

Grade 6-8 PE Curriculum Map

Standards	Content	Skills/Practices	Materials/ Resources	Assessments (All) Daily/Weekly/ Benchmarks	Timeline (Months/Weeks /Days)
<p><u>NYS Standards for Physical Education</u></p> <p>Standard 1: Demonstrates competency in a variety of motor skills and movement patterns.</p> <p>Standard 2: Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.</p> <p>Standard 3: Demonstrates the knowledge and skills to achieve</p>	<p>Project Adventure</p>	<p>Safety Statements Philosophy/History Challenge by Choice</p> <ul style="list-style-type: none"> -Team building -Partner games -Individual <p>Challenges</p> <ul style="list-style-type: none"> -Effective/Ineffective <p>Group Activities</p> <ol style="list-style-type: none"> 1. Leadership 2. Followership 3. Listening Skills 4. Cooperation 	<p>Adventure Madness by Fuchs, T.; Steele, T.; & Quinn, T.</p>	<p>PE Profile Skill Rubric Question/Answer Check for understanding Written Observation</p>	<p>September</p>
	<p>Tennis</p>	<p>Safety Statements History Terminology Game play/Rules/</p>	<p>PE Profile Skill Rubric Question/Answer</p>	<p>September</p>	

<p>and maintain a health-enhancing level of physical activity and fitness.</p> <p>Standard 4: Exhibits responsible personal and social behavior that respects self and others.</p> <p>Standard 5: Recognizes the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression.</p> <p>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>Football</p>	<p>Scoring</p> <p>Skills -Serving -Forehand stroke -Backhand stroke</p> <p>Safety Statements History Terminology</p> <p>Skills -Pass/Catch -Punting -Pass patterns</p> <p>Game Play -Basic Rules</p> <p>Related Activities Wall-to-Wall Flag Football</p>		<p>Check for Understanding Written Observation</p> <p>PE Profile Skill Rubric Question/Answer Check for understanding Written Observation</p>	<p>September/ October</p>
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<p><u>National Standards for Physical Education</u></p> <p>Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.</p> <p>Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.</p> <p>Standard 3: The physically literate individual demonstrates the knowledge and</p>	<p>FitnessGram Fitness Testing</p>	<p><u>Health-Related Fitness Components</u></p> <ul style="list-style-type: none"> -Cardiovascular Endurance -Muscular Strength -Muscular Endurance -Flexibility -Body Composition <p><u>Tests</u></p> <ul style="list-style-type: none"> Curl-ups 90 Degree - Push-ups Back-Saver Sit & Reach PACER Test One-Mile Run <p><u>Skill-Related Components</u></p> <ul style="list-style-type: none"> Power Agility Speed <p><u>Skill-Related Tests</u></p> <ul style="list-style-type: none"> Standing Long Shuttle Run 	<p>Fitness Gram Activity book & DVD 4th ED.</p> <p>Physical Education for Lifelong Fitness – The Physical Best Teacher’s Guide by AAHPERD</p>	<p>Fitness testing standards by age range, per FitnessGram.</p> <p>Students score cards used for Fall/Spring testing.</p>	<p>October</p>
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		<p>Endurance Muscular Strength Muscular Endurance Flexibility Body Composition</p> <p>Skills/Stroke/Kicks -front crawl/flutter -back crawl/flutter -side stroke/scissors -elementary backstroke/whip -breast stroke/whip</p> <p>Mechanics Cues</p> <p>Water Safety Treading Assist others in distress</p> <p>Canoe/Kayaking -Safety -Entry/Exit -Terminology -Basic strokes <ul style="list-style-type: none"> ● J stroke ● Pry stroke ● Draw Stroke ● C Stroke </p>	<p>http://www.oldtowncanoecanoe.com/kayaks/anatomy/</p> <p>http://www.washingtonpost.com/wp-srv/sports/olympics/longterm/cankayak/canterms.htm</p> <p>http://frontenac-outfitter.com/</p>		
