

Weeks

Massachusetts Performance Standards

The students will:

- 2.17** – Demonstrate developmentally appropriate competence (basic skills, strategies, and rules) in many and proficiency in a few movement forms and motor skills (team sports, aquatics, individual/dual sports, outdoor pursuits, self-defense, dance, and gymnastic).
- 2.18** – Demonstrates activities for warming up and cooling down before and after aerobic exercise.
- 2.20** – Demonstrate exercises in strength training, cardiovascular activities, and flexibility training
- 2.25** – Understand how activity participation patterns are likely to change throughout life and identify strategies to deal with those changes, including a plan for life-long wellness.
- 2.26** – Apply safe practices, rules, procedures, and sportsmanship etiquette in physical activity settings, including how to anticipate potentially dangerous consequences and outcomes of participation in physical activity
- 2.27** – Define functions of leadership in team sports (increasing motivation, efficiency, and satisfaction).

UNIT

McWhipit - Lacrosse

Objectives (Students will...)

For students to successfully participate in mcwhipit, upon learning the skills, rules, and strategies of the game.

- Demonstrates basic skills of mcwhipit in a game.
- Demonstrates an understanding of mcwhipit strategies and teamwork.
- Demonstrates an increase level of fitness and coordination.
- Demonstrate understanding of rules, regulations, and history of mcwhipit.

Essential Question

What physical, social, and emotional benefits will you get from playing mcwhipit?

Mission and Expectations

Health & Wellness

- Understands the fundamental wellness and fitness concepts and the skills which foster healthy habits and behaviors
- Make healthy –enhancing decisions by assessing risks and considering potential consequences.

Autonomous Learning Skills

- Takes responsibility for his/her learning
- Is a lifelong learner
- Can set priorities and identify

Personal and Social Responsibility

- Takes responsibility for his/her learning
- Respects himself/herself and others

Teacher Resources

1. Physical Education Activity Packets: “McWhipit”
2. Quality Lesson Plans for Secondary Physical Education - Textbook

Media and Technology Resources

Evaluation/Activities

Lecture/Demonstration: Each concept/topic will be introduced by the teacher using any resources that are available.

Class work: To be done on each topic/concept as needed for understanding.

Homework: To be given daily on each introduced topic as determined by the teacher.

Review: All weekly concepts will be reviewed and connections to concepts should be made by the students.

Quiz: Formal assessments will be given as warranted by the curriculum.

Lesson Completion Date:

Technology Used/ Date Used:

Completed By:

Comments:

