

BASKETBALL – DAYS 1-2

Opening (Engage)

Why is basketball such a popular sport, especially in the inner city?

Standards

PEHS.5, PEHS.5b, PEHS.5c

PEHS.6, PEHS.6a

EQ

Why is a good knowledge of the rules of basketball necessary to play a credible game?

How does a knowledge of basketball rules contribute to good sportsmanship?

* Vocabulary

Jump ball	3 seconds	Bounce pass	Double dribble	Violation
Free throw	Charging	Jump shot	Chest pass	Foul
Traveling	Blocking	Set shot	3-pointer	

Mini Lesson

Learning history, vocabulary and rules of basketball.

Basketball Vocabulary Quiz

Writing Connection

- * Go to the Internet and find a site on the history of basketball. Read it and then write a synopsis of the article.
- * Go to the Internet and find a site listing the first 13 rules of basketball and write them down.
- * Look up the definitions of the vocabulary words listed and write them down.
- * Basketball Worksheet.

End of Unit Assessment

Results from quizzes and written assignments.

Closing

Review of material presented in class.

Homework- Watch a basketball game on television. Report on teams that played, halftime score, final score, and 5 fouls (who made the fouls and what were the fouls?)

BASKETBALL – DAYS 3-4

Opening (Engage)

Who is your favorite NBA player of all time? Why? What position did he play? What do you think made him so good?

Standards

PEHS.1, PEHS.1c

PEHS.2, PEHS.2c

PEHS. 4, PEHS.4c, PEHS.4d

EQ

What skills are required to play a credible game of basketball?

What positions are involved in basketball and how does each position contribute both offensively and defensively?

*Vocabulary

Center	Breakaway	Pick	Pivot
Guard	3 pointer	Screen	Cutting
Forward	Foul Shot	Dribble	Lay-up

Mini Lesson

Learning the positions of basketball and responsibilities of those positions.
Basketball Practice Quiz

Writing Connection

- * Write down the various basketball positions (3) and their responsibilities.
- * Name and discuss 2 offensive and defensive strategies. Hint: Consult <http://www.ducksters.com/sports/basketballstrategy.php>
- * Find 10 websites that are good for informing someone on the rules and fundamentals of basketball.
- * What teams made it to the “Sweet Sixteen” this year?
Using the NBA website, create your ultimate dream team of today’s players. Justify your choices with specific statistics.

End of Unit Assessment

Results of quizzes and collected assignments.

Closing

Review of content covered.

SOCCER – DAYS 1-2

Opening (Engage)

Why do you think that soccer is the most popular sport in the world, but has not caught on in America?

Standards

PEHS.5, PEHS.5b, PEHS.5c

PEHS.6, PEHS.6a

EQ

How are the laws of soccer similar to those of the rules of basketball?

What positions in soccer are offensive? Defensive? Both?

* Vocabulary

Goalie	Forward	Foul	Goal Area
Fullback	Sweeper	Touch Line	Penalty Area
Halfback	Goal	Goal Line	Penalty

Mini Lesson

Learning the laws of soccer. www.fifa.com

Laws of Soccer Quiz

Writing Connection

* Take a designated Law from the FIFA website and summarize it in your own words.

End of Unit Assessment

* Results from quiz and collected assignment.

Closing - Review

SOCCER – DAYS 3-4

Opening (Engage)

What position in soccer do you think that you are most qualified to play?

Standards

PEHS.1, PEHS.1a

PEHS.4, PEHS.4c, PEHS.4e

PEHS.2, PEHS.2c

EQ

What are the necessary skills required to play soccer?

How does one's diet affect his ability to participate in soccer (or any other sport)?

*Vocabulary

Dribbling	Kicking	Off sides	Goal Kick	Yellow card
Passing	Heading	Ball control	Corner kick	Tackling
Penalty kick	Free kick	Throw in	Red card	Hands

Mini Lesson

Learning the positions of soccer and the responsibilities of those positions.

What qualities are necessary for an individual to possess to play each position?

How does age impact this?

Writing Connection

* Small Groups – Design a soccer field and list its dimensions and demarcations, and illustrate each player's territorial coverage on the field.

* Write down the various soccer positions and their responsibilities. What does it take to excel at each given position, i.e., what attributes does a person need to effectively play his given position?

End of Unit Assessment

* Soccer test on laws and positions of soccer.

Closing –Review of material covered.

BASEBALL – DAYS 1-2

Opening (Engage)

Why is baseball call the national pastime?

Standards

PEHS.1, PEHS.1a

PEHS.2, PEHS.2c

PEHS.4, PEHS.4c

PEHS.5, PEHS5.c

PEHS.6, PEHS.6a

EQ

How do the rules of baseball differ from one setting to another?

Why is a knowledge of the rules of baseball necessary to the enjoyment of the game?

*Vocabulary

Ball	Walk	Run	Single	Home run
Strike	Inning	RBI	Double	Sacrifice fly
Out	Hit	Base	Triple	Bunt

Mini Lesson

Learning the history, vocabulary and basic rules of baseball.

Baseball vocabulary quiz

Writing Connection

*Find an Internet website which gives the history of baseball and write a summary of that history.

*Go to the Internet and find a website dealing with the rules of baseball. Write down 20 of those rules in your own words.

End of Unit Assessment

Results of quiz and written assignments.

Closing

Homework

Watch a baseball game on television and answer the following questions:

What teams played?

What was the final score?

Who got any extra-base hits? What were they?

Who was the winning pitcher? Who was the losing pitcher?

What were the key hits/plays of the game?

If you were coaching/managing the losing team for this game, what would you have done differently?

BASEBALL – DAYS 3-4

Opening (Engage)

Who is your favorite baseball team and player? Why?

Standards

PEHS.1, PEHS.1a

PEHS.2, PEHS.2c

PEHS.4, PEHS.4c

PEHS.5, PEHS.5.c

PEHS.6, PEHS.6a

EQ

What are the nine positions on a baseball team?

What unique qualifications must each player possess to effectively play his position?

* Vocabulary

Pitcher	Second base	Outfield	Pop fly
Catcher	Third base	Infield	Grounder
First base	Shortstop	Line drive	Force out

Mini Lesson

Learning the responsibilities of each position in baseball.

Learning the mascots of various major league baseball teams.

Writing Connection

- * From an Internet website, write the responsibilities of each position on a baseball team and the physical attributes required to effectively play that particular position.
- * Go to www.mlb.com and write down the teams and their names. Note which league each team is in.
- * Write a 1-2 page biography on any MLB player of your choice.

End of Unit Assessment

Test given on baseball rules and positions.

Closing

Review of material presented in class.

SOFTBALL – DAYS 1-2

Opening (Engage)

How does softball differ from baseball?

Standards

PEHS.1, PEHS.1a

PEHS.2, PEHS.2c

PEHS.5, PEHS.5b, PEHS.5c

PEHS.6. PEHS.6a

EQ

What rules are different in softball as compared to baseball?

* Vocabulary

Underhand	Overhand	Arc
Pitcher's Circle	Ball	Strike
Out	Three finger grip	Steal

Mini Lesson

Learning the rules of softball

Rules of Softball quiz

Writing Connection

- *Look up a website addressing the history of softball and write a summary.
- *Go to a website explaining the rules of softball and list at least 10 different ways that softball differs from baseball.

End of Unit Assessment

- *Results from quiz and collected assignment.

Closing – Review

SOFTBALL – DAYS 2-3

Opening (Engage)

Standards

PEHS.1, PEHS.1a

PEHS.2, PEHS.2c

PEHS.5, PEHS.5b, PEHS.5c

PEHS.6, PEHS.6a

EQ

What positional strategies or compensations must a person make when shifting from baseball to softball?

Why is softball more popular than baseball as a participatory sport as one gets older?

* Vocabulary

First Base

Second Base

Third Base

Home

Pitcher

Catcher

Shortstop

Left Fielder

Center Fielder

Right Fielder

Umpire

Short Fielder

Mini Lesson

What are the positions and positional responsibilities in softball?

How do the decreased dimensions of a softball field affect how a person plays that position?

How do the dimensions of a softball field differ from that of a baseball field? How does this affect the way the game is played?

Writing Connection

* Write a diagram of BOTH a baseball field and a softball field to include appropriate dimensions and positions of players.

* Test on the rules and aspects of softball.

End of Unit Assessment

Results of test and assignments

Closing

Review of unit and answering questions on material presented

FOOTBALL – DAYS 1-2

Opening (Engage)

If you could be anyone in the NFL, who would you be? Why? (What is it about that person that makes you want to emulate them?)

Standard

PEHS. 5, PEHS. 5b, PEHS. 5c

PEHS. 6, PEHS.6a

EQ

How does a knowledge of the rules of football promote sportsmanship?

