

Marlboro Elementary School

Physical Education Philosophy

The Marlboro Central School District Physical Education Program is committed to teaching students about the importance of personal health and lifetime fitness. It is recognized that developing and practicing positive decision making in terms of personal fitness and wellness are inherent in creating happy, healthy, productive members of society. A wide variety of activities are utilized to support the development of a physically educated student. Emphasis is placed on advancing mutual respect, understanding of individual differences, sportsmanship and fair play.

Table of Contents:

Preface	2
Marlboro Physical Education Unit Overview	3-5
Soccer	6
Football	7
Basketball	8
Bowling	9
Climbing Wall	10
Cooperative Games	11
Dance	12
Fitness	13
Floor Hockey	14
Nutrition	15
Lacrosse	16
Softball	17
Team Handball	18
Track & Field	19
Volleyball	20
Ultimate Frisbee	21
Gymnastics	22
Golf	23
Lawn Games / Recess Games	24
Outdoor Education	25

Preface

This curriculum was developed as a result of the recommendations and work of the Marlboro Physical Education Staff during the 2015-2016 school year.

The main focus or objective was to develop a working document that would be available to the public, and serve as a sequentially based program for physical education teachers to follow. It creates a guideline for daily practices at the kindergarten through fifth grade levels.

The Regulation of the Commissioner of Education for New York State Part 135.4 states: The Physical Education curriculum shall be designed to:

- a. Promote physical activity, and the attainment of physical fitness and a desire to maintain physical fitness through life.
- b. Attain skill competency in the management of the body and useful physical skills.
- c. Emphasize safety practices
- d. Motivate expression and communication
- e. Promote group and individual understanding
- f. Provide knowledge and appreciation of a variety of physical activities
- g. Make every student aware of the effect of physical activity upon the body
- h. Provide opportunities for student centered learning, leadership skills, and team roles and responsibilities.
- i. Reinforce basic learnings in other curriculum areas to deepen the total school curriculum.

Marlboro Elementary Physical Education

Unit Overview

1. **Soccer:**

The soccer unit focuses on the basic skills of kicking, trapping, throwing, dribbling, passing, shooting, rules, and scoring strategies. All curriculum will be built upon from year to year and will begin with skill centers, move to drills and lead up skill games, and culminate with game play.

2. **Football:**

The football unit focuses on the basic skills of passing, catching, rules, scoring, boundaries and strategies. There will be a concentration on the refinement of skills each year. The K-2 students will work on associated skills in centers and large group games and the 3-5 students do skill centers and culminate with modified game play.

3. **Basketball:**

The basketball unit focuses on concepts of dribbling, passing, catching, shooting and game play. There will be a concentration on the addition of complexity of skill development each year. Basketball will be taught in a developmentally appropriate sequence from K-5.

4. **Bowling:**

The bowling unit focuses on basic skills or grip, stance, and approach as well as terminology associated with the activity and scoring of bowling. Bowling is introduced at the K-2 level and stresses safety and introduction to scoring and pin counting. As the grade levels increase, so does the responsibility for scoring and in fifth grade will have a community outreach to a local bowling alley.

5. **Climbing:**

The climbing unit focuses on horizontal or transverse climbing. The rock wall has a variety of routes and hand and foot holds to create a challenge to all K-5 climbers. Our focus is safety and spotting as well as development of fine motor function.

6. **Cooperative Games:**

The cooperative games unit focuses on collaboration, trust, teamwork, problem solving, critical thinking, and communication skills. A foundation of skills will be introduced at the Kindergarten level and will continuously be built upon until grade five.

7. **Dance:**

The dance unit will focus on the basic rhythmic movements associated with dance. These movements are both locomotor and non-locomotor activities, spatial awareness, and creative movement patterns. Some of these patterns will incorporate line, folk, square, large group, and individual interpretation dance skills and patterns. Dance will be taught in a developmentally appropriate sequence as to build on previous knowledge and skills.

8. **Fitness:**

The fitness unit focuses on the improvement of cardiovascular as well as muscular strength by learning a variety of strategies and techniques to enhance their fitness. We have developed an

age appropriate curriculum based on the cross training methodology to introduce group fitness to students from grades K-5.

9. Floor Hockey:

The floor hockey unit focuses on passing, stick handling, rules, team play, strategy and scoring. There will be a concentration on refinement of skills each year. All students will use foam sticks and foam pucks in order to ensure safety at all times. The skill sequence will develop from centers and skill work to game play.

10. Nutrition:

The nutrition unit focuses on the basic skills of being able to identify food groups, label reading, and how to make healthy food choices. The students in grade five will keep nutritional food logs and will count caloric intake for a total of one week and analyze their food choices.

11. Lacrosse:

The lacrosse unit focuses on the basic skills of cradling, throwing, catching, scooping and shooting at a target or goal. It is introduced at the kindergarten level with scoops and is built upon until grade five with modified drills and game play.

12. Softball:

The softball unit focuses on the basic skills of throwing, catching, batting, fielding, base running, rules, scoring, and strategies. There will a concentration of refinement of skills each year. K-2 students will start with batting lead ups and t-ball and 3-5 students will play lead up games and work up to regular game play.

13. Team Handball:

This unit focuses on the basic skills of throwing, passing, defending, shooting, positional play, rules, strategies, and scoring. There will be a concentration on refinement of skills each year. The culminating activity will be a fifth grade tournament.

14. Track and Field:

The track and field unit focuses on the basic skills of running, jumping, and throwing. An emphasis will be placed on individuals working for a common good of the team. It will stress the importance of relaying equipment and rules and boundaries.

15. Volleyball:

The volleyball unit focuses on the basic skills of serving, forearm passing, setting, and spiking, rules scoring, rotation and strategies. There will be a concentration on the refinement of skills each year. This unit will be incrementally sequenced from K-5, culminating in tournament style game play in fifth grade.

16. Ultimate Frisbee:

Ultimate Frisbee focuses on the basic skill of throwing and catching as well as the rules of game play and strategies. The focus is on grades 3-5 and team roles and field boundaries are reinforced during game play.

17. Golf:

The golf unit focuses on the basic skills of grip, swing, stance, etiquette, and terminology. Golf is introduced to the fifth grade only and swing practice and putting are stressed. The use of golf terminology is the focus, and the roles and responsibilities of the golfer are introduced and tested.

18. Gymnastics:

The gymnastics unit focuses on the concepts of spatial awareness, body orientation, personal space, and safety. An introduction to gymnastics begins with tumbling and balance. As the grade levels progress, the sequence of activities add an introduction of various pieces of equipment. Students will work in centers and participate individually on each piece of equipment to their comfort level. Advanced students will be used to demonstrate higher level techniques.

19. Golf:

The golf unit focuses on the basic skills of grip, swing, stance, etiquette, and terminology. Golf is introduced to the fifth grade only and swing practice and putting are stressed. The use of golf terminology is the focus, and the roles and responsibilities of the golfer are introduced and tested.

20. Lacrosse:

The lacrosse unit focuses on the basic skills of cradling, throwing, catching, scooping and shooting at a target or goal. It is introduced at the K level with scoops and is built upon until grade five with modified drills and game play.

21. Lawn Games / Recess Games:

The lawn game unit focuses on popular outdoor games that are played on a lawn, beach, backyard, blacktop, or recess yard. These game include, Kan Jam, Baggo, Ladders, Washers, and Bocce. These games are introduced at the 3-5 level and are reinforced during recess time.

22. Outdoor Education:

The outdoor education unit will focus on the skills of safety and maintenance of a variety of activities. These activities include hiking, biking, swimming, kayaking, plant recognition, river ecology.

23. Health and Wellness:

As an ongoing effort to promote health and wellness among our students, all curriculum focuses on student understanding, appreciation, and recognition of the importance that health and wellness plays in leading a healthy and productive lifestyle. The concept of health and wellness include, but are not limited to, personal hygiene, staying active outside of the school day, recognition of bones and muscle structures, and importance of mental health and healthy nutrition habits, etc.

