

**HAMPTON BOROUGH PUBLIC SCHOOL**

**PHYSICAL EDUCATION  
CURRICULUM GIUDE**

**KINDERGARTEN THROUGH EIGHTH GRADE**

**Adopted: February 16, 2010**

***I*=Introduce**

***E*=Emphasize**

***R*=Reinforce**

**HAMPTON BOROUGH PUBLIC SCHOOL**  
**PHYSICAL EDUCATION**  
**CURRICULUM GUIDE**  
**K-8**

**ACKNOWLEDGEMENTS**

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AFFIRMATIVE ACTION STATEMENT

It is the policy of the Board of Education to provide equal employment and educational opportunities regardless of race, color, creed, religion, sex, ancestry, national origin, place of residence, social or economic condition, or non-applicable handicap.

Affirmative Action Office:

Alice Burtnick  
c/o Hampton School  
32-41 South Street  
Hampton, NJ 08827  
(908) 537-4101

ADAPTATIONS FOR SPECIAL EDUCATION STATEMENT

Although this curriculum guide has been developed for general education delivery, the knowledge, skills, attitudes, and behaviors identified are appropriate for the special education pupils in Hampton Public School. Modifications necessary to accommodate the education needs of individual pupil's handicaps will be described in the Individualized Educational Program (IEP). They are on file at:

Office of Special Services  
c/o Hampton School  
32-41 South Street  
Hampton, NJ 08827  
(908) 537-4101

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### **PURPOSE/RATIONALE**

The Hampton Public Board of Education is committed to providing a Physical Education curriculum that is based on the *New Jersey Core Curriculum Content Standards for Physical Education*. It is our goal to empower students to make positive life choices and embrace lifelong fitness through a program that promotes the health of the entire child: physical, mental, emotional, and social. The provision of cognitive content and learning experiences that support a variety of physical activities will contribute to improved academic student performance and fitness by developing positive self-esteem, sportsmanship, teamwork, school spirit, and a lifelong appreciation of total wellness.

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## NJ CORE CURRICULUM CONTENT STANDARDS FOR HEALTH AND PHYSICAL EDUCATION

- 2.1 Wellness**—All students will learn and apply health promotion concepts and skills to support a healthy, active lifestyle.
- A. Personal Health
  - B. Growth and Development
  - C. Nutrition
  - D. Diseases and Health Conditions
  - E. Safety
  - F. Social and Emotional Health
- 2.2 Integrated Skills**—All students will use health-enhancing personal, interpersonal, and life skills to support a healthy, active lifestyle.
- A. Communication
  - B. Decision Making
  - C. Planning and Goal Setting
  - D. Character Development
  - E. Leadership, Advocacy, and Service
  - F. Health Services and Careers
- 2.3 Drugs and Medicines**—All students will learn and apply information about alcohol, tobacco, other drugs and medicines to make decisions that support a healthy, active lifestyle.
- A. Medicines
  - B. Alcohol, Tobacco, and Other Drugs
  - C. Dependency/Addiction and Treatment
- 2.4 Human Relationships and Sexuality**—All students will learn the physical, emotional, and social aspects of human relationships and sexuality and apply these concepts to support a healthy, active lifestyle.
- A. Relationships
  - B. Sexuality
  - C. Pregnancy and Parenting
- 2.5 Motor Skills Development**—All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
- A. Movement Skills
  - B. Movement Concepts
  - C. Strategy
  - D. Sportsmanship, Rules, and Safety
  - E. Sport Psychology

- 2.6 Fitness**—All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle
- A. Fitness and physical activity
  - B. Training
  - C. Achieving and assessing fitness

## **POLICIES AND PROCEDURES**

### **I Facilities (All-Purpose Room/Playground)**

- A. Obey all rules and regulations set up by the physical education instructor.
- B. No food or gum is to be brought into teaching area.
- C. No one is to be using any equipment without supervision or permission from the physical education instructor.
- D. No inappropriate language, name-calling, or ridicule will be allowed.
- E. No inappropriate behavior will be allowed.

### **II. Clothing/Footwear**

- A. Wear proper fitting clothing.
- B. Wear coats, sweatshirts, and hats when necessary
- C. Footwear, rubber soled (meant for physical activity)—securely tied or velcroed.
- D. No unsafe clothing or footwear.

### **III Medicals/Excuses**

- A. No one will be excused from participating in gym class without a written excuse signed by a parent or guardian.
- B. Anyone unable to take gym more than one day must have a doctor's excuse stating why and how long this excuse will last.
- C. All medical excuses will be reviewed by the school nurse.

### **IV Grading**

Evaluating procedures are measured by:

- A. Participation-performance skills equal to the individual's level of ability.
- B. Knowledge and understanding.
- C. Attitude.
- D. Proper attire.
- E. Attendance

**K-5 SCOPE AND SEQUENCE**

	<b>K</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Fundamental Movement and Development Activities	I	I	EI	R	R	R
Low-Organized Games and Activities	I	I	E	R	R	R
Rhythmic Activities	I	I	E	E	R	R
Individual and Dual Activities	I	I	E	R	R	R
Ball Handling Skills	I	I	E	R	R	R
Developmental Activities		I	E	E	R	R
Team Sports				I	E	R
Physical Fitness/ Track & Field				I	E	R

**Fundamental Movement**

Basic movement skills are introduced and reinforced throughout the elementary years. This includes: developing spatial awareness, locomotor skills, non-locomotor skills, directionality, basic fitness, and listening and following directions.

**Low Organized Games & Activities**

These games and activities provide students with the opportunity to be active during class time, cooperate with others, and discover personal abilities. Students develop listening skills while having fun, participating in ball games, relays, parachute play, scooters, net games, lead up games, and chasing, fleeing, and dodging games.

**Rhythmic Activities & Dance**

These activities can be incorporated into any physical education lesson as well as a unit of its own, i.e. clapping, marching, lummi sticks, ribbons, simple folk dances, line dances, action songs, singing games, rhythmic exercises, and other activities that incorporate music or a rhythmic beat.

**Individual and Dual Activities**

Games or skills that students can participate alone or with a partner are emphasized. Example activities include: obstacle courses, circuits, ball skills, relays, jump rope skills, scooters, hoops, horseshoes, bowling, and marbles.