How does football promote a sense of comradery and health enhancement?

*Vocabulary

Back	Clipping	Field Goal	Fumble	Place kick
Blitz	End Zone	First Down	Goal	Punt
Block	Fair Catch	Flag	Interception	Reverse

Mini Lesson

Learning the fundamental rules of football

www.duckster.com/sports/footballrules.php

Learning the positions on a football team

Writing Connection

- * Go to 5 different football Internet sites that discuss the rules. Critique the content, saying what you do/don't like about it. Why?
- * Write a 1-2 page summary of the history of football based upon 2 or more websites. Be sure to list the web addresses.

Closing – Review of material presented that day.

FOOTBALL – DAYS 3-4

Opening (Engage)

What position in football requires the most stamina? Intelligence? Agility?

Standard

PEHS.1, PEHS.1a

PEHS.2, PEHS.2c

PEHS.5, PEHS.5b, PEHS.5c

PEHS.6, PEHS.6a

EQ

What factors are important when considering which position to play in football?

How does one's physical condition affect the position chosen and his ability to play that position?

* Vocabulary

Quarterback	Linebacker	Tackle	Guard
Wide Receiver	Tight End	Nose Guard	Center
Running Back	Safety	Fullback	Halfback
Cornerback	End		

Mini Lesson

Learning the positions in a traditional football formation and their responsibilities.

Learning the skills required to play football.

Writing Connection

- * Find a website that lists and explains the positional assignments in football. Describe what those positional assignments are.
- * Draw a diagram of both an offensive set up and defensive set up.
- * As a group, list the responsibilities of each football position.
- * Go to nfl.com and list all NFL teams and names according to their division and region.

End of Unit Assessment

- * Football Test

Volleyball – Days 1-2

Opening (Engage)

How does volleyball promote cooperation and comradery more than most other team sports?

Standards

PEHS.1, PEHS.1a

PEHS.2, PEHS.2c

PEHS.4, PEHS.4c

PEHS.5, PEHS.5b, PEHS.5c

PEHS.6. PEHS.6a

EQ

How does a working knowledge of the rules of volleyball contribute to the enjoyment of the game?

* Vocabulary

Serve	Dig	Sideout	Out of bounds	Block
Spike	Dive	Point	Net	Dink
Set	Bump	Foot fault	Ace	Jump serve

Mini Lesson

Learning the basic rules and vocabulary of volleyball.

Learning the history of volleyball.

Writing Connection

- * Go online and find two websites which tell of the history of volleyball. Write a synopsis and site the web addresses.
- * Go online and find a website explaining the rules of volleyball. Read them and summarize them in your own words.

End of Unit Assessment

Assignment given and collected

- * Quiz on history and rules of volleyball.

Closing

Review of material presented

VOLLEYBALL – DAYS 3-4

Opening (Engage)

Why is volleyball still a popular team sport as one gets older?

Standards

PEHS.1, PEHS.1a

PEHS.2, PEHS.2c

PEHS.4, PEHS.4c

PEHS.5, PEHS.5b, PEHS.5c

PEHS.6, PEHS.6a

EQ

How does a 6-man rotation differ from a 9-man rotation?

What is the purpose of the back row in volleyball?

*Vocabulary

Rally

Rotation

Serving position

Net foul

Forearm pass

Violation

Carry

Volley

Double hit

Court

Let serve

Baseline

Mini Lesson

Learning the rotations for various formations in volleyball.

Learning positional responsibilities in volleyball

Writing Connection

* Draw a diagram of the 6-man and 9-man rotations on a volleyball court.

* List and describe 5 violations in volleyball

* Write the positional responsibilities of the back and front lines in volleyball

End of Unit Assessment

* Volleyball test

Collected assignments

Closing

Review of material presented

GYMNASTICS DAYS 1-2

Opening (Engage)

How did gymnastics originate?

Standards

PEHS.1, PEHS.1a, PEHS.1b

PEHS.2, PEHS.2a, PEHS.2b, PEHS.2c

PEHS.5, PEHS.5c, PEHS.5d

PEHS.6, PEHS.6a, PEHS.6b

EQ

What events are in both women's and men's gymnastics?

What physical attributes are required to be successful in gymnastics?

What event(s) would you be most successful in? Why?