SOCCER

Grade Level	K-2	3-5
NYS Standard Nat'l standards	1,2,3 1,2,3,4,5	1,2,3 1,2,3,4,5
Assessments	Practice Teacher evaluation	Written assessment Peer check Teacher check list Game play/practice Teacher evaluation Skill assessment
Skills/activity	Passing, dribble, trapping- <ul style="list-style-type: none"> • Center practice, clean your room, pin ball, trick or treat, freeze dribble Throw ins <ul style="list-style-type: none"> • Center practice, partner practice 	Passing, dribbling, trapping, ball handling <ul style="list-style-type: none"> • partner practice, centers, goalie galore, game play, pin ball Throw ins <ul style="list-style-type: none"> • partner practice, goalie skills, shooting, rules, regulation • Game play, goalie galore
Terminology	Hand ball Passing Trapping Dribble Shooting Toe taps Ball control Foundations Offense Defense	Hand ball Kick off Goal box Passing Trapping Dribble Shooting Throw ins Juggling Ball control Game play Open space Offense Defense
Safety	Spatial awareness Body awareness Proper treatment of equipment Personal space	Spatial awareness Body awareness Proper treatment of equipment Partner awareness General space Personal space Team awareness

FOOTBALL

Grade Level	K-2	3-5
NYS Standards	1,2,3	1,2,3
Nat'l Standards	1,2,3,4,5	1,2,3,4,5
Assessments	Practice Teacher check Skill assessment	Practice Partner Self Written Game play
Skills/activity	Running with ball, dodge, flee, secure football <ul style="list-style-type: none"> centers, capture the jewel, individual, partner activities Throwing, catching, transfer ball <ul style="list-style-type: none"> centers, practice 	Running with ball, dodge, flee, secure football <ul style="list-style-type: none"> centers, capture the jewel, game play Throwing, catching, transfer ball, hand offs <ul style="list-style-type: none"> centers, modified game play, wipe out
Terminology	Laces Running back Throw Catch-receive Secure football Opposite foot Dominate hand	Positions (QB, center, RB) Side line End line Laces Line of scrimmage Offense Defense Touch down Off sides Interception Complete pass Incomplete pass Fumble Hike Hand offs Spiral Receiver Turn over
Safety	Spatial awareness Body awareness Proper treatment of equipment Personal space Aware of surroundings Personal space	Spatial awareness Body awareness Proper treatment of equipment Personal space Brush tag Aware of surroundings Partner awareness Personal space

BASKETBALL

Grade Level	K-2	3-5
NYS Standards	1,2,3	1,2,3
Nat'l Standards	1,2,3,4,5	1,2,3,4,5
Assessments	Teacher Evaluation Checklist Skills Assessment Practice	Teacher Evaluation Checklist Skills Assessment Practice/participation Game play Written
Skills/activities	Ball handling, dribbling <ul style="list-style-type: none"> • Freeze dribble • Centers • Individual practice • Perimeter dribble Passing <ul style="list-style-type: none"> • Centers • Partner practice Shooting <ul style="list-style-type: none"> • Individual practice • small group practice • spot shooting 	Ball handling, dribbling <ul style="list-style-type: none"> • Freeze dribble • Centers • Individual practice • Game play • Perimeter dribble Passing <ul style="list-style-type: none"> • Centers • Partner practice Shooting <ul style="list-style-type: none"> • Individual practice • small group practice • Knock out • Around the world • Spot shooting • 21 • PIG, HORSE • Team competition shoot out • Hot shot blitz
Terminology	Dribble Finger pads Chest pass Bounce pass Shoot Defense Offense	Dribble- travel, double dribble Finger pads Chest pass Bounce pass Shoot Defense Offense Move to open space Boundaries 2 point shot 3 point shot Jump ball Position players Foul Turn over "BEEF" principal
Safety	Spatial awareness Body awareness Proper treatment of equipment Personal space Aware of surroundings Personal Space	Spatial awareness Body awareness Proper treatment of equipment Personal space Aware of surroundings Personal Space Team awareness

BOWLING

Grade Level	K-2	3-5
NYS Standards Nat'l Standards	1,2,3 1,2,3,4,5	1,2,3 1,2,3,4,5
Assessments	Teacher evaluation Participation Check list	Teacher Evaluation Participation Peer assessment Scoring
Skill/Activity	Grip, stance, finger placement, bend, step, roll, jobs, pin set up (on tape marks) <ul style="list-style-type: none"> • Pin ball • Bowling groups of 4 	Grip, stance, finger placement, bend, step, roll, jobs, pin set up (on tape marks) <ul style="list-style-type: none"> • Pin ball • Bowling groups of 4 Scoring <ul style="list-style-type: none"> • Rotation of jobs during bowling game
Terminology	Bend, step roll Strike Spare Lane Foul line Finger placement Ball returner Pin setter Opposite foot	Bend, step, roll Strike Spare Lane Foul line Finger placement Ball returner Pin setter Scoring Score keeper Opposite foot Frame
Safety	Spatial awareness Body awareness Equipment safety Rules of bowling alley Team awareness	Spatial awareness Body awareness Equipment safety Rules of bowling alley Team awareness

CLIMBING WALL

Grade Level	K-5
NYS Standards Nat'l Standards	1,2,3 1,2,3,4,5
Assessment	Teacher observation Partner observation
Skills/Activity	Rock wall climbing <ul style="list-style-type: none"> • Transverse climbing • Transfer of equipment during climbing • Hula hoop climbing
Terminology	Rock wall Transverse Spotting Vertical, horizontal, lateral Trust Focus
Safety	Spatial awareness Body awareness Climbing safety rules Spotting safety Personal Space

COOPERATIVE GAMES

Grade Level	K-2	3-5
NYS Standards Nat'l Standards	1,2,3 1,2,3,4,5	1,2,3 1,2,3,4,5
Assessments	Teacher evaluation Participation Peer evaluation discussion	Teacher evaluation Participation Peer group written assessment
Skills/Activities	Team work, communication, problem solving, respect <ul style="list-style-type: none"> • Frogs across the pond • Row your boat • Rock, paper, scissor • Rock climbing • Jump rope "Snake" • Over, under, around, through • Category line up • Name game 	Team work, communication, problem solving, respect <ul style="list-style-type: none"> • Frogs across the pond • Row your boat • Titanic • Turn style • Rock climbing • Human knot • Over, under, around, through • Category line up- "ABC, age, birthdate, shoe size) • Hula hoop hurry • Car and driver
Terminology	Communication Teamwork Goals Sportsmanship Citizenship Problem-Solving Respect	Communication Teamwork Goals Sportsmanship Citizenship Problem-Solving Respect
Safety	Spatial awareness Body awareness Personal space	Spatial awareness Body awareness Personal Space

DANCE

Grade Level	K-2	3-5
NYS Standards Nat'l Standards	1,2,3 1,2,3,4,5	1,2,3 1,2,3,4,5
Assessment	Practice Teacher evaluation	Practice Teacher evaluation
Skills/Activities	<p>Locomotors skills</p> <ul style="list-style-type: none"> • Walk, run, jog, skip, gallop <p>Dances</p> <ul style="list-style-type: none"> • Macarena, Nae Nae, electric slide, hokey pokey, Clap your hands, cupid shuffle, electric slide, Cotton Eye Joe (dances change year to year depending on population) 	<p>Locomotors skills</p> <ul style="list-style-type: none"> • Walk, run, jog, skip, gallop <p>Dances</p> <ul style="list-style-type: none"> • Macarena, Nae Nae, electric slide, hokey pokey, Clap your hands, cupid shuffle, electric slide, Cotton Eye Joe (dances change year to year depending on population)
Terminology	Name of songs Rhythm Right sided Left sided	Name of songs Rhythm Partner dance Left sided Right sided
Safety	Spatial awareness Body awareness Partner awareness Personal space	Spatial awareness Body awareness Partner awareness Personal space

FITNESS

Grade Level	K-2	3-5
NYS Standards	1,2,3	1,2,3
Nat'l Standards	1,2,3,4,5	1,2,3,4,5
Assessment	Teacher evaluation Record sheets Participation	Teacher evaluation Record sheets Participation Heart rate record
Skills/activity	Hiking/walking <ul style="list-style-type: none"> • Lifetime fitness • Community hike • Warm up laps Cardio <ul style="list-style-type: none"> • Numerous tag games • Exercise laps Flexibility <ul style="list-style-type: none"> • Warm up stretching • Fitness dice • Yoga DVD Fitness centers/Cross training <ul style="list-style-type: none"> • Long jump • Alphabet step • Speed ladder • Fitness dice • Burpees, squats, balance boards, step ups 	Hiking/walking <ul style="list-style-type: none"> • Lifetime fitness • Community hike • Warm up laps Cardio <ul style="list-style-type: none"> • Numerous tag games • Exercise laps Flexibility <ul style="list-style-type: none"> • Warm up stretching • Fitness dice • Yoga DVD Fitness centers/Cross training <ul style="list-style-type: none"> • Long jump • Alphabet step • Speed ladder • Exercise bands • Wall sits • Burpees, squats, lunges, seat clappers, balance boards, step ups, sit ups • Heart rate record
Terminology	Heart rate Repetition Cardio Flexibility Most important muscle-HEART	Heart rate-neck, wrist, chest Repetition Cardio Flexibility Power Speed Endurance DVD work outs Most important muscle-HEART Moderate Vigorous FITT principal Increase pulse Cross training Agility
Safety	Spatial awareness Body awareness Partner awareness Personal space	Spatial awareness Body awareness Partner awareness Personal space