**Ball Handling Skills**

Introduced in Kindergarten and Grade 1, this unit encourages creativity through individual and group exploration using a variety of balls of different sizes, textures, and shapes. These activities encourage the development of hand-eye and eye-foot coordination while combining locomotor, non-locomotor, and manipulative skills. Students participate in low organized games, relays, and circuits that emphasize skills that are reinforced in the upper grades during team sports.

**I=Introduce****E=Emphasize****R=Reinforce**

**Developmental Activities**

Students begin to develop muscular strength, body awareness, flexibility, and agility through specific exercises and activities. These activities incorporated rotational and balancing skills, self-testing challenges, partner and small group activities. A proper warm-up and cool-down will be taught to help students realize the structure and function of the body. Appropriate clothing and the importance of safety are stressed.

**Team Sports**

Beginning skills, drills, and lead up games as well as rules that may be modified are introduced. Students will become familiar with team play, which may lead to participation in sports outside the school setting. Low-keyed competition and maintaining a positive behavior in a winning or losing situation is stressed. Cardiovascular efficiency and large muscular coordination will be developed. Team sports that may be taught include: basketball, volleyball, hockey, softball, soccer, and flag football.

**Physical Fitness/Track and Field**

Explores proper warm-up, cool-down, conditioning, and effort as an enhancement to performance and over-all fitness, stresses the setting realistic goals while performing individually or as part of a team, and offers instruction in running, field events, aerobics, and circuit training.

**Assessment**

Student proficiency (satisfactory achievement) in each of the outcomes/objectives listed in this guide shall be determined by the student attainment of 70% district passing standard that pertains to all curricula and populations. Such proficiency shall be measured by a multiplicity of evaluation techniques and instruments that include, but is not restricted to: Participation, Sportsmanship, Cooperation, Behavior, and Age appropriate skills.

**GRADES 6-8 SCOPE AND SEQUENCE**

	<b>6</b>	<b>7</b>	<b>8</b>
Developmental Activities	E	R	R
Low-Organized Games	E	R	R
Basketball	I	E	R
Floor Hockey/Field Hockey	I	E	R
Flag Football	I	E	R
Physical Fitness/Track & Field	E	E	E
Softball	I	E	R
Soccer	I	E	R
Volleyball	I	E	R

**Basketball**: Instruction in skills, drills, and lead-up games is provided.

**Developmental Activities**: Consists of such activities as warm-ups and cool-downs and includes basic balancing and rotational skills. These activities help improve cardiovascular efficiency as well as develop body awareness.

**Field and Floor Hockey**: This activity is similar to street hockey and develops stamina and a competitive spirit. All skills are taught.

**Flag football**: This is a minimum contact sport. Emphasis is placed on skills, rules, and team play

**Low-Organized Games and Activities**: A varied number of games designed for larger groups are introduced.

**Physical Fitness**: Includes conditioning for cardiovascular efficiency as well as general muscular efficiency. Various apparatus are utilized.

**Soccer**: The rules of the activity and fundamental skills will be taught through drill activities.

**Softball**: Offers opportunities for the development of a variety of skills that include throwing, fielding, catching, and base running

**Track & Field**: Includes training and conditioning for a variety of running and throwing field events.

**Volleyball**: Develops the physical skills of the game through skill drills, skill testing, and intra-class games.

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<b>KINDERGARTEN</b>				
<b>OBJECTIVES AND SKILLS FUNDAMENTAL MOVEMENT AND DEVELOPMENT</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Develop spatial awareness	2.5.A.4, 2.5.B.4	X		
Attempt to develop locomotor and non-locomotor movement	2.5.A.8, 2.5.A.2, 2.5.A.5, 2.5.A.10	X		
Develop listening skills and safety awareness	2.5.A.8, 2.5.A.9, 2.5.B.5, 2.5.D.2	X		
<b>OBJECTIVES AND SKILLS LOW-ORGANIZED GAMES AND ACTIVITIES</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Develop social skills while participating in group activities	2.5.C.1, 2.5.D.1	X		
Develop listening skills and safety awareness	2.5.D.1, 2.5.D.2, 2.5.D.1	X		
Maintain personal space	2.5.A.4, 2.5.B.4	X		
Follow simple instructions and instruction of a simple series	2.5.A.2, 2.5.A.8, 2.5.D.2	X		
Demonstrate respect of individuals	2.5.D.1, 2.5.D.2	X		
Accept rules and regulations	2.5.A.8, 2.5.D.2	X		
Demonstrate cooperative skills	2.5.C.1, 2.5.D.1	X		
<b>OBJECTIVES AND SKILLS RHYTHMIC ACTIVITIES</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Demonstrate moving to various rhythms	2.5.A.1, 2.5.A.5, 2.5.A.6, 2.5.A.7, 2.5.A.10, 2.5.B.2, 2.5.B.3	X		
Appreciate the aesthetic and creative qualities of non-locomotor movements	2.5.A.4, 2.5.A.5	X		
<b>OBJECTIVES AND SKILLS INDIVIDUAL AND DUAL ACTIVITIES</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Explore different pathways (straight, curved, zigzagged, etc.) while moving in various ways	2.5.A.4, 2.5.B.2	X		
Explore activities using various manipulative equipment and various motor patterns	2.5.A.2, 2.5.A.3, 2.5.A.4, 2.5.B.2	X		
Participate alone and with others	2.5.C.1, 2.5.D.1, 2.5.E.1	X		
<b>OBJECTIVES AND SKILLS BALL HANDLING SKILLS</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Attempt to demonstrate hand-eye coordination and tracking ability using manipulative skills with a variety of differently sized, textured, and shaped objects	2.5.A.1, 2.5.A.2, 2.5.A.6	X		

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Demonstrate body awareness through experimentation with various balls and objects as well as individual creativity	2.5.A.1, 2.5.A.6, 2.5.B.1	X		
Combine locomotor, non-locomotor, and manipulative skills	2.5.A.1, 2.5.A.2, 2.5.A.6, 2.5.A.7	X		

