

GBCS Curriculum Guide			GRADE: 9-12		SUBJECT: Unified Sports			
Topic	Pacing	Unit	Standards	Enduring Understandings & Essential Questions	Learning Targets	Vocabulary	Materials	Assessments
Unified Athletics	2 weeks	Unified Athletics	Michigan and National Standards 1-6	Personal behavior impacts the ability to balance lifelong fitness. How can individuals who don't meet ideal body standards be fit?	LT: I can demonstrate sportsmanship and skills to compete effectively in track and field during all unified events.	Javalin, broad jump, wobble, grip, release, aim, trajectory, endurance, sprint, distance, lane lines	Javalin, softball, cage, jump station, materials listed for aerobic fitness	Unit Performance Based Assessment
Unified Basketball	6 weeks	Unified Basketball	Michigan and National Standards 1-6	Physical activity involves using movement and motor skills throughout a lifetime. How do the components of sportsmanship carry over into everyday life?	LT: I can play a game of basketball with proper form while demonstrating good sportsmanship.	Zone Defense, Man-to-Man Defense, Backspin, arc, rotation, violations, fouls	Materials listed in weight lifting and aerobic fitness categories, basketballs, nets	Unit Performance Based Assessment
Unified Bocce	3 weeks	Unified Bocce	Michigan and National Standards 1-6	Physical activity involves using movement and motor skills throughout a lifetime. How do the components of sportsmanship carry over into everyday life?	LT: I understand the rules and skills necessary to effectively compete in a Bocce competition. LT: I can demonstrate good sportsmanship while playing Bocce ball.	Team, pallino (white ball), bocce, strategy, roll, spin, block, trajectory, italian	Bocce ball sets	Unit Performance Based Assessment

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Unified Bowling	2 weeks	Unified Bowling	Michigan and National Standards 1-6	Physical activity involves using movement and motor skills throughout a lifetime. How do the components of sportsmanship carry over into everyday life?	LT: I can use proper form during grip approach and release to effectively play the game. LT: I can demonstrate good sportsmanship while playing a game of bowling.	pins, ally, angle, rotation, hook, approach, arm swing, strike, spare, ball, follow through, frame, gutter, ricochete, lane	Bowling ball, pin, indoor bowling sets	Unit Performance Based Assessment
Unified cycling	4 weeks	Unified cycling	Michigan and National Standards 1-6	Outdoor recreation contributes to build and maintain lifelong fitness and the ability to engage in outdoor pursuits. How can outdoor recreational activities improve your quality of life?	LT: I can safely ride a bike with a high level of endurance	Safety, helmet, handlebars, cage, adjust, balance, pedal, stirrup, brakes, signals, gear knob, gear shifter, resistance, accelerate, rpm	Bike, helmet, cage, cones,	Unit Performance Based Assessment
Unified weight lifting	3 weeks	Unified weight lifting	Michigan and National Standards 1-6	Lifetime fitness is built upon the principles of developing and implementing a program that utilizes the appropriate training principles. What are some ways you could avoid injuries while participating in physical activities	LT: I can record my daily physical activity into a log and monitor my intensity and effort by using technology devices. LT: I can demonstrate proper resistance training techniques with various weight lifting equipment.	Heart Rate, Maximum Heart Rate, Training Zone, Repetitions, Sets, Overload, Specificity, Resistance, Program Plan, Endurance, Strength, Powerlifting, exertion, Free Weights, Resistance Bands, Medicine Ball	Heart Rate Monitors Resistance Bands, Kettle Balls, Treadmills, Elliptical Machine, Exercise Bike, Warrior ropes, training hurdles, body bars, Zumba Videos	Performance assessment displaying knowledge of heart rate, and the effect on overall fitness level. Demonstration of fitness performance in graphs and logs.

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Unified Volleyball	3 weeks	Unified Volleyball	Michigan and National Standards 1-6	Efficient movement improves performance. How does teamwork, sportspersonship, and work ethic, help accomplish life goals?	LT: I can score points by using the proper form of the forehand pass, overhead pass, and spike with my teammates. LT: I can prevent scoring by defending my side of the net with my teammates.	Overhead pass (set), spike, underhand pass, violations, teamwork	Materials listed in weight lifting and aerobic fitness categories, volleyballs, nets	Unit Performance Based Assessment
Unified Soccer	2 weeks	Unified Soccer	Michigan and National Standards 1-6	Commitment to sportsmanship, rules, and safety guidelines must be demonstrated for participants and spectators to experience the maximum benefit from games and sports. How does a high level of fitness improve overall quality of life?	LT: I can apply safe practices and evaluate teamwork in a game setting. LT: I can score by attacking the goal, creating space in the attack, and using space in the attack according to critical elements during small sided or full sided invasion games.	Corner Kick, penalty kick, roll in, extra time, goalkeeper, throw in, forward, midfielder, sweeper, hand ball, tackle	Materials listed in weight lifting and aerobic fitness categories, soccer balls, nets	Unit Performance Based Assessment
Unified Snow shoeing	2 weeks	Unified Snow Shoeing	Michigan and National Standards 1-6	Outdoor recreation contributes to build and maintain lifelong fitness and the ability to engage in outdoor pursuits. How can outdoor recreational activities improve your quality of life?	LT: I can independently prepare myself for and compete in snow shoeing with a good attitude and positive sportsmanship.	Coordination, snowshoe, bindings, crampon, traction, pivot, traverse, terrain, pole, cardiofitness, endurance	snowshoes, poles, cages	Unit Performance Based Assessment

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Unified Flag Football	2 weeks	Unified Flag Football	Michigan and National Standards 1-6	Implementation of effective offensive, defensive, and cooperative strategies is necessary for success in game situations. Why is it beneficial to practice skills in smaller parts versus the whole movement?	LT: I can demonstrate the skills of throwing and catching a football. LT: I can identify the rules and apply the scoring system.	Punt, Pass, Kick off, Extra Point, Field Goal, Touchdown, Down, Fumble, Interception, Pass Patterns, Off Sides, Holding, False Start	Materials listed in weight lifting and aerobic fitness categories, flags, football, cones/goals	Unit Performance Based Assessment
Unified Floor Hockey	2 weeks	Unified Floor Hockey	Michigan and National Standards 1-6	Implementation of effective offensive, defensive, and cooperative strategies is necessary for success in game situations. How do motor skills, movement patterns, and game strategies enhance physical fitness?	LT: I can demonstrate the skills of stick handling, shooting, passing, and defending with my teammates.	Backhand pass, slap shot, Backhand shot, Face-off, Deflection, Offense, Defense, Foul, Forehand shot, Give-and-go, Rebound, Stick handling, off sides, Icing	Materials listed in weight lifting and aerobic fitness categories, sticks, pucks, nets	Unit Performance Based Assessment