FLOOR HOCKEY

Grade Level	K-2	3-5
NYS Standards Nat'l Standards	1,2,3 1,2,3,4,5	1,2,3, 1,2,3,4,5
Assessment	Teacher check list Teacher evaluation Skill assessment	Teacher check list Teacher evaluation Skill assessment Written assessment
Skills/Activity	Dribbling, stick handling, passing, shooting, accuracy of shot <ul style="list-style-type: none"> • Centers • Goalie galore 	Dribbling, stick handling, passing, shooting, accuracy of shot <ul style="list-style-type: none"> • Centers • Goalie galore Game play, rules, regulation, face off, boundaries, crease <ul style="list-style-type: none"> • Modified small group game
Terminology	Shaft Stick Head Forehand Goalie Puck Dribbling Shooting passing	Shaft Stick Head Dribbling Shooting Goalie Scoring Ready position Face off Crease Forehand Backhand Offense Defense Puck Boundaries Passing Moving to open space
Safety	Spatial awareness Body awareness Partner awareness Personal space Team awareness Hockey stick height awareness Care for equipment	Spatial awareness Body awareness Partner awareness Personal space Team awareness Hockey stick height awareness Care for equipment

NUTRITION

Grade Level	K-2	3-5
NYS Standards	1,2,3	1,2,3
Nat'l Standards	1,2,3,4,5	1,2,3,4,5
Assessment	Discussion	Discussion
Skills/Activity	Discussion <ul style="list-style-type: none"> • Identify food groups • Good vs bad choices • Healthy vs unhealthy food • Hydration 	Discussion <ul style="list-style-type: none"> • Identify food groups • Good vs bad choices • Healthy vs unhealthy food • Esteem, comfortable • Moderation • Energy, fat, stored sugars • Hydration • Muscle groups that correspond with exercises
Terminology	Food groups Muscles Choices Nutrients	Food groups Muscles Choices Nutrients Calorie Moderation
Safety	Body awareness	Body awareness

LACROSSE

Grade Level	K-2	3-5
NYS Standards	1,2,3	1,2,3
Nat'l Standards	1,2,3,4,5	1,2,3,4,5
Assessments	Teacher Evaluation Practice	Teacher Evaluation Practice
Skill/Activity	Pass, catch, scoop <ul style="list-style-type: none"> • Centers • Scooter games • Relay races 	Cradle, pass, catch, throw, scoop, stick control, face offs <ul style="list-style-type: none"> • Centers • Scooter games • Relay races • Partner work- throw catch, ground balls, shooting on goal
Terminology	Stick Pocket Shoot Throw Catch Scoop Ground ball	Cradle Stick Pocket Shoot Throw Catch Scoop Goalie Ground ball Face offs- draws `
Safety	Spatial awareness Body awareness Partner awareness Personal space Hockey stick height awareness Care for equipment	Spatial awareness Body awareness Partner awareness Personal space Hockey stick height awareness Care for equipment

SOFTBALL

Grade Level	K-2	3-5
NYS Standard National standards	1,2,3 1,2,3,4,5	1,2,3 1,2,3,4,5
Assessments	Teacher evaluation Skill Assessment	Teacher evaluation Skill Assessment
Skills/Activities	Tee Ball <ul style="list-style-type: none"> • Stance, grip, swing, fielding, catch, base running 	Throwing and Catching <ul style="list-style-type: none"> • Self toss, toss against wall, partner pass, target practice Fielding <ul style="list-style-type: none"> • Fly balls, grounders, throw and run games Batting and Stations <ul style="list-style-type: none"> • Self swings, stations (throwing/catching, fielding, batting, fitness) Rules, Positions, Game Play <ul style="list-style-type: none"> • Review skills, positions, rules, modified game play Game Play <ul style="list-style-type: none"> • Modified game play (Batter Up)
Terminology	Stance Grip Swing Fielding Outs Rules	Stance Grip Swing Fielding Outs Grounders Fly Ball Positions Rules Target Throw Catch Introduction to Offense Introduction to Defense
Safety	Spatial Awareness Body Awareness Partner Awareness Care of Equipment	Spatial Awareness Body Awareness Partner Awareness Care of Equipment

