

# Physical Education Brunswick School Department

## Grade 8

### Cooperative Games

(Rescue, Ship-to-Shore, 4 Way Ft. Knox, Elimination Soccer, Pirate Ball, Capture the Flag)

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

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

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