Chenango Bridge Grade 3-5 New York State & NASPE Standards	Content	Skills/ practices	Curriculum Materials and resources Used	(All) Assessments Used (Benchmarks)	Timeline
New York State Standards <u>NYS Standard 1:</u> Demonstrates competency in a variety of motor skills and movement patterns. <u>NYS Standard 2</u> : Applies knowledge of concepts,	<u>Project Adventure Unit –</u>	<ol> <li>Safety Statements</li> <li>Philosophy/History</li> <li>Challenge by Choice</li> <li>Team building</li> <li>Partner games</li> <li>Individual Challenges</li> <li>Effective/Ineffective Group Activities</li> <li>Skills         <ul> <li>Cooperation</li> <li>Teamwork</li> <li>Communication</li> <li>Acceptance</li> <li>Listening skills</li> <li>Leadership</li> <li>Followership</li> </ul> </li> </ol>	<ul> <li>Project Adventure Manual</li> <li>Games -more new games</li> </ul>	Skills Rubric Question/Answ er Oral Written Observation Benchmark assessments Show sportsmanship, cooperation, and team work as a spectator and participant during physical activity	First week and a half of school
principles, strategies, and tactics related to movement and performance. <u>NYS Standard 3:</u> Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	Swimming Unit-	<ol> <li>Safety Statement</li> <li>Terminology</li> <li>Water safety         <ul> <li>o</li> <li>lce</li> <li>o</li> <li>Lifejackets</li> <li>o</li> <li>Clothes</li> <li>o</li> <li>storms</li> </ul> </li> <li>Skills         <ul> <li>a. Kicks</li> <li>a. Flutter</li> <li>b. Whip</li> </ul> </li> <li>Strokes</li> <li>Front crawl</li> <li>Back crawl</li> <li>Side stroke</li> <li>Elementary</li> <li>Diving</li> </ol>	Red Cross WSI learn to swim program Swimming faster	Skills Rubric Front crawl Back Crawl Elementary Breaststroke Side stroke Under water Stand up dive Question/Answer Oral Written Observation Peer assessments	September through November Each class receives 12 swim classes

NYS Standard 4:Exhibitsresponsiblepersonal andsocial behaviorthat respects selfand others.NYS Standard 5:Recognizes thevalue of physicalactivity for overallwellness,		<ul> <li>8. Supine and prone</li> <li>9. Floats</li> <li>5. Drills <ul> <li>a. Catch up</li> <li>b. Lane line</li> <li>c. Bobbing</li> <li>d. Cheaters</li> <li>backstroke</li> <li>e. Kick boards</li> <li>f. Pull buoys</li> <li>g. Land drills</li> </ul> </li> </ul>			
enjoyment, challenge, and/or self-expression. <u>NYS Standard 6</u> : Recognizes career opportunities and manages personal and community resources related to physical activity and fitness to achieve and maintain overall wellness.	<u>Soccer Unit –</u>	<ol> <li>Safety Statements</li> <li>Terminology</li> <li>Rules</li> <li>Skills         <ul> <li>Pauling</li> <li>Passing</li> <li>Throw-ins</li> <li>Goalkeeper</li> <li>Ball control</li> </ul> </li> <li>Drills         <ul> <li>Foundations</li> <li>Taps</li> <li>Pull Back</li> <li>Inside/Outside Rolls</li> <li>Suggling</li> <li>One/Two Touch</li> <li>Zone soccer</li> </ul> </li> <li>Game Play         <ul> <li>Modified Games</li> </ul> </li> </ol>	<ul> <li>STRONGSOCCE R.COM</li> <li>NSCAA (NATIONAL SOCCER COACHES ATHLETIC ASSOCIATION)</li> </ul>	Skills Rubric For passing, trapping, shooting and dribbling • Question/Ans wer Oral Written • Observation	<u>Sept/October</u>

National Standards NASPE Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.	<u>Football Unit</u>	<ol> <li>Safety Statements</li> <li>History</li> <li>Terminology</li> <li>Skills         <ul> <li>Pass/Catch</li> <li>punt/kickRules</li> <li>Wall-to-Wall</li> </ul> </li> <li>Drills         <ul> <li>Pass Patterns</li> <li>Pass/Catch</li> <li>Quarterback relay</li> </ul> </li> </ol>	PECENTRAL.COM PE LESSONS BOOK K-6 NFL PUNT PASS AND KICK HANDBOOK	Skills Rubric Question/Answer • Oral • Written Observation	Sept/Oct
Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. MASPE Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	<u>Volleyball Unit –</u>	<ol> <li>Safety Statement</li> <li>Terminology</li> <li>Rules</li> <li>Skills         <ul> <li>G. Forearm pass</li> <li>e. Set pass</li> <li>f. Serving</li> </ul> </li> <li>Drills         <ul> <li>Rotation</li> <li>Keep it up</li> <li>Follow Pass</li> <li>Progression</li> <li>Serving</li> </ul> </li> <li>Balloon</li> <li>Zon 2 GAMES</li> <li>Game Play         <ul> <li>Tournaments</li> <li>Sport Education</li> <li>Model</li> <li>Modified games</li> </ul> </li> </ol>	PECENTRAL.COM PE LESSON PLANS BOOK K-6 • Guidelines for Physical Education Programs k-12 • Games to Keep kids moving • Quality Lesson Plans • For secondary PE Steps to success in volley ball	Skills Rubric Question/Answer • Oral • Written Observation	November (After Thanksgiving)