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	Basketball	<p>Safety Statements History Terminology Gameplay/Rules</p> <p><u>Health-Related Fitness Components</u> Cardiovascular Endurance Muscular Strength Muscular Endurance Flexibility</p>	<p>ers.com/onlinetutorials.cfm?id=8 http://www.geocities.com/k_o_dionysus/outdoors/canoe/canoeing.html</p> <p>Wikipedia.com</p> <p>http://www.oldtowncanoecanoe.com/canoes/anatomy/</p>	<p>PE Profile Skill Rubric Question/Answer Check for understanding Written Observation</p>	<p>December/ January/ February</p>
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		<p><u>Skill-Related Fitness Components</u> Agility Balance Coordination Power Reaction Time Speed</p> <p><u>Skills/Strategies/Cues</u> Dribbling Passing: bounce, chest, overhead</p> <p>Shooting: basic shot (BEEF), foul shot, layup (right/left), 3-Point (optional)</p> <p>Basketball activities -Two Bounce -Knock out -Around the World -King/Queen of Court</p>			
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	<p>Pickleball/ Badminton</p>	<p>Safety Statements History Terminology Rules Tournaments/Etiquette</p> <p>Skills/Strategies</p> <ul style="list-style-type: none"> ● Serving ● Forehand ● Backhand ● BM only: drive, clear, h airpin, push, smash ● PB only: lob shot, drive, kill shot <p><u>Health-Related Fitness Components</u></p> <ul style="list-style-type: none"> -Cardiovascular -Endurance -Muscular Strength -Muscular Endurance -Flexibility <p><u>Skill-Related Fitness Components</u></p> <ul style="list-style-type: none"> -Agility -Balance -Coordination 	<p>Ready-to-Use Secondary P.E. Activities Program (grades 6-12) by Ken Lumsden and Sally Jones</p> <p>PECentral.com</p>	<p>PE Profile Skill Rubric Question/Answer Check for understanding Written Observation</p>	<p>December/ January/ February</p>
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	<p>Cross Country Ski/Snow Shoe</p>	<p>-Power -Reaction Time -Speed</p> <p>Safety Hypothermia/ Frost-bite/Proper preparation History</p> <p><u>Cross Country Skiing</u></p> <p><u>Cues for falling:</u> -Roll onto backside -Skiis parallel to each other, downhill of body, across fall line of slope -Get body over skiis -Crawl on hands/knees directly over skiis -Kneel on one knee then stand up</p> <p><u>Cues for moving forward:</u> -Pick up heel, bend</p>	<p>http://www.medicinenet.com/hypothermia/page3.htm</p> <p>http://en.wikipedia.org/wiki/Snowshoe</p> <p>http://en.wikipedia.org/wiki/Cross-country_skiing</p> <p>http://www.adirondackmountainandstream.com/adirondack-cross-country-skiing.html</p>	<p>PE Profile Skill Rubric Question/Answer Check for understanding Written Observation</p>	<p>February/March</p>
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		<ul style="list-style-type: none">-knee like running-Glide-Put heel down-Repeat with opposite leg-Push off poles – arms/legs in opposition● NOTE: Good Technique = efficiency****Not always speed <p><u>Snowshoeing</u></p> <ul style="list-style-type: none">-Keep snow shoes level and do not step on one with the other-Don't bridge a snowshoe-Keep snowshoes low when jumping obstacles			
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	<p>Recreational Indoor Games</p>	<p>History Terminology Rules Etiquette Strategies Lifetime Activities</p> <p><u>Recreational Games</u></p> <ul style="list-style-type: none"> ● Table Tennis ● Bowling ● Shuffle Board ● Mini Golf ● Washers ● Stack Cup 	<p>Ready-to-Use Secondary P.E. Activities Program (grades 6-12) by Ken Lumsden and Sally Jones</p> <p>The Physical Education Teacher's Book of Lists by Marian D. Milliken, M.Ed</p>	<p>PE Profile Skill Rubric Question/Answer Check for understanding Written Observation</p>	<p>February/March</p>
	<p>Square Dance</p>	<p>History/Culturals Etiquette Terminology Social Benefits Communication Cooperation Teamwork Respect Sportsmanship</p> <p>Physical Benefits:</p>	<p>www.christylane.com Christy Lane Square Dancing Today – CD - Music</p>	<p>PE Profile Skill Rubric Question/Answer Check for understanding Written Observation</p>	<p>February/March</p>

