TOPIC: Team Volleying Sports

Key Learning: Develop skills and knowledge related to volleying.

Unit Essential Question

What are the basic skills needed to play games that involve volleying?

CONCEPT: Rules & Regulations

Lesson Essential Questions:
1. What are the boundaries of the court?
2. How does a foul/fault occur?
3. How and when do you rotate positions on the court?
4. How is a point earned?
5. What is game, set, match?
6. What are the major rules of the game?

Vocabulary:
Side-out, in bounds, out of bounds, rally, carry, net, foot fault, lift, let serve, love, deuce, advantage, set, ace, match point, rotation, paddle, racquet, singles, doubles, mixed

Additional Info:
Examples: Tennis, Volleyball, Badminton, Wallyball, Table Tennis, Pickleball

CONCEPT: Volleying Skills

Lesson Essential Questions:
1. What are the different ways of serving?
2. How do you prepare for a pass?
3. When is it appropriate to attack the ball?
4. What are the different ways to return the ball?

Vocabulary:
Ready position, volley, serve, receive, forehand, backhand, lob, overhead, underhand, pass, set, spike, attack, drop shot, topspin, backspin, ground strokes, birdie, shuttle cock, grip, footwork, singles, doubles

Additional Info:
Examples: Tennis, Volleyball, Badminton, Wallyball, Table Tennis, Pickleball
TOPIC: Invasion Games

Key Learning: Attacking the opposing teams home territory, while protecting your own.

Unit Essential Question

What are the basic skills needed to play invasion games?

CONCEPT: Rules & Regulations

Lesson Essential Questions:
1. How are fields of play different?
2. What are the rules of various invasion games?
3. How are points scored?
4. Describe how scoring differs between games.
5. What types of ball/object are used to advance into your opponents’ territory?

CONCEPT: Skills

Lesson Essential Questions:
1. What techniques are used to advance the ball/object?
2. Describe the movements involved in dribbling.
3. How is an accurate pass accomplished?
4. What is the best technique for receiving a pass?
5. What is the proper technique for shooting?
6. What are the different types of shots?

Vocabulary:
Punt, pass, tackle, kick, receiver, spiral, interception, lateral, fumble, snap, blitz, end zone, positions, dribble, advance, shoot, throw in, penalty kick, corner kick, instep, crossover, double dribble, traveling, pivot, foul shot, lay-up, rebound, offside, technical, slap shot, wrist, grip, footwork, high sticking, checking.

Additional Info:
Examples: Soccer, basketball, football, hockey, handball, speedball

Vocabulary:
Punt, pass, tackle, kick, receiver, spiral, interception, lateral, fumble, snap, blitz, end zone, positions, dribble, advance, shoot, throw in, penalty kick, corner kick, instep, crossover, double dribble, traveling, pivot, foul shot, lay-up, rebound, offside, technical, slap shot, wrist, grip, footwork, high sticking, checking.

Additional Info:
Example: Soccer, basketball, football, hockey, handball, speedball
TOPIC: Physical Fitness

Understanding how physical fitness affects your overall health.

Unit Essential Question

How can you monitor and assess your personal fitness level?

CONCEPT: Effects of regular participation

Lesson Essential Questions:

1. How does your body respond to exercise?
2. What factors affect the responses of body systems during moderate to vigorous physical activities?
3. What types of exercise increases cardiovascular/muscular fitness?
4. How does flexibility prevent injuries?

CONCEPT: Components of fitness

Lesson Essential Questions:

1. Define agility.
2. When is balance needed in sports?
3. Why is coordination important in physical activity?
4. What is power?
5. How does reaction time affect performance?
6. How can changing your speed change your performance?

Vocabulary:

Breathing, heart rate, pulse, cardiovascular, flexibility, strength, muscle, endurance, and fitness, pedometers, heart rate monitors

Agility, balance, coordination, power, reaction time, speed

Additional Info:

Examples: Physical Fitness Testing, Dance, Aerobics, Safety & Injury Prevention

Examples: Physical Fitness Testing, Dance, Aerobics, Safety & Injury Prevention
TOPIC: Cooperative Games

Key Learning: Demonstrate understanding of teamwork through cooperative learning activities.

Unit Essential Question

What can you learn through teamwork/cooperation to make our home, school, and community a better place to live?