NASPEStandard 4:The physicallyliterate individualexhibitsresponsiblepersonal andsocial behaviorthat respects selfand others.NASPEStandard 5:The physicallyliterate individualrecognizes thevalue of physicalactivity for health,enjoyment,challenge,self-expressionand/or socialinteraction.					
	<u>Fitness I Unit –</u>	<ol> <li>Safety Statement</li> <li>Terminology food pyramid</li> <li>Serving sizes</li> <li>Eating from the rainbow</li> <li>Food groups</li> <li>Portion plate</li> <li>Skills         <ul> <li>a. Rotation</li> <li>Upper body</li> <li>Lower body</li> <li>Aerobic</li> <li>Anaerobic</li> <li>Stretching</li> <li>Flexibility</li> </ul> </li> </ol>	<ul> <li>Physical Best activity guide</li> <li>Success oriented PR activities</li> <li>Quality Lesson Plans For secondary PE</li> <li>Youth strength training</li> <li>Eat well and keep moving</li> <li>My pyramid.gov website</li> </ul>	Question/Answer Oral Written Observation	December/Jan

BASKETBALL-	<ul> <li>Station work each day working on various strength training</li> <li>1. Rules</li> <li>2. History</li> <li>3. Respect</li> </ul>	Athletic fitness for kids PECENTRAL.COM THE COMPLETE	SKILLS TEST 1. Lay Ups 2. Passing Tech	Dec/Jan
	<ul> <li>4. Sportsmanship</li> <li>5. Safety</li> <li>6. SKills: <ol> <li>Shooting (BEEF)</li> <li>Ball Handling <ul> <li>(Dribbling)</li> </ul></li></ol> </li> <li>3. Passing</li> <li>4. Defensive Slide (On Ball Defense</li> <li>5. Rebounding</li> </ul>	PHYSICAL EDUCATION PLAN HANDBOOK • GAMES TO KEEP KIDS MOVING	<ol> <li>Dribbling</li> <li>Defensive SLide</li> <li>Written Quiz Oral Response</li> <li>v 1 Games</li> </ol>	
Fitness unit Content/skills (What needs to be taught?)		Curriculum Materials and resources Used	All) Assessments Used (Benchmarks)	Time Line
<u>Fitness I Unit –</u>	8. Safety Statement 9. Terminology food pyramid	<ul> <li>Physical Best activity guide</li> </ul>	Question/Answer Oral	December/Jan

	<ul> <li>10. Serving sizes</li> <li>11. Eating from the rainbow</li> <li>12. Food groups</li> <li>13. Portion plate</li> <li>14. Skills <ul> <li>a. Rotation</li> <li>b. Upper body</li> <li>c. Lower body</li> <li>d. Aerobic</li> <li>e. Anaerobic</li> <li>f. Stretching</li> <li>g. Flexibility</li> </ul> </li> <li>Station work each day working on various strength training</li> </ul>	<ul> <li>Success oriented PR activities</li> <li>Quality Lesson Plans For secondary PE</li> <li>Youth strength training</li> <li>Eat well and keep moving</li> <li>My pyramid.gov website</li> <li>Athletic fitness for kids</li> </ul>	Written Observation	We split boys and girls during bball and fitness
Content/skills (What needs to be taught?)         Gymnastics-         Grid - 9/23/10	<ol> <li>Safety Statement</li> <li>Terminology</li> <li>Skills         <ul> <li>a. Tumbling</li> <li>b. Balance</li> <li>c. Rolls</li> <li>d. Walks</li> <li>e. Sequencing</li> </ul> </li> </ol>	<ul> <li>Eric Malmberg Kidnastics</li> <li>Kidnastics 1,2,3 from Cortland</li> <li>Youth strength training for gymnastics</li> </ul>	Skills Rubric Question/Answer • Oral • Written • Sequence the skills into a routine Observation	Feb.

Chenang Bridge 3- NYS Learning/C Standard	5 Content/skills (What needs to be taught) ore	skills/practices ?)	Curriculum Materials and resources Used	(All) Assessments Used (Benchmarks)	Time Line
	DANCE-	<ol> <li>Safety Statement</li> <li>Terminology</li> <li>Skills         <ul> <li>Grapevines</li> <li>4 beat</li> <li>8 beat</li> <li>Sequencing</li> <li>Line dances:</li> </ul> </li> <li>Cotton eyed joe 3-4-5</li> <li>Electric slide 3-4-5</li> <li>Cha cha slide 3-4-5</li> <li>Macarena 3-4-5</li> <li>Hot hot hot 3-4-5</li> <li>Micheal Jackson thriller 5</li> <li>Turbo Hustle 5</li> <li>Hokey pokey 3-4-5</li> <li>S-6-7-8 grade 3-4-5</li> <li>Chicken dance 3-4-5</li> <li>Good times 3-4-5-</li> </ol>	<ul> <li>Christy lane line dances</li> <li>You tube</li> <li>Dances from NYS AHPERD conferences</li> <li>You tube</li> </ul>	Question/Answer Oral Written • Skills • Staying on beat • Grapevine dances • Observation	March
Grid - 9/23/10 Chenango Bridge 3-5 NYS Learning/Core Standards	Fitness testing Content/skills (What needs to be taught?)	skills/practices	-	All) Assessments ed (Benchmarks)	Time Line
	<u>FitnessGram Unit-</u>	<ol> <li>Safety Statement</li> <li>Terminology</li> <li>Skills         <ul> <li>o Pacer</li> <li>o Pull ups</li> <li>o Push ups</li> <li>o Curl ups</li> </ul> </li> </ol>	<ul> <li>activity guide Ora</li> <li>Success Write Oriented PE Teach</li> </ul>		arch

Grid – 9/23/10		o Sit and reach o Back extensor Will be working toward this test all year doing parts of the test so that when we actually do it they are prepared	For secondary PE • Youth strength training		
Chenango Bridge 3-5 NYS Learning/Core Standards	In line skating Content/skills (What needs to be taught?)	skills/practices	Curriculum Materials and resources Used	(All) Assessments Used (Benchmarks)	Time Line
Grid - 9/23/10	In line Skating Unit – • Safety Statement: • Wear all equipment • Terminology • Rules	<ol> <li>Safety Statement:</li> <li>Wear all equipment</li> <li>Terminology</li> <li>Rules</li> <li>Skills         <ul> <li>o Glide</li> <li>o Swizzle</li> <li>o Hockey stop</li> <li>o Figure eight</li> <li>o 4 areas</li> </ul> </li> <li>Beginner, Adv. Beginner,</li> <li>Intermediate, Adv intermediate</li> </ol>	<ul> <li>Guidelines for Physical Education Programs k-12</li> <li>Games to Keep kids moving</li> <li>In line skating curriculum and lesson plans</li> </ul>	Skills Rubric for every level Question/Answer Oral Written Observation	April

Chenango Bridge 3-5 NYS Learning/Core Standards	<b>Tennis</b> Content/skills (What needs to be taught?)	skills/practices	Curriculum Materials and resources Used	(All) Assessments Used (Benchmarks)	Time Line
)	<u>Tennis-</u>	<ul> <li>skills taught:</li> <li>forehand</li> <li>back hand</li> <li>Safety Statement</li> <li>Terminology</li> <li>Skills <ul> <li>o forehand</li> </ul> </li> </ul>	<ul> <li>Tennis tactics</li> <li>The tennis drill book</li> <li>Youth strength training ( tennis agility drills)</li> </ul>	Question/Answer Oral Written • Skills test rubric Forehand Backhand	May

o backhand	Net Generation	serving	
o scoring			
o lines		<ul> <li>Observation</li> </ul>	
o serving			
o ready position			
o singles/doubles			
positioning			
o scoring			
love-15-30-45-game			

Grid – 03/12/21

NYS Learning/Core Standards	TRACK AND FIELD Content/skills (What needs to be taught?)	<u>skills/practices</u>	Curriculum Materials Used and resources	(All) Assessments Used (Benchmarks)	Time Line
	<u>Track &amp; Field:</u>	<ul> <li>5. Safety &amp; Rules</li> <li>6. History (Olympics)</li> <li>7. Cooperation</li> <li>8. Sportsmanship</li> <li>9. Training Tactics (Interval)</li> <li>10. Teamwork</li> <li>11. Skills: <ol> <li>Hurdles</li> <li>High Jump</li> <li>Shot Putt</li> <li>Triple Jump</li> <li>Spring Event</li> <li>Distance Event</li> <li>Relay Events</li> </ol> </li> </ul>	TRACK AND FIELD TEACHING FUNDAMENTALS	WRITTEN QUIZ CLASS PARTICIPATION SKILLS TEST 1. HURDLES 2. HIGH JUMP 3. TRIPLE JUMP 4. SHOT PUTT	MAY/JUNE
	<ul><li>Filler units</li><li>1. Drums Alive</li><li>2. Snow Shoeing (if we have snow)</li></ul>	Activity specific skills	PEcentral.com OPENpe.com		

<ol> <li>Games</li> <li>Softball/kickball the last 5 days of school</li> </ol>		

Grid – 03/12/21