TEAM HANDBALL

Grade Level	K-2	3-5
NYS Standards National Standards		1,2,3 1,2,3,4,5
Assessments		Teacher Evaluation Participation/Behavior/Preparation
Skills/Activities		Dribbling, Passing, Shooting <ul style="list-style-type: none"> • Skill centers Team Creation <ul style="list-style-type: none"> • Draft Rules <ul style="list-style-type: none"> • Game Play (tournament)
Terminology		Dribbling Passing Shooting Rules Scoring Offense Defense Jump Ball Strategy
Safety		Spatial Awareness Body Awareness Team Awareness Care of Equipment

TRACK & FIELD

Grade Level	K-2	3-5
NYS Standards	1,2,3	1,2,3
National Standards	1,2,3,4,5	1,2,3,4,5
Assessment	Teacher Evaluation Skill Assessment	Teacher Evaluation Skill Assessment
Skills/Activities	Jogging, Running, Jumping <ul style="list-style-type: none"> • Hurdles, Relay Races Throwing <ul style="list-style-type: none"> • Frisbee, balls 	Throwing, Running, Jumping <ul style="list-style-type: none"> • 50 yard dash, Hurdle races, Relay Races, Field Day Events
Terminology	Jogging Running Jumping Throwing Hurdle Relay Race Dash	Jogging Running Jumping Throwing Relay Race Baton Dash Hurdle Sprint Long Jump Track Meet
Safety	Spatial Awareness Body Awareness Care of Equipment	Spatial Awareness Body Awareness Care of Equipment

VOLLEYBALL

Grade Level	K-2	3-5
NYS Standards National Standards	1,2,3 1,2,3,4,5	1,2,3 1,2,3,4,5
Assessment	Teacher Evaluation Skill Assessment	Teacher Evaluation Skill Assessment
Skills/Activities	<p>Skill Centers</p> <ul style="list-style-type: none"> • Bump to partner, Set to partner, Underhand Serve, Keep It up <p>Bump (Forearm Pass)</p> <ul style="list-style-type: none"> • Balloons, Beach Balls, Foam Gator Balls <p>Overhead Set</p> <ul style="list-style-type: none"> • Balloons, Beach Balls, Foam Gator Balls <p>Serve</p> <ul style="list-style-type: none"> • Balloons, Beach Balls, Foam Gator Balls <p>Game play</p> <ul style="list-style-type: none"> • Newcomb with volleyball trainer or gator ball 	<p>Skill Centers</p> <ul style="list-style-type: none"> • Bump to partner or wall, Set to partner or wall, Underhand Serve/Overhead Serve, Keep It Up, Newcomb <p>Overhead Set</p> <ul style="list-style-type: none"> • Self-toss/to partner/to wall <p>Bump (Forearm Pass)</p> <ul style="list-style-type: none"> • Self-toss/to partner/to wall <p>Serving</p> <ul style="list-style-type: none"> • Underhand, Overhand, To partner <p>Rules/Order of Rotation</p> <p>Team Creation</p> <ul style="list-style-type: none"> • Team draft <p>Modified Games</p> <ul style="list-style-type: none"> • Newcomb (Volleyball trainer/Beach Ball/Gator Ball) <p>Game Play</p> <ul style="list-style-type: none"> • Tournament (Volleyball Trainer/Beach Ball/Gator Ball)
Terminology	Bump/Forearm Pass Set Underhand Serve Rotate Server Volley	Bump/Forearm Pass Set Serve Volley Overhand/Underhand Serve Scoring Offense/Defense Rotate Server
Safety	Spatial Awareness Body Awareness Team Awareness Care of Equipment	Spatial Awareness Body Awareness Team Awareness Care of Equipment