CONCEPT: Interpersonal Skills

Lesson Essential Questions:
1. What characteristics do good leaders demonstrate?
2. Why is it important to use the decision-making process?
3. Why is it important to be able to trust your team/group?
4. Name 6 forms of positive (3) negative (3) communication.
5. What causes conflict?

Vocabulary:
Challenge, team, communicate, partner, roles, group, leader, effort, participation, contribute, listen, problem, solution, choice, consequence, self-esteem, encourage, decision-making steps

Additional Info:
Examples: Team building games, tag games, cup stacking, 4 square, adventure activities

CONCEPT: Character

Lesson Essential Questions:
1. Why is self-control important?
2. How can you motivate your teammates to do their best?
3. How can you demonstrate your commitment to the team?
4. Name 5 jobs that require teamwork.
5. How can you celebrate your success without hurting others?

Vocabulary:
Responsibility, respect, honesty, trustworthiness, fairness, cooperation, self-control, motivation, goal setting, acceptance, accountability, commitment, interdependence, sportsmanship

Additional Info:
Examples: Team building games, tag games, cup stacking, 4 square, adventure activities
TOPIC: Throwing Games/Sports

Key Learning: Develop competence in skills related to throwing and/or catching.

Unit Essential Question
What are the basic skills and rules that are needed to play various throwing games/sports?

CONCEPT: Rules & Regulations

Lesson Essential Questions:
1. How many innings/ rounds/ frames are there in a regulation game?
2. How are points/runs earned?
3. How many players are needed for each team?

Vocabulary:
Point, double play, force out, run, umpire, infield, outfield, inning, pivot, fouls, touchdown, boundaries, strike, turkey, gutter, split, spare, ringer, leaner, stake, pallino (small ball), parameters, round

Additional Info:
Examples: Softball, baseball, Frisbee, bowling, bocce ball, horseshoes, cornhole, ladder golf

CONCEPT: Skills

Lesson Essential Questions:
1. What is the proper technique for an underhand throw?
2. What is the proper technique for an overhand throw?
3. How does your follow through affect your throw?
4. In which sports is opposition necessary?

Vocabulary:
Point, double play, force out, run, umpire, infield, outfield, inning, pivot, fouls, touchdown, boundaries, strike, turkey, gutter, split, spare, ringer, leaner, stake, pallino (small ball), parameters, round

Additional Info:
Examples: Softball, baseball, Frisbee, bowling, bocce, horseshoes, cornhole, ladder golf
TOPIC: Track & Field

Key Learning: Develop competency in a variety of track & field events.

Unit Essential Question

What are the basic skills needed to successfully participate in various track & field events?

CONCEPT: Running

Lesson Essential Questions:
1. When running distance, how do you pace yourself?
2. What are the correct techniques for sprinting, distance, and relay events?
3. What are the different types of running events?

Vocabulary:
Sprint, distance, meters, hurdles, relay, medley, baton, starting blocks, stride, lanes, pace, false start

Additional Info:

CONCEPT: Jumping

Lesson Essential Questions:
1. What are the different types of jumping events?
2. What are the proper techniques for the jumping events?
3. What is an approach?
4. Describe the proper technique for landing.

Vocabulary:
High jump, pole vault, long jump, triple jump, take off, flight, stride, approach, landing

Additional Info:
TOPIC: Track & Field

Key Learning: Develop competency in a variety of track & field events.

Unit Essential Question

What are the basic skills needed to successfully participate in various track & field events?

CONCEPT: Throwing

Lesson Essential Questions:
1. What are the different throwing events?
2. What are the proper techniques for the different throwing events?
3. What is momentum and why is it important?
4. How does your grip differ between events?

Vocabulary:
Discus, shot put, javelin, momentum, footwork, power, force, distance, grip

CONCEPT: Rules & Regulations

Lesson Essential Questions:
1. What are the rules for the track events?
2. What are the rules for the field events?
3. What are the starting procedures?
4. How are the different events scored?

Vocabulary:
Meet, event, false start, lanes, disqualified, judge, scratch

Additional Info:
TOPIC: Team Volleying Sports

Key Learning: Practice skills and knowledge related to volleying.

Unit Essential Question

What skills and strategies are needed to play volleying sports?

CONCEPT: Rules, Regulations & Strategies

Lesson Essential Questions:
1. What are the major rules in games that require volleying?
2. What strategies can be applied to help you win?
3. What are the differences between offensive and defensive strategies?
4. What strategies apply to individual and team play?

CONCEPT: Volleying Skills

Lesson Essential Questions:
1. How does serving affect the game?
2. What is a successful pass?
3. What volleying skills apply to various situations?
4. What does ready position look like?

Vocabulary:
Side-out, in bounds, out of bounds, rally, carry, net, foot fault, lift, let serve, love, deuce, advantage, set, ace, match point, rotation, paddle, racquet, singles, doubles, mixed, offense, defense

Vocabulary:
Ready position, volley, serve, receive, forehand, backhand, lob, overhead, underhand, pass, set, spike, attack, drop shot, topspin, backspin, ground strokes, birdie, shuttle cock, grip, footwork, singles, doubles, winner,

Additional Info:
Examples: Tennis, Volleyball, Badminton, Wallyball, Table Tennis, Pickleball

Additional Info:
Examples: Tennis, Volleyball, Badminton, Wallyball, Table Tennis, Pickleball
TOPIC: Invasion Games/Sports

Key Learning:
Attacking the opposing teams home territory, while protecting your own.

Unit Essential Question
What skills and strategies are needed to play invasion games/sports?

CONCEPT: Rules, Regulations & Strategies

Lesson Essential Questions:
1. Describe various offensive strategies.
2. Describe various defensive strategies.
3. List 3 safety precautions that can be used during play.
4. Why is communication with teammates important?
5. Describe why maintaining possession is so important.

CONCEPT: Skills

Lesson Essential Questions:
1. Identify the difference between attacking and defending skills.
2. Describe the role of each position on the team.
3. Describe the relationship between passing and receiving.
4. Demonstrate the proper technique used to score a goal.
5. How do blocking and tackling impact the game?

Vocabulary:
Punt, pass, tackle, kick, receiver, spiral, interception, lateral, fumble, snap, blitz, end zone, positions, dribble, advance, shoot, throw in, penalty kick, corner kick, instep, crossover, double dribble, traveling, pivot, foul shot, lay-up, rebound, offside, technical, slap shot, wrist, grip, footwork, high sticking, checking.

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Punt, pass, tackle, kick, receiver, spiral, interception, lateral, fumble, snap, blitz, end zone, positions, dribble, advance, shoot, throw in, penalty kick, corner kick, instep, crossover, double dribble, traveling, pivot, foul shot, lay-up, rebound, offside, technical, slap shot, wrist, grip, footwork, high sticking, checking.

Additional Info:
Example: Soccer, basketball, football, hockey, handball, speedball

Additional Info:
Example: Soccer, basketball, football, hockey, handball, speedball
TOPIC: Physical Fitness

Key Learning: Understanding how physical fitness affects your overall health.

Unit Essential Question

How can you monitor and assess your personal fitness level?

CONCEPT: Effects of regular participation

CONCEPT: Components of fitness

Lesson Essential Questions:
1. List 4 ways that your body responds to exercise.
2. Analyze factors that impact the relationship between regular participation in physical activity and motor skill development.
3. How can I monitor my level of fitness?
4. How can I improve my level of fitness?

Lesson Essential Questions:
1. Demonstrate agility.
2. How does balance benefit skill performance?
3. Name 3 examples of coordination used during physical activity?
4. What is the relationship between power and fitness?
5. What affects reaction time?
6. How can increasing your speed improve your performance?

Vocabulary:
Breathing, heart rate, pulse, cardiovascular, flexibility, strength, muscle, endurance, and fitness

Vocabulary:
Agility, balance, coordination, power, reaction time, speed

Additional Info:
Examples: Physical Fitness Testing, Dance, Aerobics, Safety & Injury Prevention

Additional Info:
Examples: Physical Fitness Testing, Dance, Aerobics, Safety & Injury Prevention
TOPIC: Cooperative Games

Key Learning: Demonstrate understanding of teamwork through cooperative learning activities.

Unit Essential Question

What can you learn through teamwork/cooperation to make our home, school, and community a better place to live?

CONCEPT: Interpersonal Skills

Lesson Essential Questions:

1. How are roles determined within a team?
2. How can your choices affect your team and/or the outcome of the challenge?
3. Explain how consequences can be positive or negative.
4. How can the effort of one person impact the team/group?
5. Describe how the decision making process was used during your challenge.

