NYS Learning/Core Standards	Content	Skills/Practices	Material/Resources	Assessments (All) daily/weekly/ benchmarks	Time Line (month/week/ days)
NYS Standard #1: Standard 1 - Demonstrates competency in a variety of motor skills and movement patterns.	<u>Project Adventure 9-12</u> * <u>Knowledge</u> Understanding of cooperation, interaction, teamwork, leadership, listening skills, expressions.	* <u>Skills</u> Communicate, follow directions, create, innovate, problem solve (21 st Century Skills)	**www. PA.org **Cortland College Project Adventure Workbook 2000	*Observed group/individual performance. * Assessment	Early September
NYS Standard #2 :Standard 2 - Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance. NYS Standard #3: Standard 3 - Demonstrates the knowledge and skills to achieve and maintain a	<u>Football 9-12</u> * <u>Knowledge</u> Understanding arena football rules,indoor wall to wall football, field dimensions, strategies, score, safety	* <u>Skills</u> Teamwork, cooperation, lifetime related ways to play football recreationally. Forward pass, hand catch, hike, pass patterns, man to man defense, punt, place kick. * <u>21st Century Skills</u> Watch NCAA OR NFL game and pick out plays and understand positions, Also, high school games.	**www.PE Central.org **Complete Physical Education Plans 7-12 by Kleinman Quality Lesson Plans for Secondary PE by Human Kinetics	*Teacher Observation, verbal questions, rubric 1-4 on skills, strategies, personal/social, safety. * Assessment	Mid September
health-enhancing level of physical activity and fitness. NYS Standards #4 Standard 4 - Exhibits responsible personal and social behavior that respects self and others. NYS Standards #5 Standard 5 -Recognizes the value of physical activity for overall wellness, enjoyment,challenge , and /or self-expression	<u>Frisbee Golf 9-12</u> * <u>Knowledge</u> Understand rules,equipment used, decide what discs to use for distance-driver, mid distance, putter, how to keep score, where in the community to access disc golf courses, outdoor activity that is a good lifetime activity	* <u>Skills</u> Teamwork, cooperation, lifetime related ways to play frisbee golf recreationally. * <u>21st Century Skills</u> follow rules, create shots, problem solve shots, create golf holes	**www.PE Central.org **Complete Physical Education Plans 7-12 by Kleinman Quality Lesson Plans for Secondary PE by Human Kinetics You tube on how to throw discs Open PE.com	 ** Teacher Observation, verbal questions, rubric 1-4 on skills, strategies, personal/social, safety. *Assessment 	Mid September/Ear ly October

	Ultimate Frisbee 9-12	Skills how to to parform		** Teacher	
NYS Standards #6		Skillshow to to perform backhand throw, different types of	**www.PE Central.org	Observation, verbal	
Standard 6 -	<u>*Knowledge</u> Understanding there are official rules and that		_		
Recognizes career		catches, what is a pull throw,	**Complete Physical Education Plans 7-12	questions, rubric 1-4	Fault: Ostahau
opportunities and manages personal	players self officiate the games,	demonstrate teamwork,		on skills, strategies,	Early October
and community	field dimensions and scoring	cooperation, lifetime related ways	by Kleinman Quality	personal/social,	
resources related to	areas, strategy, safety,	to play ultimate frisbee	Lesson Plans for	safety.	
physical activity and fitness to achieve		recreationally.	Secondary PE by	*Assessment	
and maintain overall			Human Kinetics		
wellness		* <u>21st Century</u>			
l		SkillsCommunicate, follow			
SHAPE AMERICA		directions, create, innovate			
Standard 1. The physically literate		problem solving			
individual					
demonstrates					
<u>competency in a</u> variety of motor	Inline Skating 9-12	<u>Skills</u>			
skills and	<u>*Knowledge</u> Understanding the	* <u>A-frame Turn</u> is a slow turn		** Teacher	Early October
movement	different parts of the	where your weight is on the inside	**www.PE Central.org	Observation, verbal	
patterns.	skate(wheels, brakes, wheel	edge of the outside skate	**Complete Physical	questions, rubric 1-4	
SHAPE AMERICA	bearing and boot), safety and all	* <u>Crossover</u> is a method of turning	Education Plans 7-12	on skills, strategies,	
Standard 2. The	the safety equipment involved in	that involves bringing one skate in	by Kleinman Quality	personal/social,	
physically literate	inline skating.	front of the other.	Lesson Plans for	safety.	
individual applies knowledge of		* <u>Swizzle</u> is an hourglass pattern.	Secondary PE by	*Assessment	
concepts.		* <u>Parallel Turn</u> is when the skates	Human Kinetics		
principles.		are parallel, inside foot staggers	**www.openpe.com		
strategies and tactics related to		toward the direction of the turn.			
movement and		* <u>Gliding</u> is coasting or rolling with			
performance.		one skate in front of the other			
		without pushing off.			
