

Physical Education
Unit 11: Personal and Social Skills

<p align="center">Essential Understandings</p>	<ul style="list-style-type: none"> ▪ Self-initiated behaviors that promote personal and group success in activity settings, establish a foundation of responsibility. ▪ Respect for individual similarities and differences through positive interaction among participants in physical activity leads to good citizenship.
<p align="center">Essential Questions</p>	<ul style="list-style-type: none"> ▪ What are rules in class? ▪ What does it mean to be safe, responsible, and respectful? ▪ How does one accept responsibility for personal behavior? ▪ Why is it important to respect others and equipment in or out of an organized activity? ▪ How does one handle oneself in competitive and non-competitive activities? ▪ What does fairness mean in a game/physical activity?
<p align="center">Essential Knowledge</p>	<ul style="list-style-type: none"> ▪ Cooperative and inclusive skills are necessary while participating in physical activities. ▪ Responsible personal behaviors are necessary while participating in physical activities. ▪ Games and physical activities have rules and safety rules for a purpose.
<p align="center">Vocabulary</p>	<ul style="list-style-type: none"> ▪ <u>Terms:</u> <ul style="list-style-type: none"> ○ Safety ○ Rules ○ Self-control ○ Sportsmanship ○ Cooperation ○ Respect ○ Responsible ○ Competition ○ Personal space ○ Individual differences
<p align="center">Essential Skills</p>	<ul style="list-style-type: none"> ▪ Use and apply feedback to improve performance. ▪ Work cooperatively with a partner or small group. ▪ Understand the elements of socially acceptable conflict resolution. ▪ Identify the various feelings that most people experience and be understanding of them. ▪ Apply both verbal and non-verbal communication skills to develop positive relationships. ▪ Develop skills needed for peacefully resolving conflicts in socially acceptable ways. ▪ Identify appropriate behaviors for participating with others in physical activity. ▪ Demonstrate self-control and the ability to cope with both success and failure. ▪ Work independently and on task for short periods of time.

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	<ul style="list-style-type: none"> ▪ Follow, with few reminders, activity specific rules, procedures, and etiquette. ▪ Know behaviors that communicate care, consideration, and respect of self and others. ▪ Identify the effects of leadership skills on the promotion of teamwork.
<p align="center">Related Maine Learning Results</p>	<p><u>Health and Physical Education</u></p> <p>I. Personal and Social Skills and Knowledge</p> <p>1. Cooperative Skills Students demonstrate cooperative and inclusive skills while participating in physical activities.</p> <ul 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. <p>2. Responsible Behavior Students demonstrate responsible personal behaviors while participating in physical activities.</p> <p>3. Safety Rules and Rules of Play Students describe game/physical activity rules and safety rules and their purposes.</p>
<p align="center">Sample Lessons And Activities</p>	<ul style="list-style-type: none"> ▪ Advanced games and activities with strategies ▪ Team sport units ▪ Individual sport units ▪ Cooperative games ▪ Movement skills ▪ Lifetime recreational skills: jump rope, ropes course, Frisbee, etc. ▪ Fitness room use and etiquette
<p align="center">Sample Classroom Assessment Methods</p>	<ul style="list-style-type: none"> ▪ Observation ▪ Checklists ▪ Self-checks ▪ Peer assessment
<p align="center">Sample Resources</p>	<ul style="list-style-type: none"> ▪ www.projectadventure.org ▪ www.brunswick.k12.me.us/curriculum ▪ www.pecentral.org ▪ www.naspe.org ▪ Posters ▪ Charts ▪ Community resources ▪ Various technologies: pedometers, music resources, pulse monitors, etc.

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