Vocabulary:

Challenge, team, communicate, partner, roles, group, leader, effort, participation, contribute, listen, problem, solution, choice, consequence, self-esteem, encourage, decision-making steps

Additional Info:

Examples: Team building games, tag games, cup stacking, 4 square, adventure activities

CONCEPT: Character

Lesson Essential Questions:

1. How can honesty affect the dynamics of a team?
2. Why is goal setting important in all areas of life?
3. Why is sportsmanship essential during activities?
4. How can I show respect to my teammates?
5. Choose a character trait and explain its relevance at home and in the community.

Vocabulary:

Responsibility, respect, honesty, trustworthiness, fairness, cooperation, self-control, motivation, goal setting, acceptance, accountability, commitment, interdependence, sportsmanship

Additional Info:

Examples: Team building games, tag games, cup stacking, 4 square, adventure activities
TOPIC: Throwing Games/Sports

Key Learning: Develop competence in skills related to throwing and/or catching.

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<thead>
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<th>CONCEPT: Rules, Regulations &amp; Strategies</th>
<th>CONCEPT: Skills</th>
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</table>

**Unit Essential Question**

What are the basic skills and rules that are needed to play various throwing games/sports?

**Lesson Essential Questions:**

1. What determines the end of the game?
2. What is the role of the referee/umpire?
3. How do fouls/penalties occur, and what is the consequence?
4. Explain how the game progresses from beginning to end.

**Lesson Essential Questions:**

1. How can an under/over hand throw be modified to achieve the desired outcome?
2. What makes a Frisbee throw different than an over/under hand throw?
3. What is the difference between aim and accuracy?
4. Choose a skill and explain the proper sequence of movements.

**Vocabulary:**

Point, double play, force out, run, umpire, infield, outfield, inning, pivot, fouls, touchdown, boundaries, strike, turkey, gutter, split, spare, ringer, leaner, stake, pallino (small ball), parameters, round

**Vocabulary:**

Point, double play, force out, run, umpire, infield, outfield, inning, pivot, fouls, touchdown, boundaries, strike, turkey, gutter, split, spare, ringer, leaner, stake, pallino (small ball), parameters, round

**Additional Info:**

Examples: Softball, baseball, Frisbee, bowling, bocce, horseshoes, cornhole, ladder golf

Additional Info:

Examples: Softball, baseball, Frisbee, bowling, bocce, horseshoes, cornhole, ladder golf
**TOPIC:** Track & Field

**Key Learning:** Develop competency in a variety of track & field events.

**Unit Essential Question**

What are the basic skills needed to successfully participate in various track & field events?

### CONCEPT: Running

**Lesson Essential Questions:**

1. What body position is best for sprinting?
2. When is it ok to pass the baton during a relay?
3. How and why does your pace differ between sprint and distance events?
4. How does the training for sprint and distance races differ?
5. Why are warm-ups/cool-downs essential?

### CONCEPT: Jumping

**Vocabulary:**

High jump, pole vault, long jump, triple jump, take off, flight, stride, approach, landing

**Lesson Essential Questions:**

1. How do the flights of the long jump and high jump differ?
2. Describe the difference between the approaches for long and triple jump?
3. How does your stride affect your approach?
4. Explain the similarities in the take offs for each jumping event.

**Vocabulary:**

Sprint, distance, meters, hurdles, relay, medley, baton, starting blocks, stride, lanes, pace, false start, fly zone

**Additional Info:**
TOPIC: Track & Field

Key Learning: Develop competency in a variety of track & field events.

Unit Essential Question

What are the basic skills needed to successfully participate in various track & field events?

CONCEPT: Throwing

Lesson Essential Questions:
1. How does power affect distance?
2. What are torque and body rotation?
3. Explain the relationship between technique and distance?
4. Describe the various types of footwork needed for each event.

Vocabulary:
Discus, shot put, javelin, momentum, footwork, power, force, distance, grip, torque, strength

Additional Info:

CONCEPT: Rules, Regulations & Strategies

Lesson Essential Questions:
1. What role do judges/officials serve during a meet?
2. When can you receive penalties/ fouls?
3. How can the weather impact your performance?
4. What makes a medley relay different than other relay races?

Vocabulary:
Meet, event, false start, lanes, disqualified, judge, scratch

Additional Info:
TOPIC: Team Volleying Sports

Key Learning: Engage in games and demonstrate knowledge of volleying.

Unit Essential Question

How can you combine your skills, knowledge, and strategies to be successful at volleying sports?

CONCEPT: Rules, Regulations & Strategies

Lesson Essential Questions:

1. How can you utilize your teammates?
2. How can you exploit your opponents’ weaknesses?
3. List 3 offensive strategies.
4. List 3 defensive strategies.
5. What is the result of unsportsman-like conduct?
6. How can these strategies be applied to other sports?

Vocabulary:

Side-out, in bounds, out of bounds, rally, carry, net, foot fault, lift, let, serve, love, deuce, advantage, set, ace, match point, rotation, paddle, racquet, singles, doubles, mixed, offense, defense

Additional Info:

Examples: Tennis, Volleyball, Badminton, Wallyball, Table Tennis, Pickleball

CONCEPT: Volleying Skills

Lesson Essential Questions:

1. How can shot placement affect the outcome of the game?
2. Why is ball control important?
3. How does follow through affect shot placement?
4. How does force affect accuracy?

Vocabulary:

Ready position, volley, serve, receive, forehand, backhand, lob, overhead, underhand, pass, set, spike, attack, drop shot, topspin, backspin, ground strokes, birdie, shuttle cock, grip, footwork, singles, doubles, winner

Additional Info:

Examples: Tennis, Volleyball, Badminton, Wallyball, Table Tennis, Pickleball
TOPIC: Invasion Sports

Key Learning: Attacking the opposing teams home territory, while protecting your own.

Unit Essential Question

How can you combine your skills, knowledge, and strategies to be successful at invasion sports?

CONCEPT: Rules, Regulations & Strategies

Lesson Essential Questions:
1. How can you exploit your opponents’ weaknesses?
2. What are the positive and negative effects of group interactions on a team?
3. List 3 offensive strategies.
4. List 3 defensive strategies.
5. What is the result of unsportsman-like conduct?
6. How can these strategies be applied to other sports?

Vocabulary:
Punt, pass, tackle, kick, receiver, spiral, interception, lateral, fumble, snap, blitz, end zone, positions, dribble, advance, shoot, throw in, penalty kick, corner kick, instep, crossover, double dribble, traveling, pivot, foul shot, lay-up, rebound, offside, technical, slap shot, wrist, grip, footwork, high sticking, checking.

Additional Info:
Example: Soccer, basketball, football, hockey, handball, speedball

CONCEPT: Skills

Lesson Essential Questions:
1. Identify parts of your performance that could be improved by practice.
2. Identify and apply practice strategies for skill improvement.
3. Demonstrate a sequence of complex movement skills necessary for success.
4. Apply and adapt skills and strategies effectively.

Vocabulary:
Punt, pass, tackle, kick, receiver, spiral, interception, lateral, fumble, snap, blitz, end zone, positions, dribble, advance, shoot, throw in, penalty kick, corner kick, instep, crossover, double dribble, traveling, pivot, foul shot, lay-up, rebound, offside, technical, slap shot, wrist, grip, footwork, high sticking, checking.

Additional Info:
Example: Soccer, basketball, football, hockey, handball, speedball
TOPIC: Physical Fitness

Key Learning: Understanding how physical fitness affects your overall health.

Unit Essential Question
How can you monitor and assess your personal fitness level?

CONCEPT: Effects of regular participation

Lesson Essential Questions:
1. Analyze the effects of regular participation in relation to adolescent health improvement.
2. Analyze factors that affect the responses of the body systems during moderate to vigorous physical activities.
3. Analyze factors that affect physical activity preferences of adolescents.

CONCEPT: Components of fitness

Lesson Essential Questions:
1. Describe how agility is used in various sports.
2. Demonstrate 3 sport skills that require balance.
3. Demonstrate 3 skills that involve complex coordination movements.
4. Explain how the use of power changes from sport to sport.
5. How can you improve your reaction time?
6. What is the relationship between speed and power?

Vocabulary:
Breathing, heart rate, pulse, cardiovascular, flexibility, strength, muscle, endurance, and fitness

Vocabulary:
Agility, balance, coordination, power, reaction time, speed

Additional Info:
Examples: Physical Fitness Testing, Dance, Aerobics, Safety & Injury Prevention

Additional Info:
Examples: Physical Fitness Testing, Dance, Aerobics, Safety & Injury Prevention
### TOPIC: Cooperative Games

**Key Learning:**
Demonstrate understanding of teamwork through cooperative learning activities.

#### Unit Essential Question
What can you learn through teamwork/cooperation to make our home, school, and community a better place to live?