SHAPE AMERICA Standard 3. The		* <u>Striding</u> is pushing off with one			
physically literate		skate by turning one foot outward			
individual		and propelling forward.			
demonstrates the knowledge and		pp			
skills to achieve		* <u>21stCentury</u>			
and maintain a		<u>Skills</u> Communicate, follow			
health-enhancing level of physical		directions, create, innovate			
activity and		problem solving			
<u>fitness.</u>		Providin Solving			
 					

SHAPE AMERICA Standard 4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.SHAPE AMERICA Standard 5. The physically literate individual recognizes the value of physical activity for health. enjoyment, challenge, self-expression and/or social interaction.	Hiking 9-12 *Knowledge 1.To introduce students to the fun and exciting world of hiking 2. Give students the skills needed to safely hike in the woods 3. Provide strategies to effectively hike in the woods	* <u>Skills</u> 1.Demonstrate hiking skills (proper equipment, conditioning, clothing, how to Hike) 2. Demonstrate proper hike 3. Demonstrate proper map reading skills 4.Introduction to orienteering and geocaching * <u>21st Century Skills</u> : <u>Skills</u> Communicate, follow directions, create, innovate problem solving	**www.PE Central.org **Complete Physical Education Plans 7-12 by Kleinman Quality Lesson Plans for Secondary PE by Human Kinetics **www.openpe.com	 ** Teacher Observation, verbal questions, rubric 1-4 on skills, strategies, personal/social, safety. *Assessment 	Late October/Early November
	Basketball 9-12 *KnowledgeUnderstanding the rules, strategy, score, safety, skills needed, teamwork, cooperation, lifetime related ways to play basketball recreationally, variations of games you can play in basketball-knockout, shooting games and small 2v2, 3v3 games. Participate in round robin tournament	* <u>Skills</u> Set shot, Jump shot, Dribbling, Lay-ups, Pass/catch, Movement, Defense (man to man/zone). teamwork in small games * <u>21st Century Skills</u> : <u>Skills</u> Communicate, follow directions, create, innovate problem solving	**www.PE Central.org **Complete Physical Education Plans 7-12 by Kleinman Quality Lesson Plans for Secondary PE by Human Kinetics Youtube openpe.com	* Teacher Observation, verbal questions, rubric 1-4 on skills, strategies, personal/social, safety. tournament results *Assessment	Late October/Early November

NIXO Oten dend #4	Dance 9-12 (Line Dance)	* <u>Skills</u> Line dance movements	Christy Lanes'	**Teacher observation	Beginning of
NYS Standard #1: Standard 1 -	* <u>Knowledge</u> Understanding of	Basic 8 count facing a new wall	Complete Book of Line	of students in groups	January
Demonstrates	rules, etiquette, lineup procedure,	each set.	Dancing 2 nd Edition	dancing, Rubric 1-4	
competency in a variety of motor	dance calls, music used for square	<u>*21st Century Skills</u> : Compare		based on cooperation,	
skills and movement	dance, cooperation with a group,	similarities and differences within		effort.	
patterns.	lifetime health related fitness	various dance forms		*Assessment	
NYS Standard #2					
:Standard 2 -	Dance 9-12 (Social Dance)	* <u>Skills</u> Ballroom dance, Basic	www.youtube.com	**Teacher observation	Early January
Applies knowledge of concepts,	* <u>Knowledge</u> Understanding of	movements, 4 step, intro to Salsa	**www.PE Central.org	of students in groups	
principles,	etiquette, how to hold a partner,	* <u>21st Century Skills</u> : Compare	**Complete Physical	dancing, Rubric 1-4	
strategies, and	Basic 4 step, how to lead partner.	similarities and differences within	Education Plans 7-12	based on cooperation,	Mid January
tactics related to movement and		various dance forms	by Kleinman Quality	effort.	
performance.			Lesson Plans for	*Assessment	
NYS Standard #3:			Secondary PE by		
Standard 3 -			Human Kinetics		
Demonstrates the					
knowledge and skills to achieve and					
maintain a	Broom Ball 9-12	* <u>Skills</u> Stick work, dribbling with	**www.PE Central.org	** Teacher	
health-enhancing	*Knowledge	the ball, shooting on goal,	**Complete Physical	Observation, verbal	
level of physical activity and fitness.	The object of Broomball is for one	teamwork. Simple rules like	Education Plans 7-12	questions, rubric 1-4	Mid January
,	team to win the game by scoring	hockey.	by Kleinman Quality	on skills, strategies,	,
NYS Standards #4 Standard 4 -	more goals than their opposition.	* <u>21st Century Skills</u> : Compare	Lesson Plans for	personal/social,	
Exhibits responsible	Teams do this by moving the ball	similarities and differences within	Secondary PE by	safety.	