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<b>GRADE 1</b>				
<b>Building upon knowledge and skills gained in preceding grades, by the end of Grade 1, students will:</b>				
<b>OBJECTIVES AND SKILLS FUNDAMENTAL MOVEMENT</b>	<b>NJCCCs</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Demonstrate listening skills	2.5.A.8, 2.5.A.9, 2.5.B.5, 2.5.D.2		<b>X</b>	
Demonstrate locomotor, non-locomotor, and manipulative skills	2.5.A.1, 2.4.A.2, 2.5.A.6, 2.5.A.7		<b>X</b>	
Demonstrate spatial awareness	2.4.A.4, 2.5.B.4		<b>X</b>	
Develop self-confidence and interpersonal skills	2.5.D.1, 2.5.E.1		<b>X</b>	
Demonstrate the concepts of directionality and laterality	2.5.A.1, 2.5.A.2, 2.5.A.3, 2.5.A.9, 2.5.B.2		<b>X</b>	
<b>OBJECTIVES AND SKILLS DEVELOPMENTAL ACTIVITIES</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Demonstrate body awareness	2.5.B.2, 2.5.B.4	<b>X</b>		
Demonstrate the understanding of regular physical activity and how it affects personal fitness	2.5.E.1, 2.6.B.2	<b>X</b>		
Demonstrate the importance of safety and listening skills	2.5.A.8, 2.5.B.5, 2.5.D.2		<b>X</b>	
Explore and appreciate personal physical limitations and the limitations of others	2.5.A.3, 2.5.A.9	<b>X</b>		
Explore rotation and balance	2.5.A.1, 2.5.A.2, 2.5.B.1, 2.5.B.6	<b>X</b>		
Demonstrate climbing and supporting on various apparatus	2.5.A.3, 2.5.B.1, 2.5.B.4, 2.5.B.6	<b>X</b>		
Begin to develop muscular strength, flexibility, and agility	2.6.A.1, 2.6.C.1, 2.6.C.3	<b>X</b>		
Participate with partners and small groups	2.5.C.1, 2.5.D.1	<b>X</b>		
Develop self confidence	2.6.C.1, 2.6.C.3, 2.5.D.3	<b>X</b>		
<b>OBJECTIVES AND SKILLS LOW-ORGANIZED GAMES AND ACTIVITIES</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Share personal space	2.5.A.4, 2.5.A.7, 2.5.A.9, 2.5.B.4, 2.5.D.1		<b>X</b>	
Demonstrate previously learned skills in combinations for participation in games	2.5.A.2, 2.5.A.6, 2.5.A.7, 2.5.B.4, 2.5.C.1		<b>X</b>	
Recite safety rules for various games	2.5.D.1, 2.5.D.2, 2.5.D.3, 2.5.E.1	<b>X</b>		
Listen and follow directions	2.5.A.8, 2.5.A.9, 2.5.D.2		<b>X</b>	
Follow the rules and regulations of activities	2.5.A.8, 2.5.A.9, 2.5.D.2			<b>X</b>
Demonstrate cooperative skills	2.5.C.1, 2.5.D.1		<b>X</b>	

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<b>OBJECTIVES AND SKILLS RHYTHMIC ACTIVITIES</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Develop rhythmic awareness	2.5.A.1, 2.5.A.5, 2.5.A.6, 2.5.A.7, 2.5.A.10, 2.5.B.3	X		
Appreciate the aesthetic and creative qualities of locomotor and non-locomotor movements	2.5.A.1, 2.5.A.5, 2.5.A.9, 2.5.A.10	X		
Compare movements in terms of level and temp	2.5.A.4, 2.5.A.7, 2.5.A.10	X		
Perform in a variety of formations: lines, circles, squares, etc.	2.5.A.4, 2.5.A.7, 2.5.A.10		X	
Explore moving to a range of various rhythms and styles	2.5.A.1, 2.5.A.2, 2.4.A.4, 2.5.A.5, 2.5.A.7, 2.5.A.10		X	
<b>OBJECTIVES AND SKILLS INDIVIDUAL AND DUAL ACTIVITIES</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Demonstrate improved coordination while moving through activities	2.5.A.1, 2.5.A.2, 2.5.A.3, 2.5.A.9, 2.5.C.1		X	
Explore activities using various manipulative equipment	2.5.A.2, 2.5.A.6		X	
Participate alone and with others	2.5.C.1, 2.5.D.1, 2.5.E.1		X	
<b>OBJECTIVES AND SKILLS BALL HANDLING SKILLS</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Demonstrate previously learned manipulative skills	2.5.A.1, 2.5.A.6, 2.5.A.7		X	
Explore individual creativity using learned manipulative skills	2.5.A.1, 2.5.A.6, 2.5.A.7		X	
Demonstrate good listening skills while participating in game activities	2.5.A.8, 2.5.A.9, 2.5.D.2			X
Demonstrate combinations of locomotor, non-locomotor, and manipulative skills	2.5.A.2, 2.5.A.2, 2.5.A.3, 2.5.A.6, 2.5.A.7		X	
Explore concepts of force and effort as they relate to throwing, striking, and kicking	2.5.A.1, 2.5.A.2, 2.5.A.6, 2.5.A.8, 2.5.C.1		X	

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<b>GRADE 2</b>				
<b>Building upon knowledge and skills gained in preceding grades, by the end of Grade 2, students will:</b>				
<b>OBJECTIVES AND SKILLS FUNDAMENTAL MOVEMENT</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Demonstrate directionality and laterality in sequence	2.5.A.1, 2.5.A.2, 2.5.A.3, 2.5.A.9, 2.5.B.2	X		
Perform locomotor and non-locomotor movement in combinations	2.5.A.1, 2.5.A.2, 2.5.A.6, 2.5.A.7		X	
Appreciate the benefits of practicing learned skills	2.5.A.7, 2.5.A.9, 2.5.D.3		X	
Demonstrate self confidence	2.5.D.1, 2.5.E.1		X	
<b>OBJECTIVES AND SKILLS DEVELOPMENTAL ACTIVITIES</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Identify exercises that impact on the major body systems	2.6.A.1, 2.6.A.2, 2.6.B.2	X		
Identify the purpose of safety and rules for activities	2.5.D.1, 2.5.D.2, 2.5.E.1			X
Demonstrate personal fitness	2.6.B.2, 2.6.C.1, 2.6.C.2, 2.6.C.3		X	
Explore physical limitations through rotation and balance	2.5.A.1, 2.5.A.3, 2.5.B.1, 2.5.B.6	X		
<b>OBJECTIVES AND SKILLS LOW ORGANIZED GAMES AND ACTIVITIES</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Demonstrate combinations of non-locomotor, locomotor, and manipulative skills in mature motor patterns	2.5.A.1, 2.5.A.2, 2.5.A.6, 2.5.A.7		X	
Demonstrate listening skills and safety awareness	2.5.A.8, 2.5.A.9, 2.5.D.2			X
Accept the feelings that result from challenges, successes, and failures in physical activity	2.5.E.1, 2.6.B.2		X	
Understand that practice improves skill	2.5.A.9, 2.6.B.2, 2.6.B.2, 2.6.C.1, 2.6.C.3		X	
Understand and apply rules, regulations, simple strategies, and etiquette	2.5.C.1, 2.5.D.1, 2.5.D.2, 2.5.D.3		X	
<b>OBJECTIVES AND SKILLS RHYTHMIC ACTIVITIES</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Appreciate the aesthetic and creative qualities of sequencing locomotor, non-locomotor, and manipulative movements	2.5.A.1, 2.5.A.5, 2.5.A.9, 2.5.A.10		X	
Demonstrate moving to a range of various rhythms and styles	2.5.A.1, 2.5.A.2, 2.5.A.4, 2.5.A.5, 2.5.A.7, 2.5.A.10		X	
Demonstrate previously taught skills to a higher level of difficulty	2.5.A.6, 2.5.A.9, 2.5.B.5, 2.6.C.1, 2.6.C.2		X	

