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| Time Frame | Topic/Unit | Skills/Concepts | Major Assessments | Core Standards | Resources |
| 9/8 - 9/24 | Introduction to CurriculumSubstitute Teacher activitiesStart of Fitness Testing | Grading, daily grades, rules for class, daily warmupRules and play of MatballRules and play of DodgeballPushups, Situps, Jumprope, Sit and Reach, Shuttle Run, Long Jump testing. | Teacher ObservationDaily participation gradeSkill AssessmentFitness Testing  | NYS PE Learning Standards:1,2,4,5 | NYS Physical Fitness TestFitnessGram Test |
| 9/27-10/10/15 | Continue Fitness TestingTouch Football  | Pushups, Situps, Jumprope, Sit and Reach, Shuttle Run, Long Jump testing.Throwing, catching, pass patterns, strategy, rules, defense, fitness | Teacher ObservationDaily gradeSkill Assessment | Standards:1,2,4,5,6 | NYS Physical Fitness TestFitnessGram Test |
| 10/18-11/5 | Continue Touch FootballUltimate FrisbeeKan Jam | Frisbee Throwing and catchingMovement to get open and to play defense, runningRules of play and teamworkThrowing, tipping, fitness | Teacher ObservationDaily gradeSkill Assessment | Standards:1,2,4,5,6 | Kan Jam Rules |
| 11/8-11/24 | Weight Room  | FITStrength and EnduranceNutritionBMI SafetyTraining PrinciplesTarget Heart Rates | Teacher ObservationDaily gradeSkill Assessment | Standards:1,2,3,4,5,6 | BFS Program |

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| 11/29-12/22 | SoccerSpeedball | Dribbling, shooting, passing, defense, goalie, strategy, rules of play, fitnessCatching, shooting, passing, rules of play, scoring, fitness | Teacher ObservationDaily gradeSkill Assessment | Standards:1,2,3,4,5,6 | Book of Rules |
| 1/3-1/21 | Basketball | Dribbling, shooting, passing, screening, rebounding, defense, strategy, rules of play, fitness | Teacher ObservationDaily gradeSkill Assessment | Standards:1,2,3,4,5 | Teaching Basketball |
| 1/24-2/11 | Volleyball | Bump, set, serve, block, rotation, team play, rules of play, strategy, fitness | Teacher ObservationDaily gradeSkill Assessment | Standards:1,2,3,4,5,6 | Book of Rules |
| 2/14-2/25 | Eclipse ball | Serve, striking, rotation, team play, rules of play, strategy, fitness | Teacher ObservationDaily participation gradeSkill Assessment | Standards:1,2,3,4,5 | Eclipse ball Rules |
| 3/1-3/12 | Whiffleball | Hitting, throwing, catching, base running, defense, fielding, baseball/softball similarities, rules of play, strategy, fitness | Teacher ObservationDaily gradeSkill Assessment | Standards:1,2,4,5 |  |
| 3/14-3/25 | Lacrosse | Safety, throwing, catching, scooping, shooting, goalie, offense/defense, rules of play, strategy, fitness | Teacher ObservationDaily gradeSkill Assessment | Standards:1,2,4,5 | Book of Rules |
| 3/28-4/8 | Fitness Testing (Post Test) | Pushups- upper strengthJumprope- agilitySit ups- core strengthShuttle Run- quicknessLong Jump- lower powerSit and Reach- flexibility | Teacher ObservationDaily gradeSkill Assessment | Standards:1,2,3,4,5,6 | NYS Physical Fitness TestFitness Gram |
| 4/11-4/29 | Badminton | Serving, strokes, singles and doubles rules, strategy, scoring, fitness | Teacher ObservationDaily gradeSkill Assessment  | Standards:1,2,3,4,5,6 | Book of Rules |
| 5/2-5/13 | Pickleball | Serving, strokes, singles and doubles rules, strategy, fitness | Teacher ObservationDaily gradeSkill Assessment | Standards:1,2,3,4,5,6 | Pickleball.com |
| 5/16-5/27 | Archery | Safety, bow parts, arrow parts, shooting, aiming, scoring, adjustments | Teacher ObservationDaily gradeSkill Assessment | Standards:1,2,3,4,5 | NASPE.com |
| 5/30-6/10 | Outdoor Activities/ Free Days | Kan Jam, Ultimate Frisbee, Matball, Dodgeball | Teacher ObservationDaily grade | Standards:1,2,3,4,5, |  |