#### CONCEPT: Interpersonal Skills

**Lesson Essential Questions:**
1. Describe how you could use the decision making process with friends or at work?
2. Why is it important to consider multiple solutions to a problem?
3. How you apply prior knowledge to present situations/challenges?
4. How can you demonstrate active listening during activities?
5. Reflecting on your experience, what would you do differently next time?

**Vocabulary:**
Challenge, team, communicate, partner, roles, group, leader, effort, participation, contribute, listen, problem, solution, choice, consequence, self-esteem, encourage, decision-making steps

**Additional Info:**
Examples: Team building games, tag games, cup stacking, 4 square, adventure activities

#### CONCEPT: Character

**Lesson Essential Questions:**
1. How did you go about including everyone?
2. Through these experiences, what did you learn about yourself?
3. What character traits did your group demonstrate?
4. How can you change frustration into motivation?
5. Rate your groups’ participation, responsibility, and interaction during the activity.

**Vocabulary:**
Responsibility, respect, honesty, trustworthiness, fairness, cooperation, self-control, motivation, goal setting, acceptance, accountability, commitment, interdependence, sportsmanship

**Additional Info:**
Examples: Team building games, tag games, cup stacking, 4 square, adventure activities
### TOPIC: Throwing Games/Sports

#### Key Learning:
Develop competence in skills related to throwing and/or catching.

#### Unit Essential Question
What are the basic skills and rules that are needed to play various throwing games/sports?

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#### Lesson Essential Questions:
1. How can your teammates impact the outcome of the game?
2. What are the parameters/dimensions of the game?
3. What strategies can be applied to help your team be successful?

#### Lesson Essential Questions:
1. How does practice affect your motor skill improvement?
2. How can you obtain moderate to vigorous physical activity levels during a throwing game/sport?
3. Describe and apply the components of skill-related fitness to your performance.

#### Vocabulary:
Point, double play, force out, run, umpire, infield, outfield, inning, pivot, fouls, touchdown, boundaries, strike, turkey, gutter, split, spare, ringer, leaner, stake, pallino (small ball), parameters, round

#### Vocabulary:
Point, double play, force out, run, umpire, infield, outfield, inning, pivot, fouls, touchdown, boundaries, strike, turkey, gutter, split, spare, ringer, leaner, stake, pallino (small ball), parameters, round

#### Additional Info:
Examples: Softball, baseball, Frisbee, bowling, bocce, horseshoes, cornhole, ladder golf

#### Additional Info:
Examples: Softball, baseball, Frisbee, bowling, bocce, horseshoes, cornhole, ladder golf
TOPIC: Track & Field

Key Learning: Develop competency in a variety of track & field events.

Unit Essential Question
What are the basic skills needed to successfully participate in various track & field events?

CONCEPT: Running

Lesson Essential Questions:
1. Why are running events measured using the metric system while the throwing events are measured using the standard system?
2. What injuries could result from participating in running events?
3. What is the fly zone?
4. What do the yellow triangles on the track represent?

Vocabulary:
Sprint, distance, meters, hurdles, relay, medley, baton, starting blocks, stride, lanes, pace, false start, fly zone

Additional Info:

CONCEPT: Jumping

Lesson Essential Questions:
1. How are the jumping events measured?
2. What is a foul, and when do they occur?
3. How do your speed and the distance of the runway affect your performance?
4. How can you improve your power and explosiveness?

Vocabulary:
High jump, pole vault, long jump, triple jump, take off, flight, stride, approach, landing

Additional Info:
TOPIC: Track & Field

Key Learning: Develop competency in a variety of track & field events.

Unit Essential Question

What are the basic skills needed to successfully participate in various track & field events?

CONCEPT: Throwing

Lesson Essential Questions:

1. How does torque affect distance?
2. What is the result of a foot fault?
3. How does the release point differ between throwing events?
4. How does the approach affect the outcome of the throw?

Vocabulary:
Discus, shot put, javelin, momentum, footwork, power, force, distance, grip, torque

Additional Info:

CONCEPT: Rules, Regulations & Strategies

Lesson Essential Questions:

1. How does your training change when competing in multiple events?
2. What are the requirements for uniforms/footwear?
3. How do scientific principles affect track & field events?
4. What safety precautions are necessary when training and participating in track & field events?

Vocabulary:
Meet, event, false start, lanes, disqualified, judge, scratch

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<td>ball, double-dutch, etc.</td>
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<td>Scooter games and activities (small gym)</td>
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<td>training (back gym)</td>
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<tr>
<td>Fitness testing (back</td>
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<tr>
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