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<b>OBJECTIVES AND SKILLS INDIVIDUAL AND DUAL ACTIVITIES</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Recognize that practice develops better skills	2.5.A.9, 2.6.B.1, 2.6.B.2, 2.6.C.1, 2.6.C.3		<b>X</b>	
Explore progressive skills using various manipulative equipment	2.5.A.2, 2.5.A.6		<b>X</b>	
Appreciate the ability to perform alone or with others	2.5.C.1, 2.5.D.1, 2.5.E.1			<b>X</b>
Explore progressive individual and dual activities	2.5.A.7, 2.5.B.4, 2.5.C.1		<b>X</b>	
<b>OBJECTIVES AND SKILLS BALL HANDLING SKILLS</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Review previously learned skills	2.4.A.1, 2.5.A.6, 2.5.A.7		<b>X</b>	
Demonstrate agility and coordination	2.5.A.1, 2.5.A.2, 2.5.A.6, 2.5.A.7, 2.5.B.1		<b>X</b>	
Demonstrate creativity through individual and group exploration using a variety of balls and apparatus	2.4.A.6, 2.5.B.4, 2.5.C.1		<b>X</b>	
Explore combinations of locomotor, non-locomotor, and manipulative skills	2.5.A.1, 2.5.A.2, 2.5.A.3, 2.5.A.6, 2.5.A.7		<b>X</b>	

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<b>GRADE 3</b>				
<b>Building upon knowledge and skills gained in preceding grades, by the end of Grade 3, students will:</b>				
<b>OBJECTIVES AND SKILLS DEVELOPMENTAL ACTIVITIES</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Review all previously learned skills	2.5.A.1, 2.5.A.6, 2.5.A.7, 2.5.A.10			<b>X</b>
Demonstrate inverted skills	2.5.A.3, 2.5.A.7, 2.5.B.1, 2.5.B.2, 2.5.C.6		<b>X</b>	
Demonstrate climbing, supporting, and balancing skills	2.5.A.3, 2.5.B.1, 2.5.B.2, 2.5.B.4		<b>X</b>	
Appreciate and understand one's own physical limitations and the limitations of others	2.6.A.1, 2.6.B.1, 2.6.C.5		<b>X</b>	
Understand the importance of appropriate attire for various activities to maximize safety	2.5.D.2, 2.5.D.3		<b>X</b>	
Understand the general structure and function of the body	2.6.A.3, 2.6.B.1, 2.6.C.1	<b>X</b>		
Recognize the importance of proper warm up and cool down	2.5.A.6, 2.6.C.3, 2.6.C.6	<b>X</b>		
<b>OBJECTIVES AND SKILLS LOW ORGANIZED GAMES AND ACTIVITES</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Appreciate the importance of the safety rules for each activity	2.5.A.8, 2.5.B.5, 2.5.D.2, 2.5.D.3, 2.6.C.6		<b>X</b>	
Accept and give constructive criticism	2.5.A.8, 2.5.A.9, 2.5.B.7, 2.5.C.1, 2.6.A.1	<b>X</b>		
Demonstrate leadership skills	2.5.D.1, 2.5.D.2, 2.5.D.3	<b>X</b>		
Encourage and support peers	2.5.A.9, 2.5.B.1, 2.5.B.4, 2.5.B.7, 2.5.D.1, 2.5.E.1, 2.6.A.1	<b>X</b>		
Participate in a cooperative problem-solving activity	2.5.C.1, 2.5.D.1, 2.5.E.1, 2.6.A.1	<b>X</b>		
Demonstrate positive behavior in a winning or losing situation.	2.5.D.1, 2.5.E.1, 2.6.A.1		<b>X</b>	
<b>OBJECTIVES AND SKILLS RHYTHMIC ACTIVITIES/DANCE</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Demonstrate previously taught skills to a higher level of difficulty	2.5.A.6, 2.5.A.7, 2.5.A.10, 2.5.B.8		<b>X</b>	
Recognize level, tempo, shape, and flow of movement	2.5.A.2, 2.5.A.4, 2.5.A.5, 2.5.B.3		<b>X</b>	
Demonstrate creative sequencing of locomotor, non-locomotor and manipulative movement	2.5.A.2, 2.5.A.3, 2.5.A.6, 2.5.A.7, 2.5.A.11, 2.5.B.6		<b>X</b>	
<b>OBJECTIVES AND SKILLS Team Sports</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Develop fundamental team sports skills	2.5.A.1, 2.5.A.3, 2.5.A.6, 2.5.A.7	<b>X</b>		
Improve large muscle coordination and efficiency	2.6.B.2, 2.6.C.3	<b>X</b>		

***I***=Introduce***E***=Emphasize***R***=Reinforce

Develop muscular strength, agility, eye-hand, and –foot coordination	2.5.A.3, 2.6.C.1, 2.6.C.2, 2.6.C.6	X		
Develop fundamental ball handling skills	2.5.A.2, 2.5.A.3, 2.5.A.9, 2.5.B.2		X	
Develop cardiovascular efficiency	2.6.A.1, 2.6.A.2, 2.6.A.3, 2.6.A.4, 2.6.A.5, 2.6.B.1, 2.6.B.2, 2.6.C.1, 2.6.C.2, 2.6.C.3,	X		
Become familiar with team play	2.5.A.2, 2.5.A.6, 2.5.B.1, 2.5.C.1, 2.5.D.1, 2.5.D.2, 2.5.D.3, 2.5.E.1	X		
Demonstrate positive behavior in a winning or losing situation	2.5.D1, 2.5.D2, 2.5.E.1		X	
Develop an awareness of basic rules and strategies	2.5.D1, 2.5.D2, 2.5.E1			X

