**SECTION A. (Overview)**

**Background Information**

Number and duration of classes:
10 classes of 40 minutes each / 5 classes of 80 minutes each (underline one)

Number of students:

Grade level:

**Entry Level Assessment of Learner**

Age:

General abilities/skill proficiency level:

Previous experience in this type of activity:

Rationale (importance of unit):

Anticipated difficulties and how they will be addressed:

**Resources**

References:
1.
2.
3.

Other Resources, Equipment and Materials:

**SECTION B. (Standards, Objectives:)**

**UNIT GOAL (What students will understand and be able to do by the end of the unit):**

**NJCCC Standards Addressed:**

<table>
<thead>
<tr>
<th>Day 1: Psychomotor:</th>
<th>Assessed by:</th>
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<tbody>
<tr>
<td>Cognitive:</td>
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<th>Day 2: Psychomotor:</th>
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<th>Day 3: Psychomotor:</th>
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SECTION C. *(Learning Experiences)* (use † section only if using TGFU model)
**Unit Fitness Activities:**

<table>
<thead>
<tr>
<th>Daily outline of Content, Procedures (management, transitions), &amp; Instructional Strategies - opening activity, introduction/anticipatory set/fitness activities, new content/skill development activities, culminating activity and closing activity</th>
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<tbody>
<tr>
<td>Day 1.</td>
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<td>Day 2.</td>
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<td>Day 3.</td>
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<td>Day 4.</td>
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<td>Day 9.</td>
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<td>Day 10.</td>
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**Teaching Methodology** (Direct instruction, cooperative learning, sport education, etc.)

<table>
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<tr>
<th>SECTION D. (Unit analysis/reflection)</th>
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<tbody>
<tr>
<td><strong>Student Assessment</strong></td>
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</table>

**Skill/game play assessment:**

**Cognitive assessment:**

**Affective assessment:**

**Teacher Assessment**

**Teacher assessment points:**

**Unit evaluation points:**

| NOTE: font for the unit plan template is Arial |