

Essential Understandings	<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.
Essential Questions	<ul style="list-style-type: none"> ▪ What are rules in class? ▪ What does it mean to be safe, responsible, and respectful? ▪ How can 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? ▪ How does one handle peer pressure in a game/physical activity?
Essential Knowledge	<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.
Vocabulary	<ul style="list-style-type: none"> ▪ <u>Terms:</u> <ul style="list-style-type: none"> ○ Safety ○ Rules ○ Self-control ○ Sportsmanship ○ Cooperation ○ Respect ○ Responsible ○ Competition ○ Peer pressure ○ Individual differences ○ Leadership
Essential Skills	<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.

Subject**Brunswick School Department
Grade 8
Personal and Social Skills**

	<ul style="list-style-type: none">▪ Demonstrate self-control and the ability to cope with both success and failure.▪ Work independently and on task for short periods of time.▪ 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.
Related Maine Learning Results	<u>Health and Physical Education</u> I. Personal and Social Skills and Knowledge <ol style="list-style-type: none">1. 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.2. Responsible Behavior Students demonstrate responsible personal behaviors while participating in physical activities.3. Safety Rules and Rules of Play Students describe game/physical activity rules and safety rules and their purposes.
Sample Lessons And Activities	<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
Sample Classroom Assessment Methods	<ul style="list-style-type: none">▪ Observation▪ Checklists▪ Self-checks▪ Peer assessment
Sample Resources	<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.