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<b>GRADE 4</b>				
<b>Building upon knowledge and skills gained in preceding grades, by the end of Grade 4, students will:</b>				
<b>OBJECTIVES AND SKILLS DEVELOPMENTAL ACTIVITIES</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Review all previously learned skills	2.5.A.1, 2.5.A.6, 2.5.A.7, 2.5.A.10			<b>X</b>
Demonstrate inverted skills	2.5.A.3, 2.5.A.7, 2.5.B.1, 2.5.B.2, 2.5.C.6		<b>X</b>	
Demonstrate climbing, supporting, and balancing skills	2.5.A.2, 2/5.A.3, 2.5.A.6, 2.5.B.1, 2.5.B.7			<b>X</b>
Demonstrate rational skills	2.5.A.2, 2.5.A.3, 2.5.B.1, 2.5.B.2		<b>X</b>	
Appreciate and understand one's own physical limitations and the limitations of others	2.6.A.1, 2.6.B.1, 2.6.C.5		<b>X</b>	
Understand the general structure and function of the body	2.5.B.2, 2.5.B.3, 2.5.B.7, 2.5.B.8, 2.5.C.1, 2.6.A.1, 2.6.A.2, 2.6.A.3		<b>X</b>	
Understand the importance of appropriate attire for various activities to maximize safety	2.5.D.2, 2.5.D.3			<b>X</b>
Recognize the importance of proper warm up and cool down	2.5.A.6, 2.5.C.3, 2.5.C.6		<b>X</b>	
<b>OBJECTIVES AND SKILLS LOW-ORGANIZED GAMES AND ACTIVITIES</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Demonstrate efficient running/dodging techniques	2.5.A.2, 2.5.A.3, 2.5.A.4, 2.5.A.9		<b>X</b>	
Develop safety awareness for all activities	2.5.B.4, 2.5.B.5, 2.5.D.1, 2.5.D.2, 2.5.D.3			<b>X</b>
Demonstrate appropriate behavior in a winning and losing situation	2.5.D.1, 2.5.D.2, 2.5.E.1			<b>X</b>
Enhance and improve previously learned locomotor, non-locomotor, and manipulative skills in combination	2.5.A.1, 2.5.A.2, 2.5.A.3, 2.5.A.4, 2.5.A.7, 2.5.A.9, 2.5.B.1, 2.5.B.4, 2.5.B.5		<b>X</b>	
<b>OBJECTIVES AND SKILLS RHYTHMIC ACTIVITIES AND DANCE</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Demonstrate previously taught skills to a higher level of difficulty	2.5.A.6, 2.5.A.7, 2.5.A.10			<b>X</b>
Improve on coordination, mental alertness, and a sense of rhythmic timing	2.5.A.2, 2.5.A.3, 2.5.A.4, 2.5.A.5, 2.5.A.7		<b>X</b>	
Develop individual routines to music	2.5.A.4, 2.5.A.5, 2.5.A.7, 2.5.A.11, 2.5.B.5X		<b>X</b>	
Develop interest in various dances, which may lead to participation during leisure time	2.5.A.4, 2.5.A.5, 2.5.A.7, 2.5.A.10, 2.5.A.11		<b>X</b>	
Demonstrate creative sequences with various equipment	2.5.A.2, 2.5.A.3, 2.5.B.5, 2.5.C.1, 2.5.D.3		<b>X</b>	

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<b>OBJECTIVES AND SKILLS TEAM SPORTS</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Review fundamental team sports skills	2.5.A.1, 2.5.A.3, 2.5.A.6, 2.5.A.7		X	
Improve large muscle coordination and efficiency	2.6.B.2, 2.6.C.3		X	
Develop finer muscle strength, agility, and eye-hand and foot coordination			X	
Improve fundamental ball handling skills	2.5.A.2, 2.5.A.3, 2.5.A.9, 2.5.B.2		X	
Develop fundamental stick handling skills	2.5.A.2, 2.5.A.3, 2.5.A.9, 2.5.B.2		X	
Develop greater cardiovascular efficiency	26.A.1, 2.6.A.2, 2.6.A.3, 2.6.A.5, 2.6.B.1, 2.6.2.C.1, 1.6.C.2, 2.6.C.3, 2.6.C.6		X	
Display positive attitudes and sportsmanship	2.5.D.1, 2.5.D.2, 2.5.D.3, 2.5.E.1, 2.6.A.1, 2.6.C.6			X
Identify and follow rules while playing sports	2.5.D.1, 2.5.D.2, 2.5.E.1			X
Begin to create strategies during team play	2.5.C.1, 2.5.D.1, 2.5.D.2, 2.5.E.1	X		
Be encouraged to develop team concept	2.5.C.1, 2.5.E.1, 2.6.A.1, 2.6.C.6	X		
Associate team sports play as part of life-long leisure	2.6.A.1, 2.6.B.1, 2.6.C.1, 2.6.C.5, 2.6.C.6	X		
<b>OBJECTIVES AND SKILLS PHYSICAL FITNESS/TRACK &amp; FIELD</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Participate in a physical fitness assessment measuring strength, agility, flexibility, cardiovascular endurance	2.6.C.1, 2.6.C.2, 2.6.C.3, 2.6.C.4, 2.6.C.6	X		
Set realistic fitness goals	2.6.A.1, 2.6.A.4, 2.6.B.3, 2.6.C.3	X		
Appreciate being part of a team or performing individually	2.5.A.10, 2.5.E.1, 2.6.A.1, 2.6.B.1		X	
Recognize the importance of proper warm up and cool down	2.5.A.6, 2.6.C.3, 2.6.C.6		X	

