

Physical Education
Unit 4: Cooperative Games
 (Rescue, Ship-to-Shore, 4 Way Ft. Knox, Elimination Soccer, Pirate Ball,
 Capture the Flag)

Essential Understandings	<ul style="list-style-type: none"> ▪ It is necessary to work cooperatively and productively in groups to attain a goal in both cooperative and competitive activities
Essential Questions	<ul style="list-style-type: none"> ▪ How are strategies developed within a group to attain the goal of the activity? ▪ How does a group work efficiently and effectively to have everyone attain the set goal? ▪ How are conflicts resolved within and between groups?
Essential Knowledge	<ul style="list-style-type: none"> ▪ <u>Basic Rules for All of the Above Activities:</u> <ul style="list-style-type: none"> ○ Everyone in the group/team must participate actively towards attaining the set goal. ○ Safety for all students is first and foremost in importance. ○ Cooperation and following the rules of each activity is necessary. ○ Break down skills into workable parts for everyone to be successful. ○ Assist less skilled classmates to improve and feel they are a part of the group/team.
Vocabulary	<ul style="list-style-type: none"> ▪ <u>Terms:</u> <ul style="list-style-type: none"> ○ Cooperation, competitiveness, elimination, goals, strategies, conflicts
Essential Skills	<ul style="list-style-type: none"> ▪ Demonstrate basic motor skills of kicking, throwing, running, dodging, and upper body strength. ▪ Demonstrate cooperation and problem solving techniques in small groups. ▪ Demonstrate the ability to follow directions, rules, and resolve conflicts.
Related Maine Learning Results	<p><u>Health and Physical Education</u></p> <p>G. Movement/Motor Skills and Knowledge</p> <p>G1. Stability and Force</p> <p>Students change their motion and the motion of objects by applying the principles of stability and force during skill practice.</p> <p>a. Demonstrate the principle of opposition.</p> <p>b. Demonstrate how the point of contact changes the path of an object.</p> <p>d. Demonstrate lifts and actions that decrease risk for injury.</p> <p>G2. Movement Skills</p> <p>Students demonstrate motor skills and manipulative skills</p>

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	<p>during drills or modified games/physical activities.</p> <ol style="list-style-type: none"> a. Demonstrate correct technique for motor skills and manipulative skills during drills or modified games/physical activities. b. Combine manipulative skills with motor skills during drills or modified games/physical activities. <p>I. Personal and Social Skills and Knowledge</p> <ol style="list-style-type: none"> 11. Cooperative Skills Students demonstrate cooperative and inclusive skills while participating in physical activities. <ol style="list-style-type: none"> a. Work together as a team. b. Respond appropriately to peer pressure. c. Manage conflict. d. Engage peers respectfully in activities. 12. Responsible Behavior Students demonstrate responsible personal behaviors while participating in physical activities. 13. Safety Rules and Rules of Play <ol style="list-style-type: none"> a. Explain the purpose for modifying playing rules in specified situations. b. Explain the safety rules and possible risks associated
<p>Sample Lessons And Activities</p>	<ul style="list-style-type: none"> ▪ Divide class (depending on class size and activity) into 2 – 4 groups. ▪ Explain the cooperative game for that day. ▪ Give each group 3 – 4 minutes to discuss strategies to accomplish the goal. ▪ Answer any questions that arise during the strategy-building time. ▪ Proceed with the activity of the day. ▪ Rotate activities, if more than one is being done that day.
<p>Sample Classroom Assessment Methods</p>	<ul style="list-style-type: none"> ▪ During the activity and strategy-building time, teacher will observe: cooperation, inclusion of all group members, level of participation, effort, knowledge of goals and rules, and sportsmanship.
<p>Sample Resources</p>	<ul style="list-style-type: none"> ▪ <u>Publications:</u> <ul style="list-style-type: none"> ○ <u>PE Games & Activities Kit</u> – Ken Lumsden ○ <u>Student-Centered Physical Education</u> – Smith/Cestaro ▪ <u>Websites:</u> <ul style="list-style-type: none"> ○ www.pecentral.org

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