personal and social	up-field as a team until they are in	various dance forms	Human Kinetics	*Assessment	
behavior that respects self and	a position to shoot for goal.	various dance forms	**www.Cortland.edu	Assessment	
others.	Teams, whistle attacking the		www.contiana.cuu		
NYS Standards #5	opposition goal must also be				
Standard 5	prepared to defend their goal				
-Recognizes the	quickly if they lose possession of				
value of physical activity for overall	the ball.				
wellness,	the ball.				
enjoyment,challenge					
, and /or self-expression					
	Toom Handhall 0, 12	*Skills rule of 2s duibble store	**www.DE Control are	** Teacher	
NYS Standards #6 Standard 6 -	Team Handball 9-12	* <u>Skills</u> rule of 3s, dribble, steps,	**www.PE Central.org		
Recognizes career	* <u>Knowledge</u> Understanding	seconds to hold ball, shooting	**Complete Physical	Observation, verbal	1 - 1 - 1
opportunities and	rules of indoor team handball,	skills, defense skills, goalie skills	Education Plans 7-12	questions, rubric 1-4	Late January
manages personal and community	skills involved in the game, how to	* <u>21st Century Skills</u> : Compare	by Kleinman Quality	on skills, strategies,	
resources related to	score, tournament play	similarities and differences within	Lesson Plans for	personal/social,	
physical activity and		various dance forms	Secondary PE by	safety.	
fitness to achieve and maintain overall			Human Kinetics	*Assessment	

SHAPE AMERICA Standard 1. The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. SHAPE AMERICA Standard 2. The physically literate	<u>Pickleball 9-12</u> * <u>Knowledge</u> Understanding of etiquette, rules, strategy, score, tournaments	* <u>Skills</u> serve, drive, lob, kill shots * <u>21st Century Skills</u> : Compare similarities and differences within various dance forms	**www.PE Central.org **Complete Physical Education Plans 7-12 by Kleinman Quality Lesson Plans for Secondary PE by Human Kinetics	** Teacher Observation, verbal questions, rubric 1-4 on skills, strategies, personal/social, safety. *Assessment	End of Jan/Early Feb
individual applies knowledge of concepts. principles, strategies and tactics related to movement and performance. SHAPE AMERICA Standard 3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and	Aquatics 9-12 * <u>Knowledge</u> stroke mechanics and cute, cardiovascular exercise activity, water safety equipment and how to use it. Hands only CPR	* <u>Skills</u> Basic strokes and floating, water safety rules and how to assist others in distress. Successfully demonstrate 2 minutes of hands only CPR * <u>21st Century Skills</u> : Identify the stages of learning motor skills within each swim stroke	**www.PE Central.org **Complete Physical Education Plans 7-12 by Kleinman Quality Lesson Plans for Secondary PE by Human Kinetics	** Teacher Observation, verbal questions, rubric 1-4 on skills, strategies, personal/social, safety. *Assessment	Late Feb/Most of March
fitness. SHAPE AMERICA Standard 4. The physically literate individual exhibits responsible personal and social behavior that respects self and others. SHAPE AMERICA Standard 5. The physically literate individual recognizes the value of physical activity for health, enjoyment,	Badminton 9-12 *KnowledgeUnderstanding of rules, strategy, score, court markings, etiquette, tournament play.	* <u>Skills</u> Servelong/short, underhand, clear, overhead clear, hairpin net shot, drop shot(underhand/overhand), smash, drive, (forehand/backhand). * <u>21st Century Skills</u> : Describes the speed and accuracy tradeoff during game play.	**www.PE Central.org **Complete Physical Education Plans 7-12 by Kleinman Quality Lesson Plans for Secondary PE by Human Kinetics	 ** Teacher Observation, verbal questions, rubric 1-4 on skills, strategies, personal/social, safety. *Assessment 	

NYS Standard #1:	Archery 9-12	* <u>Skills</u> safety, range set up, eye	*NASPE web site and	**Observed	End of
Standard 1 - Demonstrates	* <u>Knowledge</u> Understanding of	dominance, string bow, 11 step	workshop	participation	March/Mid
competency in a	rules, safety procedures,		workshop	**Assessment	April
variety of motor		shooting protocol.			
