker
- Serve used to put the ball into play by hitting it over the net to the opposing team
- **Block** A defensive play by one or more front row players meant to deflect a spiked ball back to the hitter's court

- 10ft line the line that divides the front row players from the back row players
- Scoring points accumulated by causing the opposing team to fail in passing the ball over the net within three attempts
- Rotation the clockwise movement of players around the court and through the serving position following a side out
- **Dink** a legal push of the ball around or over blockers

Integration of 21st Century Standards:

9.2.12.C.3 Review career goals and determine steps necessary for attainment.

Accommodations and Modifications:

Students with special needs: Support staff will be available to aid students related to IEP specifications. 504 accommodations will also be attended to by all instructional leaders. Physical expectations and modifications, alternative assessments, and scaffolding strategies will be used to support this learning. The use of Universal Design for Learning (UDL) will be considered for all students as teaching strategies are considered. Additional safety precautions will be made along with additional staff so all student can fully participate in the standards associated with this curriculum.

ELL/ESL students: Students will be supported according to the recommendations for "can do's" as outlined by WIDA - https://www.wida.us/standards/CAN_DOs/

This particular unit has limited language barriers due to the physical nature of the curriculum.

Students at risk of school failure: Formative and summative data will be used to monitor student success at first signs of failure student work will be reviewed to determine support this may include parent consultation, basic skills review and differentiation strategies. With considerations to UDL, time may be a factor in overcoming developmental considerations. More time and will be made available with a certified instructor to aid students in reaching the standards.

Gifted and Talented Students: Students excelling in mastery of standards will be challenged with complex, high level challenges related to the complexity of the Dance requirements. This will include allowing more opportunities to demonstrate creativity and the design of original choreography.

English Language Learners

- Relate to sports in students home country if newcomer
- Videos should include closed captions in student's native language (as appropriate)
- Speak and display terminology and movement
- Teacher modeling
- Peer modeling
- Label classroom materials

Special Education

- Lower level text
- Utilize modifications & accommodations delineated in the student's IEP
- Change movement requirements
- Focus on student's attempts instead of precise form
- Work with paraprofessional
- Provide prompts and

At-Risk

- Lower level text
- Using visual demonstrations, illustrations, and models
- Give directions/instructions verbally and in simple written format.
- Peer Support
- Reminders can be provided
- Increase one on one time
- Teachers may modify instructions by modeling what the student is

Gifted and Talented

- Students can create a brochure advertising the meditation app they chose
- Inquiry-based instruction
- Higher order thinking skills
- Adjusting the pace of lessons
- Interest based content (other sports)
- Real world scenarios
- Student Driven Instruction

• Word walls	reminders Break tasks into manageable chunks Use multi-sensory teaching approaches. Textured balls, and other props provide helpful visual, auditory, and tactile reinforcement of ideas. Work with a partner Provide concrete examples and relate all new movements to previously learned moves (practice kicking into the air first). Solidify and refine concepts through repetition.	expected to do Review behavior expectations and make adjustments as needed. Provide analogies (this is like)	
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Interdisciplinary Connections:

ELA - NJSLS/ELA:

NJSLS W.11-12.6. Use technology, including the Internet, to produce, share, and update individual or shared writing products in response to ongoing feedback, including new arguments or information.

NJSLS W.11-12.7. Conduct short as well as more sustained research projects to answer a question (including a self-generated question) or solve a problem; narrow or broaden the inquiry when appropriate; synthesize multiple sources on the subject, demonstrating understanding of the subject under investigation.

SL.11-12.1. Initiate and participate effectively in a range of collaborative discussions (one-on- one, in groups, and teacher-led) with peers on *grades* 11–12 topics, texts, and issues, building on others' ideas and expressing their own clearly and persuasively.

Math:

S-CP-3. Understand the conditional probability of *A* given *B* as *P*(*A* and *B*)/*P*(*B*), and interpret independence of *A* and *B* as saying that the conditional probability of *A* given *B* is the same as the probability of *A*, and the conditional probability of *B* given *A* is the same as the probability of *B*. S-CP-6. Find the conditional probability of *A* given *B* as the fraction of *B*'s outcomes that also belong to *A*, and interpret the answer in terms of the model.

Integration of Technology Standards NJSLS 8

- 8.1.12.C.1 Develop an innovative solution to a real world problem or issue in collaboration with peers and experts, and present ideas for feedback through social media or in an online community.
- 8.2.12.E.1 Demonstrate an understanding of the problem-solving capacity of computers in our world.

Career Ready Practices:

- CRP2. Apply appropriate academic and technical skills
- CRP3. Attend to personal health and financial well-being.
- CRP4. Communicate clearly and effectively and with reason.
- CRP8. Utilize critical thinking to make sense of problems and persevere in solving them.
- CRP11. Use technology to enhance productivity.
- CRP12. Work productively in teams while using cultural global competence.