

TOPIC	Fitnessgram	Leisure Sports and activities (team sports)	Team sports (court games)	Team sports (Net games)	Team sports (Outside field games)	Liesure sports and activities (individual or pair sports)	Fitness and goal setting	Orienteering
Illinois State Standards	20.C20.B20.A.ECb19.C.ECa	19.A.ECa19.A.ECb19.A.ECc19.A.ECd19.B.ECa19.B.ECb19.B.ECc19.C.ECa20.A.ECa20.A.ECb21.A.ECa21.A.ECb21.B.ECa22.A.ECc22.B22.C24.A24.B24.C.ECa	19.A.ECa19.A.ECb19.A.ECc19.A.ECd19.B.ECa19.B.ECb19.B.ECc19.C.ECa20.A.ECa20.A.ECb21.A.ECa21.A.ECb21.B.ECa22.A.ECc22.B22.C24.A24.B24.C.ECa	19.A.ECa19.A.ECb19.A.ECc19.A.ECd19.B.ECa19.B.ECb19.B.ECc19.C.ECa20.A.ECa20.A.ECb21.A.ECa21.A.ECb21.B.ECa22.A.ECc22.B22.C24.A24.B24.C.ECa	19.A.ECa19.A.ECb19.A.ECc19.A.ECd19.B.ECa19.B.ECb19.B.ECc19.C.ECa20.A.ECa20.A.ECb21.A.ECa21.A.ECb21.B.ECa22.A.ECc22.B22.C24.A24.B24.C.ECa	24.C.ECa24.A22.A.ECc21.B.ECa21.A.ECa20.A.ECb20.A.ECa19.C.ECa19.B.ECc19.B.ECb19.B.ECa19.A.ECe19.A.ECd19.A.ECc19.A.ECb19.A.ECa	20.C20.B20.A.ECb19.C.ECa	22.C23.B.ECa24.B24.C.ECa
Essential Questions	How can students improve personal fitness?	How does Cooperation and empathy effect group activities?	How do you play games that are played on courts of different sizes and what are the strategies of playing these games?	How do you incorporate Striking, moving with another person or with a team, strategy to score and using a striking object such as a raquet to play team sports for exercise and physical growth.	How do you incorporate Striking, moving with another person or with a team, strategy to score and using a striking object such as a raquet to play team sports for exercise and physical growth.	How does Cooperation and empathy effect individual and group activities when competing with others?	How can a student improve personal fitness?	What are ways that you can find out where you are if you are lost or you need to find a location?
Content	Introduce Lifelong fitness	Team sports	learning the rules and strategies of playing games that are played on a court	Team games that include nets on standards.	learning the rules and strategies of playing games that are played on ball fields outside	Individual and pair games	Introduce Lifelong fitness	Use a compass to find directions and locate where you are if lost
Writing	1. Define fitness (eg- personal wellness, Physical< and emotional)2. Introduce assessment tools. 3. Create personal fitness goals. 4. determine a plan to attain these goals. 5. Get a personal fitness baseline.	1. define 'TEAM' 2. Recall the responsibilities of team members. 3. Research the rules to sports such as Handball, Chuke ball, Satryan Ball. Capture the flag, Hunger games 4. Apply rules to team sports in cooperative play. 5. Employ scoring rubric to assess individual and team play. 6 Track progress toward personal goals.	1. Define the teams of games played on courts. 2. what are the rules involved in these games. 3. How does the size of the court define the game. 4. research the rules for Basketball, Volleyball, Hockey 5. Employ scoring rubric to assess individual and team play. 6 Track progress toward personal goals.	1. Redefine 'TEAM' 2. Recall the responsibilities of team members. 3. Research the rules to sports such as Volleyball, Eclipse ball. 4. Apply rules to team sports in cooperative play. 5. Employ scoring rubric to assess individual and team play. 6 Track progress toward personal goals.	1. Define the teams of games played on ball fields. 2. what are the rules involved in these games. 3. How does the size of the field define the game. 4. research the rules for Softball, football, Lacrosse, rugby 5. Employ scoring rubric to assess individual and team play. 6 Track progress toward personal goals.	1. Define who you will be playing with and against. 2. what are the rules involved in these games. 3. research the rules for pickle ball, badminton, weightlifting, relays 5. Employ scoring rubric to assess individual and team play. 6 Track progress toward personal goals.	1. Define fitness and its components. 2. Evaluate fitness goals. 3. summarize heart health practices. 3. Compare and contrast aerobic and anarobic exercise. 4. perform aerobic activities including obstacle courses, station fitness, rock wall, etc... 5. Monitor heart rate during exercise. 6 evaluate personal healthy practices. 7 Track progress towards personal goals.	1. Learning the Cardinal Directions. 2. Identifying the parts of a compass and how to find which way is N,S,E, W according to where you are. 3. Mapping out Location markers using a compass. 4. learning how to read the degrees on a compass and how that helps finding where items may be located.
Formative Assessment	Student assesment and Skills assessment of group, individual and teacher observation, Fitnessgram	Student assesment and Skills assessment of group, individual and teacher observation	Student assesment and Skills assessment of group, individual and teacher observation	Student assesment and Skills assessment of group, individual and teacher observation	Student assesment and Skills assessment of group, individual and teacher observation	Student assesment and Skills assessment of group, individual and teacher observation	Student assesment and Skills assessment of group, individual and teacher observation	Student assesment and Skills assessment of group, individual and teacher observation
Summative Assessment	Fitnessgram	pre and post testing skills and fitness	pre and post testing skills and fitness	pre and post testing skills and fitness	pre and post testing skills and fitness	pre and post testing skills and fitness	pre and post testing skills and fitness	pre and post testing skills and fitness
Performance Assessment	Skills assessment and team or game play	Skills assessment and team or game play	Skills assessment and team or game play	Skills assessment and team or game play	Skills assessment and team or game play	Skills assessment and team or game play	Skills assessment and team or game play	Skills assessment and team or game play
Interdisciplinary Connections	ELA, Math, Technology, Social Studies,	ELA, Math, Technology, Social Studies,	ELA, Math, Technology, Social Studies,	ELA, Math, Technology, Social Studies,	ELA, Math, Technology, Social Studies,	ELA, Math, Technology, Social Studies,	ELA, Math, Technology, Social Studies,	ELA, Math, Technology, Social Studies,
Resources	PE websites, Teacher guides, Activity books, Multimedia presentations, conference presentaions.	PE websites, Teacher guides, Activity books, Multimedia presentations, conference presentaions.	PE websites, Teacher guides, Activity books, Multimedia presentations, conference presentaions.	PE websites, Teacher guides, Activity books, Multimedia presentations, conference presentaions.	PE websites, Teacher guides, Activity books, Multimedia presentations, conference presentaions.	PE websites, Teacher guides, Activity books, Multimedia presentations, conference presentaions.	PE websites, Teacher guides, Activity books, Multimedia presentations, conference presentaions.	PE websites, Teacher guides, Activity books, Multimedia presentations, conference presentaions.
Integration of Technology	Internet, heart rate monitors, Stereo sound systems, multimedia resources	Internet, heart rate monitors, Stereo sound systems, multimedia resources	Internet, heart rate monitors, Stereo sound systems, multimedia resources	Internet, heart rate monitors, Stereo sound systems, multimedia resources	Internet, heart rate monitors, Stereo sound systems, multimedia resources	Internet, heart rate monitors, Stereo sound systems, multimedia resources	Internet, heart rate monitors, Stereo sound systems, multimedia resources	Internet, heart rate monitors, Stereo sound systems, cell phones, multimedia resources