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<b>GRADE 5</b>				
<b>Building upon knowledge and skills gained in preceding grades, by the end of Grade 5, students will:</b>				
<b>OBJECTIVES AND SKILLS DEVELOPMENTAL ACTIVITIES</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Enhance and improve previously learned weight transfer skills	2.5.A.1, 2.5.A.2, 2.5.A.3, 2.5.B.1, 2.5.B.2		X	
Attempt to detect and correct errors in personal movement patterns	2.5.A.5, 2.5.A.6, 2.5.B.7		X	
Be aware of the risks involved in physical activities	2.5.B.1		X	
Demonstrate muscular strength, flexibility, and endurance	2.6.C.5		X	
<b>OBJECTIVES AND SKILLS BASKETBALL</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Become familiar with the game and how it is played	2.5.C.1, 2.5.D.1, 2.5.D.2, 2.5.D.3	X		
Learn fundamental skills	2.5.A.1	X		
Participate in lead-up games	2.5.A.7	X		
<b>OBJECTIVES AND SKILLS FLAG FOOTBALL</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Become familiar with the fundamental skills required by the game	2.5.A.1	X		
Become familiar with team play and with the basic positions of the players in flag football	2.5.B.8, 2.5.C.1	X		
Develop muscular strength, eye-hand coordination, and agility	2.6.B.3		X	
Develop an understanding of the basic rules	2.5.D1, 2.5.D.2	X		
<b>OBJECTIVES AND SKILLS FLOOR HOCKY/FIELD HOCKE</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Improve hand-eye coordination	2.5.A.1		X	
Emphasize alertness, quickness, and movement	2.5.A.2, 2.5.A.3		X	
<b>OBJECTIVES AND SKILLS LOW ORGANIZED GAMES AND ACTIVITIES</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Display respect for the person who is officiating	2.5.D.1, 2.5.D.2	X		
Demonstrate acceptance of teammates' varied levels of skills	2.5.D.1		X	
Participate with a group in cooperative problem-solving activities	2.5.D.1, 2.5.E.1	X		
Develop hand/eye coordination	2.5.A.1		X	

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<b>OBJECTIVES AND SKILLS SOCCER</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Develop foot/eye coordination while performing kicking skills	2.5.A.1		X	
Become familiar with fundamental soccer skills	2.5.A.1		X	
Develop an awareness of team play	2.5.B.8, 2.5.D.1		X	
Develop greater cardiovascular efficiency	2.5.C.2		X	
Develop an understanding of the rules of the game	2.5.D.2		X	
<b>OBJECTIVES AND SKILLS SOFTBALL</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Improve hand/eye coordination	2.5.A.1	X		
Develop sportsmanship and sharing	2.5.B.8, 2.5.D.1		X	
Develop an understand of the rules of the game	2.5.D.2		X	
<b>OBJECTIVES AND SKILLS PHYSICAL FITNESS/ TRACK &amp; FIELD</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Appreciate the challenge of the physical fitness assessment and accept the results of their success	2.6.C.4		X	
Pursue realistic fitness goals	2.6.A.4, 2.6.A.6, 2.6.C.4		X	
<b>OBJECTIVES AND SKILLS VOLLEYBALL</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Improve hand/eye coordination	2.5.A.10	X		
Improve agility, quickness, and leg strength	2.5.A.2, 2.5.A.3	X		
Develop specific skills necessary to play the game	2.5.A.1, 2.5.A.4		X	
Develop and understanding of the basic rules of the game	2.5.D.2		X	

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<b>GRADE 6</b>				
<b>Building upon knowledge and skills gained in preceding grades, by the end of Grade 6, students will:</b>				
<b>OBJECTIVES AND SKILLS DEVELOPMENTAL ACTIVITIES</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Demonstrate increased proficiency in previously learned skills pertaining to muscular strength, flexibility, and endurance	<b>2.5.A.6</b>			<b>X</b>
Enhance and improve previously learned weight transfer skills	<b>2.5.B.2</b>			<b>X</b>
Detect and attempt to correct errors in personal movement patterns	<b>2.5.B.1, 2.6.B.1</b>		<b>X</b>	
Demonstrate an awareness of the risks involved with physical activities	<b>2.5.B.4, 2.6.B.1</b>		<b>X</b>	
<b>OBJECTIVES AND SKILLS BASKETBALL</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Become familiar with the basic rules and regulations of basketball	<b>2.5.D.2</b>			<b>X</b>
Develop fundamental basketball skills	<b>2.5.A.1, 2.5.B.1</b>	<b>X</b>		
Participate in lead-up games	<b>2.5.C.1</b>		<b>X</b>	
<b>OBJECTIVES AND SKILLS LOW ORGANIZED GAMES AND ACTIVITIES</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Participate with and show respect for persons of like and different skill levels	<b>2.5.B.8</b>			<b>X</b>
Accept and respect the decisions made by game officials, whether they are students, teachers, or outside officials	<b>2.5.D.1, 2.5.D.2</b>			<b>X</b>
Participate in activities for a sustained period of time to increase stamina	<b>2.5.A.2, 2.5.B.4, 2.5.B.7, 2.6.A.3</b>		<b>X</b>	
<b>OBJECTIVES AND SKILLS FLAG FOOTBALL</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Refine previously introduced football skills and practice new ones	<b>2.5.A.1, 2.5.A.2, 2.5.A.6, 2.5.A.7</b>	<b>X</b>		
Become familiar with the basic rules and regulations of flag football and team play	<b>2.6.D.2</b>	<b>X</b>		
Increase muscular strength, agility, and hand/eye coordination	<b>2.5.A.1, 2.5.A.2</b>		<b>X</b>	

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<b>OBJECTIVES AND SKILLS FLOOR HOCKEY/FIELD HOCKEY</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Increase alertness and develop a personal sense of movement	2.5.A.1, 2.5.A.6, 2.5.B.5		X	
Improve hand/eye coordination	2.5.A.1, 2.5.A.6		X	
Become familiar with the basic rules and regulations of the sport		X		
Become familiar with the basic rules and regulations of the sport	2.5.C.1, 2.5.D.2	X		
<b>OBJECTIVES AND SKILLS PHYSICAL FITNESS/TRACK AND FIELDS</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Recognize that time and effort are prerequisites for physical fitness	2.6.A.1	X		
Recognize proper warm-up, conditioning, and cool-down techniques and the reasons for using them	2.6.B.1, 2.6.C.3		X	
Appreciate benefits resulting from participation in different forms of physical activity	2.6.A.1, 2.6.A.2, 2.6.A.6		X	
<b>OBJECTIVES AND SKILLS SOCCER</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Improve foot/eye coordination	2.5.B.1, 2.5.B.3, 2.5.B.4			X
Become familiar with the fundamental skills of soccer	2.5.A.1, 2.5.A.2, 2.5.A.3, 2.5.A.6, 2.5.B.1, 2.5.B.2, 2.5.B.3, 2.5.B.4, 2.5.B.7			X
Develop an awareness of team play	2.5.B.8, 2.5.C.1, 2.5.E.1	X		
Develop cardiovascular efficiency	2.6.A.3	X		
Become familiar with the basic rules and regulations of the sport	2.5.D.2	X		
<b>OBJECTIVES AND SKILLS SOFTBALL</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Improve neuromuscular skills and accuracy	2.5.A.1, 2.5.A.2, 2.5.A.3, 2.5.A.6, 2.5.B.1, 2.5.B.2, 2.5.B.4	X		
Develop sportsmanship and sharing	2.5.C.1, 2.5.D.1			X
Develop an understanding of the game and its use as a leisure-time activity	2.5.D.1, 2.6.A.4	X		
Become familiar with the basic rules and regulations of the sport	2.5.D.2	X		