		<u>Health-Related Fitness Components</u> Cardiovascular Endurance Muscular Strength Muscular Endurance Flexibility <u>Skill-Related Fitness Components</u> Agility Balance Coordination Power Reaction Time Speed			
	Soccer	Safety Statements History Terminology Basic Rules <u>Skills</u> -Dribbling -Passing -Corner Kicks -Goal Kicks -Throw-ins	SUNY Cortland Soccer notebook by Heidi Woodcock, Dr. Michael Kniffin's EDU 355 notebook	PE Profile Skill Rubric Question/Answer Check for understanding Written Observation	April

	<p>FitnessGram Fitness Testing (post)</p>	<p>-Goalkeeper</p> <p><u>Drills</u> -Foundations -Taps -Pull Back -Inside/Outside Rolls -Juggling -One/Two Touch</p> <p><u>Game Play</u> -Modified Games -Regulation</p> <p><u>Health-Related Fitness Components</u> -Cardiovascular Endurance -Muscular Strength -Muscular Endurance -Flexibility -Body Composition</p> <p><u>Tests</u> Curl-ups 90 Degree - Push-ups</p>	<p>Fitness Gram Activity book & DVD 4th ED.</p> <p>Physical Education for Lifelong Fitness – The Physical Best Teacher’s Guide by AAHPERD</p>	<p>Fitness testing standards by age range, per FitnessGram.</p> <p>Students score cards used for Fall/Spring testing.</p>	<p>April</p>
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	<p>Outdoor Recreation Games</p>	<p>Back-Saver Sit & Reach PACER Test One-Mile Run <u>Skill-Related Components</u> Power Agility Speed</p> <p><u>Skill-Related Tests</u> Standing Long Shuttle Run</p> <p>HRF & SRF</p> <p><u>Games may include:</u></p> <p>Ultimate Frisbee Frisbee Golf Kickball Whiffle Ball Softball</p> <p>Safety Statements</p>		<p>PE Profile Skill Rubric Question/Answer Check for understanding Written Observation</p>	<p>May/June</p>
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	<p>Softball</p>	<p>History Terminology Gameplay/Rules</p> <p><u>Health-Related Fitness Components</u> Cardiovascular Endurance Muscular Strength Muscular Endurance Flexibility</p> <p><u>Skill-Related Fitness Components</u> Agility Balance Coordination Power Reaction Time Speed</p> <p>Skills: Throwing, catching Batting</p>		<p>PE Profile Skill Rubric Question/Answer Check for understanding Written Observation</p>	<p>May/June</p>
	<p>Track & Field</p>	<p>Understanding /Introduction of: Hurdles</p>		<p>PE Profile Skill Rubric</p>	<p>June</p>

		<p>High Jump Long Jump Shot Put Sprint events Distance events Relays</p> <p>History of T&F Event Rules Safety Cooperation Sportsmanship</p>		<p>Question/Answer Check for understanding Written Observation</p>	
	Orienteering	<ul style="list-style-type: none"> -Safety Statements -History -Terminology -Rules -Outdoor Education -Reading Maps -Navigating through the woods and/or courses using a compass -Parts of Compass -Integrate math skills to figure how many double steps are equal to number of feet 	<p>Teaching Orienteering 2nd Edition by Carol McNeill, Jean Cory-Wright, & Tom Renfrew</p>	<p>PE Profile Skill Rubric Question/Answer Check for understanding Written Observation</p>	June