skills and movement patterns.	equipment and how to use	<u>*21st Century Skills</u> : Communicate,			
NYS Standard #2	properly, skills used when	follow directions, create, innovate,			
:Standard 2 -	shooting archery, cooperation	problem solve			
Applies knowledge of concepts,	with a partner, communication				
principles,	skills				
strategies, and tactics related to			**	** -	
movement and	Rockwall 9-12	* <u>Skills</u> Figure 8 knot, belay	**www.PE Central.org **www.gripit.com	** Teacher Observation, verbal	End of
performance.	* <u>Knowledge</u> Understanding of	technique, backup belayer	www.gnpit.com	questions, rubric 1-4	March/Mid
NYS Standard #3: Standard 3 -	rules, safety procedures,	responsibility, communication,		on skills, strategies,	April
Demonstrates the	equipment and how to use	traversing, low and high climbs,		personal/social,	, p
knowledge and skills to achieve and	properly, climbing terminology,	technique climbing.		safety.	
maintain a	skills used when climbing and	*21 st Century Skills: Communicate,		*Assessment	
health-enhancing level of physical	belaying, cooperation with a	follow directions, create, innovate,			
activity and fitness.	partner, communication skills.	problem solve			
NYS Standards #4 Standard 4 - Exhibits responsible personal and social	Table Tennis 9-12		**	**	
behavior that respects self and	* <u>Knowledge</u> Understanding of	* <u>Skills</u> Serve, forehand,	**www.PE Central.org **Complete Physical	** Teacher Observation, verbal	
others.	rules, strategy, score, table	backhand, smash, top spin.	Education Plans 7-12	questions, rubric 1-4	Mid April
NYS Standards #5	markings, etiquette,	* <u>21st Century Skills</u> :	by Kleinman Quality	on skills, strategies,	
Standard 5	tournamentssingles/doubles		Lesson Plans for	personal/social,	
-Recognizes the value of physical			Secondary PE by	safety.	
activity for overall			Human Kinetics	*Assessment	
wellness, enjoyment,challenge					
, and /or self-expression					
sen-expression	Mat Ball 9-12		**	**	
NYS Standards #6 Standard 6 -	KnowledgeUnderstanding of	* <u>Skills</u> Hand/Foot Coordination	**www.PE Central.org **Complete Physical	Observation, verbal	April
Recognizes career	rules and strategies	Pitching and Catching	Education Plans 7-12	questions, rubric 1-4	Артт
opportunities and manages personal	, , , , , , , , , , , , , , , , , , ,	* <u>21st Century Skills</u> :	by Kleinman Quality	on skills, strategies,	
and community			Lesson Plans for	personal/social,	
resources related to physical activity and			Secondary PE by	safety.	
fitness to achieve			Human Kinetics	*Assessment	
and maintain overall					

SHAPE AMERICA Standard 1. The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. SHAPE AMERICA Standard 2. The physically literate individual applies knowledge of concepts, principles, strategies and	<u>Softball 9-12</u> * <u>Knowledge</u> Understanding rules, strategy, field positions.	* <u>Skills</u> Throwing, catching, fielding, hitting, pitching, base running * <u>21st Century Skills</u> :	**www.PE Central.org **Complete Physical Education Plans 7-12 by Kleinman Quality Lesson Plans for Secondary PE by Human Kinetics	 ** Teacher Observation, verbal questions, rubric 1-4 on skills, strategies, personal/social, safety. *Assessment 	MayJune
principles, strategies and tactics related to movement and performance. SHAPE AMERICA Standard 3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. SHAPE AMERICA Standard 4. The physically literate individual exhibits responsible personal and social behavior that respects self and others. SHAPE AMERICA Standard 5. The physically literate individual recognizes the value of physical activity for health. enjoyment.	Tennis 9-12 *KnowledgeUnderstanding rules, strategy, safety, rally score, court marking, etiquette, tournamentssingle/doubles, equipment for personal use, lifetime health related activity. Introduction to Net Generation Tennis	* <u>Skills</u> grips, serve, backhand, forehand, net shot, score, lob shot, overhead, drop shot, ATTEMPTtopspin forehand, backhand flat serve. * <u>21st Century Skills</u> Use of the WII to improve knowledge of scoring, singles/doubles, and terminology	**Wow.PE Central.org **Complete Physical Education Plans 7-12 by Kleinman Quality Lesson Plans for Secondary PE by Human Kinetics	* Teacher Observation, verbal questions, rubric 1-4 on skills, strategies, personal/social, safety. *Assessment	May/June