

**Physical Education Middle School
Canterbury Public Schools**

Subject	Physical Education	
Grade Level	Middle School Grades 5 -8	
Unit Title	Bowling	
Unit Goals	<p>Grade 5 and 6</p> <ul style="list-style-type: none"> ● Understand the basic skills of: <ul style="list-style-type: none"> ○ Ball Handling (proper form) ○ Approach (3 step, 5 step, and 7 step) ○ Rules ○ Scoring on paper ○ Sharing the ball ○ Communication and supportive of teammates ○ Etiquette <p>Grade 7 and 8</p> <ul style="list-style-type: none"> ● Review of all skills in grades 5 and 6 ● Understand the basic skills of: <ul style="list-style-type: none"> ○ Strike ○ Accuracy ● Creating new strategies ● Engagement of all students ● Alterations of games for students with disabilities 	
Pacing (# of weeks)	3 Week - all grades	
Standards	CT Physical Education Standards	
	9	Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.
	10	Students will demonstrate an understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.
	11	Students will participate regularly in physical activity.
	12	Students will incorporate fitness and wellness concepts to achieve and maintain a health-enhancing level of physical fitness.
	13	Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.

	<table border="1"> <tr> <td data-bbox="451 203 573 333">14</td> <td data-bbox="581 203 1505 333">Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.</td> </tr> </table>	14	Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.
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Content/Conceptual Knowledge (know)	<p>Participating in physical activities has healthful benefits and enables people to remain alert, engaged, (healthy mind and body)</p> <ul style="list-style-type: none"> ● Safety Cues ● Skills ● Communication ● Rules ● Scoring ● Play development ● Organization of players and positions ● Achievable and non-achievable passes / shots ● Strategy for success ● The “how to” knowledge of how to play it outside of Physical Education class 		
Skills (be able to do)	<ul style="list-style-type: none"> ● Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities ● Demonstrate an understanding of concepts as they apply to the learning and performance of physical activities ● Bowling related skills: <ul style="list-style-type: none"> ○ Approach ○ Release ○ Follow-thru ○ Strike 		
Enduring Understandings	<p>Students will be able to understand...</p> <ul style="list-style-type: none"> ● competency in motor skills and movement patterns needed to perform bowling skills. ● movement concepts, principles, strategies and tactics as they apply to bowling skills. ● that bowling skills are only one way to participate regularly in physical activity. ● how active participation in bowling can incorporate fitness and wellness concepts to achieve and maintain a health-enhancing level of physical fitness. ● how exhibiting responsible personal and social behavior while practicing bowling skills will respect self and others. ● how choosing physical activity through bowling for health, enjoyment, challenge, self-expression and/or social interaction will allow for one to sustain a physically active lifestyle. 		
Assessments	<ul style="list-style-type: none"> ● Skill checks ● Stations checks ● Knowledge checks 		

	<ul style="list-style-type: none"> ● Peer assessments <p>** Students will be assessed daily on their understanding and proficiency level of warm up and activity periods. This assessment will be based off a written rubric.</p>
Resources	<ul style="list-style-type: none"> ● Various Levels of Technology <ul style="list-style-type: none"> ○ Videotape ○ Coaches Eye (a program on the Ipad that helps students visually see their learning) ● P.E. Central Lesson Ideas
Strategies	<p><u>Coaches Eye</u> for the purpose of...</p> <ul style="list-style-type: none"> ● student reflection / assessment ● teacher assessment ● peer assessment ● feedback opportunities <p>Other Teaching Strategies...</p> <ul style="list-style-type: none"> ● individual work ● divergent problem-solving ● direct teaching ● Sport Education Model ● Peer Teaching Model
Behaviors	<p>Students will learn to...</p> <ul style="list-style-type: none"> ● Persevere ● Play fair ● Take turns ● Peer assess