*Vocabulary

Parallel Bars

Floor Exercise

Balance Beam

Rings

Horizontal Bar

Vault

Pommel Horse

Uneven Parallel Bars

Mat (Crash Pad)

Tuck

Pike

Stretch (Open, Layout)

Mini Lesson

Learning how gymnastics started.

Learning the various events for both men and women.

Writing Connection

*Go to a website that discusses the history of gymnastics and write a summary of the history presented.

*Research a particular gymnastics event and report on it. Report should include – but not limited to – attributes of participants, training and diet that it takes to excel at that event. Also include the required moves in a routine of an elite athlete competing in that event using correct terminology.

End of Unit Assessment

Results from assignment given.

Closing

Review of material covered.

GYMNASTICS DAYS 3-4

Standards

PEHS.1, PEHS.1a, PEHS.1b

PEHS.2, PEHS.2a, PEHS.2b, PEHS.2c

PEHS.5, PEHS.5c, PEHS.5d

PEHS.6, PEHS.6a, PEHS.6b

EQ

Who is your favorite gymnast? Why?

What internal attributes are required to become a successful gymnast?

List five events and then five skills that gymnasts are required to perform for those events.

Describe in detail what those skills are and how they are executed.

Mini Lesson

Learning what it takes to become an elite gymnast.

Learning the history of Olympic gymnastics.

Learning the skills of the various events in gymnastics.

Writing Connection

★ Research the history of Olympic gymnastics and write a summary of that history.

★ Research the life of a famous gymnast and write a brief (2 pages) biography.

Watch “Little Girls in Pretty Boxes” (segments 3-9) and write a summary/opinion about it (1-2 pages).

End of Unit Assessment

Results from assignments given.

Closing

Review of material covered.

TRACK & FIELD DAYS 1-2

Opening (Engage)

What is your favorite track & field event? Why?

Standard

PEHS.1, PEHS.1a, PEHS.1b

PEHS.2, PEHS.2a, PEHS.2c

PEHS.3, PEHS.3b

PEHS.4, PEHS.4c, PEHS.4d, PEHS.4e, PEHS.4f

PEHS.5, PEHS.5b, PEHS.5c, PEHS.5d

PEHS.6, PEHS.6a, PEHS.6b

EQ

How did track & field start?

What are the traits required to be a successful sprinter?

How does the physique of a sprinter differ with that of a distance runner?

✧ Vocabulary

Acceleration	Anchor	Blind pass	Biomechanics
Changeover	Dashes	Deceleration	Draft
Endurance	False start	Fast twitch muscle fiber	Headwind
Intensity	Hurdles	Interval training	Kick

Mini Lesson

Learning the history of track & field and the various world records for their events.

Writing Connection

- ✧ Find a website which gives an extensive history of track & field and write a summary.
- ✧ (Small Groups) Make a table of the 25 world track & field records. Include the event, the person, his country of origin, the time/distance, where, and date the record was established. Girls can submit women's world records and boys can submit men's world records.

End of Unit Assessment

Assignments handed in

Closing- Review of material presented.

TRACK & FIELD DAYS 3-4

Opening (Engage)

How did the Olympics originate?

Standards

PEHS.1, PEHS.1a, PEHS.1b

PEHS.2, PEHS.2a, PEHS.2c

PEHS.3, PEHS.3b

PEHS.4, PEHS.4c, PEHS.4d, PEHS.4e, PEHS.4f

PEHS.5, PEHS.5b, PEHS.5c, PEHS.5d

PEHS.6, PEHS.6a, PEHS.6b

EQ

In a relay race, how is the race typically won or lost? Why is this so?

Judging yourself, what event(s) in track & field would you personally have the greatest chance of success at? Why?

Why is running such a good form of exercise and physical fitness for the body?

✧ Vocabulary

Lap	Lactic acid	Leg	Middle distance races
Overstriding	Overtraining	Passing zone	Recovery
Rabbit	Race walk	Relay	Slow twitch muscle fiber
Spikes	Split	Tail wind	VO2 Max

Mini Lesson

Learning how the Olympics began and the part they play in track & field.

Specializing in one track & field event.

Writing Connection

- ✧ Go to a website giving a comprehensive history of the Olympics, especially as concerns track & field, and write a summary of that information.
- ✧ Research an individual track & field event and describe what attributes, training and diet it takes to excel at that event.
- ✧ Research an individual track & field athlete who excelled in his/her event and write a 1-2 page biography of that person.

End of Unit Assessment

Results from assignments given.

Closing

Review off material covered.