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<b>OBJECTIVES AND SKILLS VOLLEYBALL</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Improve hand/eye coordination	2.5.A.1, 2.5.A.2, 2.5.A.3, 2.5.A.6, 2.6.B.1, 2.6.C.5		<b>X</b>	
Improve agility, quickness, and leg strength	2.5.A.1, 2.5.A.2, 2.5.A.3, 2.5.A.6, 2.6.B.1, 2.6.B.2	<b>X</b>		
Develop the skills necessary to play the game	2.5.A.1, 2.5.A.2, 2.5.A.3, 2.5.A.6, 2.5.B.7	<b>X</b>		
Become familiar with the basic rules and regulations of the sport	2.5.C.1, 2.5.D.2	<b>X</b>		

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<b>GRADE 7</b>				
<b>Building upon knowledge and skills gained in preceding grades, by the end of Grade 7, students will:</b>				
<b>OBJECTIVES AND SKILLS DEVELOPMENTAL ACTIVITIES</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Demonstrate increased proficiency in previously learned weight transfer skills	2.5.A.1, 2.5.A.3, 2.5.B.1, 2.5.B.2			X
Detect and attempt to correct errors in personal movement patterns	2.5.A.4, 2.5.A.7, 2.5.B.1, 2.5.B.6		X	
Demonstrate an awareness of the risks involved with physical activities	2.6.C.1, 2.5.C.2, 2.5.C.5		X	
Demonstrate muscular strength, flexibility, and endurance	2.6.C.1, 2.6.C.2, 2.6.C.5		X	
<b>OBJECTIVES AND SKILLS BASKETBALL</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Become familiar with the game of basketball and how it is played	2.5.B.6			X
Improve fundamental basketball skills	2.5.A.3, 2.5.A.5			X
Become familiar with the basic rules and regulations of the sport	2.5.D.1, 2.5.D.2			X
<b>OBJECTIVES AND SKILLS FLAG FOOTBALL</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Refine previously introduced football skills and practice new ones	2.5.A.3, 2.5.A.5, 2.5.B.3, 2.5.E.1		X	
Become familiar with the basic rules and regulations of flag football and team play	2.5.C.1, 2.5.D.1, 2.5.D.2		X	
Increase muscular strength, agility, and hand/eye coordination	2.6.C.1		X	
<b>OBJECTIVES AND SKILLS FLOOR HOCKEY/FIELD HOCKEY</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Develop a greater awareness of team play and positioning	2.5.C.1, 2.5.D.1, 2.5.D.2	X		
Increase alertness and develop a personal sense of movement	2.5.A.1, 2.5.A.6, 2.5.B.5		X	
Improve hand/eye coordination	2.5.A.1, 2.5.A.6		X	
<b>OBJECTIVES AND SKILLS LOW ORGANIZED GAMES AND ACTIVITIES</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Identify and follow rules while playing sports and games	2.5.C.1, 2.5.D.1, 2.5.D.2		X	
Analyze offensive and defensive strategies in competitive activities	2.5.C.1	X		

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Respect the physical and performance limitations of self and others	2.5.D.1, 2.5.D.2		X	
Accept and respect the decisions made by officials, whether they are students, teachers, or outside officials	2.5.D.1, 2.5.D.2			X
<b>OBJECTIVES AND SKILLS SOCCER</b>	<b>NJCCCS</b>	<b>I</b>	<b>E</b>	<b>R</b>
Improve foot/eye coordination	2.5.A.1, 2.5.A.6			X
Develop an awareness of team play	2.5.C.1, 2.5.D.1, 2.5.D.2		X	
Develop cardiovascular efficiency and leg power	2.6.C.1, 2.6.C.2		X	
Demonstrate familiarity with the rules and regulations of the sport	2.5.C.1, 2.5.D.1, 2.5.D.2		X	
<b>OBJECTIVES AND SKILLS SOFTBALL</b>	<b>NJCCCS</b>	<b>I</b>	<b>E</b>	<b>R</b>
Improve neuromuscular skills	2.6.B.2		X	
Improve hand/eye coordination while developing catching and throwing skills	2.5.A.1, 2.5.A.6, 2.6.B.2		X	
Develop an understanding of the game and its potential as a leisure-time activity	2.5.D.1, 2.5.D.2		X	
Become familiar with the basic rules and regulations of the sport	2.5.D.1, 2.5.D.2		X	
<b>OBJECTIVES AND SKILLS PHYSICAL FITNESS/TRACK &amp; FIELD</b>	<b>NJCCCS</b>	<b>I</b>	<b>E</b>	<b>R</b>
Enhance muscular strength and flexibility with the desire to improve physical ability and performance	2.6.B.1, 2.6.C.1		X	
Develop an appreciation for solo and team competition	2.5.D.1, 2.5.D.2	X		
Demonstrate respect for the physical and performance limitations of one's self and others	2.5.D.2, 2.5.D.2		X	
Develop and pursue realistic fitness goals	2.6.A.1, 2.6.A.6, 2.6.B.2, 2.6.B.4, 2.6.C.4, 2.6.C.5	X		
<b>OBJECTIVES AND SKILLS VOLLEYBALL</b>	<b>NJCCCS</b>	<b>I</b>	<b>E</b>	<b>R</b>
Develop hand/eye coordination and tracking ability	2.5.A.1		X	
Improve agility, quickness, strength, and coordination	2.53.A.1, 2.5.A.3, 2.5.A.6		X	
Develop an understanding of the game and its potential as a leisure-time activity	2.5.D.1, 2.5.D.2		X	
Become familiar with the basic rules and regulations of the sport	2.5.D.1, 2.5.D.2		X	