ULTIMATE FRISBEE

Grade Level	K-2	3-5
NYS Standards National Standards		1,2,3 1,2,3,4,5
Assessment		Teacher Evaluation Participation/Behavior/Preparation Skill Assessment
Skill/Activities		Throwing and catching <ul style="list-style-type: none"> • Safety, Teacher Demo, 2 hand catch, 1 hand catch, partner practice
Terminology		Frisbee Catch Rules Offense Defense Follow Through Scoring Strategy Backhand Forehand Flick
Safety		Spatial Awareness Body Awareness Team Awareness Sportsmanship Care of Equipment

GYMNASTICS

Grade Level	K-2	3-5
NYS Standards National Standards	1,2,3 1,2,3,4,5	1,2,3 1,2,3,4,5
Assessment	Teacher Evaluation Skill Assessment	Teacher Evaluation Skill Assessment
Skills/Activities	Tumbling/Balance/Skill Centers <ul style="list-style-type: none"> • Log roll, Forward roll, Backward roll, Cartwheel, Bridge Basic Equipment <ul style="list-style-type: none"> • Balance Beam 	Tumbling/Balance/Skill Centers <ul style="list-style-type: none"> • Forward roll, Cartwheel, Round Off, Handstand, Headstand (tripod base), Backwards Bend with spotter, Straddle Roll Basic Equipment <ul style="list-style-type: none"> • Balance Beam
Terminology	Roll Equipment Routine Animal Movements Balance Spotter Tumbling Gymnastics	Roll Balance Beam Spotter Round-Off Cartwheel Bridge Backwards Bend Pike Straddle Roll Routine Tumbling Somersault Takeoff Landing
Safety	Spatial Awareness Body Awareness Mat Safety Care of Equipment	Spatial Awareness Body Awareness Mat Safety Care of Equipment

GOLF

Grade Level	K-2	3-5
NYS Standards National Standards		1,2,3 1,2,3,4,5
Assessment		5 th Grade Written Evaluation
Skills/Activities		Grip, Stance, Stroke <ul style="list-style-type: none"> • Skill Centers Intro to Basic Scoring
Terminology		Putter Grip Stance Stroke Par Birdie Hazard Rough Hole in One Bogey Green Caddie Backswing Downswing Eagle Trajectory Path
Safety		Spatial Awareness

LAWN GAMES/RECESS GAMES

Grade Level	K-2	3-5
NYS Standards National Standards	1,2,3 1,2,3,4,5	1,2,3 1,2,3,4,5
Assessment	Teacher Evaluation Participation/Behavior/Preparation Class Discussion	Teacher Evaluation Participation/Behavior/Preparation Class Discussion
Skills/Activities	<p>Introduce Activities that can be played on the lawn or beach and also during recess</p> <ul style="list-style-type: none"> • Kan Jam • Bocce • Baggo • Ladderball 	<p>Kan Jam</p> <ul style="list-style-type: none"> • Equipment needed, teacher lead discussion, rules and game play <p>Bocce</p> <ul style="list-style-type: none"> • Equipment needed, teacher lead discussion, rules and game play <p>Baggo</p> <ul style="list-style-type: none"> • Equipment needed, teacher lead discussion, rules and game play <p>Ladderball</p> <ul style="list-style-type: none"> • Equipment needed, teacher lead discussion, rules and game play
Terminology	Grip Follow through Toss Flick Aim Rotation Deflection Bean Bag	Grip Follow through Toss Flick Aim Rotation Deflection Forehand Backhand Bean Bag Scoring
Safety	Spatial Awareness Body Awareness Care of Equipment	Spatial Awareness Body Awareness Care of Equipment

OUTDOOR EDUCATION

Grade Level	K-2	3-5
NYS Standards	1,2,3	1,2,3
National Standards	1,2,3,4,5	1,2,3,4,5
Assessment	Teacher Evaluation Class Discussion	Teacher Evaluation Class Discussion
Skills/Activities	Hiking Canoeing Kayaking Camping Biking Swimming Safety Plant Recognition River Ecology <ul style="list-style-type: none"> • Class discussion 	Hiking Canoeing Kayaking Camping Biking Swimming Safety Plant Recognition River Ecology <ul style="list-style-type: none"> • Class discussion
Terminology	Outdoor Nature Wilderness Adventure Rivers Ponds Compass Helmet Camp Trail Hill Dirt Grass	Outdoor Nature Wilderness Adventure Rivers Ponds Compass Helmet Camp Trail Mountain Hill Dirt Grass Environment
Safety	Direction Awareness Body Awareness	Direction Awareness Body Awareness