

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

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

<p><u>SHAPE AMERICA Standard 4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.</u></p> <p><u>SHAPE AMERICA Standard 5. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.</u></p>	<p>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</p>	<p>*Skills...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 *21st Century Skills: Skills...Communicate, follow directions, create, innovate problem solving</p>	<p>**www.PE Central.org **Complete Physical Education Plans 7-12 by Kleinman Quality Lesson Plans for Secondary PE by Human Kinetics **www.openpe.com</p>	<p>** Teacher Observation, verbal questions, rubric 1-4 on skills, strategies, personal/social, safety. *Assessment</p>	<p>Late October/Early November</p>
	<p>Basketball 9-12 *Knowledge...Understanding 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</p>	<p>*Skills...Set shot, Jump shot, Dribbling, Lay-ups, Pass/catch, Movement, Defense (man to man/zone). teamwork in small games *21st Century Skills: Skills...Communicate, follow directions, create, innovate problem solving</p>	<p>**www.PE Central.org **Complete Physical Education Plans 7-12 by Kleinman Quality Lesson Plans for Secondary PE by Human Kinetics Youtube openpe.com</p>	<p>* Teacher Observation, verbal questions, rubric 1-4 on skills, strategies, personal/social, safety. tournament results *Assessment</p>	<p>Late October/Early November</p>

<p><u>NYS Standard #1:</u> Standard 1 - Demonstrates competency in a variety of motor skills and movement patterns.</p> <p><u>NYS Standard #2</u> :Standard 2 - Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.</p> <p><u>NYS Standard #3:</u> Standard 3 - Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</p> <p><u>NYS Standards #4</u> Standard 4 - Exhibits responsible personal and social behavior that respects self and others.</p> <p><u>NYS Standards #5</u> Standard 5 -Recognizes the value of physical activity for overall wellness, enjoyment, challenge , and /or self-expression</p> <p><u>NYS Standards #6</u> Standard 6 - Recognizes career opportunities and manages personal and community resources related to physical activity and fitness to achieve and maintain overall</p>	<p><u>Dance 9-12 (Line Dance)</u> *Knowledge...Understanding of rules, etiquette, lineup procedure, dance calls, music used for square dance, cooperation with a group, lifetime health related fitness</p> <p><u>Dance 9-12 (Social Dance)</u> *Knowledge...Understanding of etiquette, how to hold a partner, Basic 4 step, how to lead partner.</p> <p><u>Broom Ball 9-12</u> *Knowledge... The object of Broomball is for one team to win the game by scoring more goals than their opposition. Teams do this by moving the ball up-field as a team until they are in a position to shoot for goal. Teams, whistle attacking the opposition goal must also be prepared to defend their goal quickly if they lose possession of the ball.</p> <p><u>Team Handball 9-12</u> *Knowledge...Understanding rules of indoor team handball, skills involved in the game, how to score, tournament play</p>	<p>*Skills...Line dance movements Basic 8 count facing a new wall each set. *21st Century Skills: Compare similarities and differences within various dance forms</p> <p>*Skills...Ballroom dance, Basic movements, 4 step, intro to Salsa *21st Century Skills: Compare similarities and differences within various dance forms</p> <p>*Skills...Stick work, dribbling with the ball, shooting on goal, teamwork. Simple rules like hockey. *21st Century Skills: Compare similarities and differences within various dance forms</p> <p>*Skills...rule of 3s, dribble, steps, seconds to hold ball, shooting skills, defense skills, goalie skills *21st Century Skills: Compare similarities and differences within various dance forms</p>	<p>Christy Lanes’ Complete Book of Line Dancing 2nd Edition</p> <p>www.youtube.com **www.PE Central.org **Complete Physical Education Plans 7-12 by Kleinman Quality Lesson Plans for Secondary PE by Human Kinetics</p> <p>**www.PE Central.org **Complete Physical Education Plans 7-12 by Kleinman Quality Lesson Plans for Secondary PE by Human Kinetics **www.Cortland.edu</p> <p>**www.PE Central.org **Complete Physical Education Plans 7-12 by Kleinman Quality Lesson Plans for Secondary PE by Human Kinetics</p>	<p>**Teacher observation of students in groups dancing, Rubric 1-4 based on cooperation, effort. *Assessment</p> <p>**Teacher observation of students in groups dancing, Rubric 1-4 based on cooperation, effort. *Assessment</p> <p>** Teacher Observation, verbal questions, rubric 1-4 on skills, strategies, personal/social, safety. *Assessment</p> <p>** Teacher Observation, verbal questions, rubric 1-4 on skills, strategies, personal/social, safety. *Assessment</p>	<p>Beginning of January</p> <p>Early January</p> <p>Mid January</p> <p>Mid January</p> <p>Late January</p>
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<p>SHAPE AMERICA Standard 1. The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.</p> <p>SHAPE AMERICA Standard 2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.</p> <p>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.</p> <p>SHAPE AMERICA Standard 4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.</p> <p>SHAPE AMERICA Standard 5. The physically literate individual recognizes the value of physical activity for health, enjoyment,</p>	<p>Pickleball 9-12 *Knowledge...Understanding of etiquette, rules, strategy, score, tournaments</p> <p>Aquatics 9-12 *Knowledge...stroke mechanics and cute, cardiovascular exercise activity, water safety equipment and how to use it. Hands only CPR</p> <p>Badminton 9-12 *Knowledge...Understanding of rules, strategy, score, court markings, etiquette, tournament play.</p>	<p>*Skills...serve, drive, lob, kill shots</p> <p>*21st Century Skills: Compare similarities and differences within various dance forms</p> <p>*Skills...Basic strokes and floating, water safety rules and how to assist others in distress. Successfully demonstrate 2 minutes of hands only CPR</p> <p>*21st Century Skills: Identify the stages of learning motor skills within each swim stroke</p> <p>*Skills...Serve...long/short, underhand, clear, overhead clear, hairpin net shot, drop shot(underhand/overhand), smash, drive, (forehand/backhand). *21st Century Skills: Describes the speed and accuracy tradeoff during game play.</p>	<p>**www.PE Central.org **Complete Physical Education Plans 7-12 by Kleinman Quality Lesson Plans for Secondary PE by Human Kinetics</p> <p>**www.PE Central.org **Complete Physical Education Plans 7-12 by Kleinman Quality Lesson Plans for Secondary PE by Human Kinetics</p> <p>**www.PE Central.org **Complete Physical Education Plans 7-12 by Kleinman Quality Lesson Plans for Secondary PE by Human Kinetics</p>	<p>** Teacher Observation, verbal questions, rubric 1-4 on skills, strategies, personal/social, safety. *Assessment</p> <p>** Teacher Observation, verbal questions, rubric 1-4 on skills, strategies, personal/social, safety. *Assessment</p> <p>** Teacher Observation, verbal questions, rubric 1-4 on skills, strategies, personal/social, safety. *Assessment</p>	<p>End of Jan/Early Feb</p> <p>Late Feb/Most of March</p>
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