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<b>GRADE 8</b>				
<b>Building upon knowledge and skills gained in preceding grades, by the end of Grade 8, students will:</b>				
<b>OBJECTIVES AND SKILLS DEVELOPMENTAL ACTIVITIES</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Demonstrate increased proficiency in previously learned weight transfer skills	2.5.A.1, 2.5.A.2, 2.5.A.3, 2.5.A.5, 2.5.A.6, 2.5.A.7, 2.6.B.2, 2.6.B.3			<b>X</b>
Detect and attempt to correct errors in personal movement patterns	2.5.A.2, 2.5.A.4, 2.5.A.6, 2.5.B.5			<b>X</b>
Demonstrate an awareness of the risks involved with physical activities	2.6.A.6, 2.6.B.1, 2.6.C.3, 2.6.C.4			<b>X</b>
Demonstrate muscular strength, flexibility, and endurance	2.6.C.1, 2.6.C.2, 2.6.C.5			<b>X</b>
<b>OBJECTIVES AND SKILLS BASKETBALL</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Demonstrate a knowledge of the basic rules and regulations of the sport	2.5.A.1, 2.5.B.5, 2.5.B.6, 2.5.C.1, 2.5.D.1			<b>X</b>
Develop a sense of enjoyment from competition and team play	2.5.C.1, 2.5.D.2		<b>X</b>	
Improve hand/eye coordination and ball handling skills	2.5.A.1, 2.5.A.2, 2.5.A.3, 2.5.A.6			<b>X</b>
Develop an understanding of the game and its potential as a leisure-time activity	2.5.B.6, 2.5.D.1, 2.5.D.2, 2.5.E.1			<b>X</b>
<b>OBJECTIVES AND SKILLS FLAG FOOTBALL</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Refine previously introduced football skills and practice new ones	2.5.A.1, 2.5.A.6, 2.5.A.7			<b>X</b>
Become familiar with the basic rules and regulations of flag football and team play	2.5.A.1, 2.5.D.2			<b>X</b>
Develop an understanding of the game both as a spectator and as an active participant	2.5.C.1, 2.5.D.1, 2.5.D.2		<b>X</b>	
Improve personal endurance, agility, and coordination through physical exercise	2.6.C.1, 2.6.C.2, 2.6.C.3			<b>X</b>
Develop a sense of enjoyment from competition and team play	2.5.E.1		<b>X</b>	
<b>OBJECTIVES AND SKILLS FLOOR HOCKEY/FIELD HOCKEY</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Develop an awareness of team play and positioning	2.5.C.1, 2.5.D.2		<b>X</b>	

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Improve alertness and sense of movement through physical exercise	2.5.A.4, 2.5.A.7		X	
Improve hand/eye coordination and stick handling skills	2.5.A.1, 2.5.A.2, 2.5.A.3, 2.5.B.3			X
<b>OBJECTIVES AND SKILLS LOW-ORGANIZED GAMES AND ACTIVITIES</b>	<b>NJCCCS</b>	<b>I</b>	<b>E</b>	<b>R</b>
Identify and follow rules while playing sports and games	2.5.D.2			X
Analyze offensive and defensive strategies in competitive activities	2.5.C.1		X	
Respect the physical and performance limitations of self and others	2.6.B.1, 2.6.B.2, 2.6.C.1, 2.6.C.2, 2.6.C.3, 2.6.C.4			X
Accept and respect the decisions made by officials, whether they are students, teachers, or outside officials	2.5.D.1			X
Become aware of post-high school carry-over activities	2.6.A.1, 2.6.A.3, 2.6.A.5, 2.6.A.6	X		
<b>OBJECTIVES AND SKILLS SOCCER</b>	<b>NJCCCS</b>	<b>I</b>	<b>E</b>	<b>R</b>
Demonstrate a knowledge of the strategies, rules and regulations of the sport	2.5.C.1, 2.5.D.2			X
Develop a sense of enjoyment from competition and team play	2.5.D.1			X
Refine previously introduced skills and practice new ones	2.5.A.1, 2.5.A.6			X
Actively participate in grade level games	2.6.C.1		X	
<b>OBJECTIVES AND SKILLS SOFTBALL</b>	<b>NJCCCS</b>	<b>I</b>	<b>E</b>	<b>R</b>
Improve neuromuscular skills	2.5.A.2, 2.5.A.2, 2.5.A.3, 2.5.A.4, 2.5.A.5			X
Improve hand/eye coordination while developing catching and throwing skills	2.5.A.4, 2.5.B.3		X	
Develop an understanding of the game and its potential as a leisure-time activity	2.5.B.6, 2.6.A.3			X
Become familiar with the rules and regulations of competitive softball	2.5.C.1, 2.5.D.1, 2.5.D.2			X
Actively participate in grade level games	2.6.C.1		X	
<b>OBJECTIVES AND SKILLS PHYSICAL FITNESS/TRACK &amp; FIELD</b>	<b>NJCCCS</b>	<b>I</b>	<b>E</b>	<b>R</b>
Enhance muscular strength and flexibility with the desire to improve physical ability and performance	2.6.A.1, 2.6.A.2, 2.6.B.2, 2.6.B.3, 2.6.C.1, 2.6.C.2, 2.6.C.5			X

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Develop an appreciation for solo and team competition	2.5.B.6, 2.6.A.3			X
Demonstrate respect for the physical and performance limitations of one's self and others	2.6.B.1, 2.6.B.2, 2.6.C.1, 2.6.C.2, 2.6.C.3, 2.6.C.4		X	
Develop and pursue realistic fitness goals	2.6.A.1, 2.6.B.3, 2.6.C.1, 2.6.C.2, 2.6.C.4., 2.6.C.5			X
<b>OBJECTIVES AND SKILLS VOLLEYBALL</b>	<b>NJCCCS</b>	<b><i>I</i></b>	<b><i>E</i></b>	<b><i>R</i></b>
Become familiar with the rules, regulations, and scoring of the sport	2.5.D.1, 2.5.D.2,			X
Develop an understanding of the game and its potential as a leisure-time activity	2.5.D.1, 2.5.D.2			X
Develop hand/eye coordination and tracking ability	2.5.A.1, 2.5.A.2, 2.5.A.3, 2.5.A.6			X
Demonstrate an awareness of and ability to participate in team play	2.5.C.1, 2.5.D.1, 2.5.D.2		X	
Actively participate in grade level games	2.6.C.1		X	

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