

Physical Education 6th – 8th Grade

<i>Unit</i>	<i>Standards</i>	<i>Assessments</i>	<i>Skills</i>	<i>Content</i>	<i>Essential Questions</i>
Cooperative Games	NYS: 1, 2 & 3	<ul style="list-style-type: none"> • Observational • Exit slip 	<ul style="list-style-type: none"> • Teamwork • Sportsmanship • Communication skills • Trust • Cooperation • Problem – solving & solving challenges <ul style="list-style-type: none"> ○ STEAM 	<ul style="list-style-type: none"> • Warm – up • Cool down • Stretching • Group juggling • Human knot • Hula hoop pass • Pass it through • Boomerang throw • Stepping stones • Log jam • Gridlock • Landmines 	<ul style="list-style-type: none"> • Why is teamwork, communication & sportsmanship important in physical education? • Why is cooperation important during class? • How can we use cooperative skills in life in order to be successful?
<i>Unit</i>	<i>Standards</i>	<i>Assessments</i>	<i>Skills</i>	<i>Content</i>	<i>Essential Questions</i>
Physical Fitness Testing	NYS: 1, 2 & 3	<ul style="list-style-type: none"> • Pre – Assessment <ul style="list-style-type: none"> ○ Push – ups ○ Sit – ups ○ Shuttle run ○ Mile run 	<ul style="list-style-type: none"> • 5 components of physical fitness <ul style="list-style-type: none"> ○ Cardiovascular endurance ○ Muscular strength ○ Muscular endurance ○ Flexibility ○ Body composition • Step monitoring <ul style="list-style-type: none"> ○ 10,000 steps per day goal 	<ul style="list-style-type: none"> • Warm – up • Cool down • Stretching • Push – ups • Sit – ups • Shuttle run • Mile run • Walking 	<ul style="list-style-type: none"> • What are the five components of physical fitness? • What is the recommended amount of steps - daily? • What does it mean to be physically fit?

<i>Unit</i>	<i>Standards</i>	<i>Assessments</i>	<i>Skills</i>	<i>Content</i>	<i>Essential Questions</i>
Soccer	NYS: 1, 2 & 3	<ul style="list-style-type: none"> • Observational • Exit slip 	<ul style="list-style-type: none"> • Understanding rules & history associated with soccer • Ball control • Dribbling • Passing • Trapping • Throw – ins • Shooting • Goalie punts • Offensive strategy • Defensive strategy 	<ul style="list-style-type: none"> • Warm – up • Cool down • Stretching • Drills <ul style="list-style-type: none"> ○ Ball control ○ Dribbling ○ Passing ○ Throw - ins ○ Shooting ○ Goalie • Dribble tag • Dribble elimination • Ultimate soccer • Possession • Shooting targets • World Cup • Wall soccer • Mini games <ul style="list-style-type: none"> ○ Competitive ○ Non - competitive 	<ul style="list-style-type: none"> • Why is teamwork, communication & sportsmanship important in order to be successful in soccer? • What are the soccer skill cues associated with today’s focus? • What are the safety rules associated with soccer? • What opportunities within the community and school are available in order to play soccer?
<i>Unit</i>	<i>Standards</i>	<i>Assessments</i>	<i>Skills</i>	<i>Content</i>	<i>Essential Questions</i>
Football	NYS: 1, 2 & 3	<ul style="list-style-type: none"> • Observational • Punt, pass & kick competition scores • Exit slip 	<ul style="list-style-type: none"> • Understanding rules & history associated with football • Passing • Catching • Punting • Kicking • Ball carrying • Route running <ul style="list-style-type: none"> ○ Fly 	<ul style="list-style-type: none"> • Warm – up • Cool down • Stretching • Drills <ul style="list-style-type: none"> ○ Passing ○ Catching ○ Punting ○ Kicking ○ Ball carrying 	<ul style="list-style-type: none"> • Why is teamwork, communication & sportsmanship important in order to be successful in football?

			<ul style="list-style-type: none"> ○ Curl ○ Slant ○ In & out ● Offensive strategy ● Defensive strategy 	<ul style="list-style-type: none"> ○ Route running ● Target toss ● Tsunami ● Ultimate football ● Flag football <ul style="list-style-type: none"> ○ Competitive ○ Non - competitive ● Punt, pass & kick competition 	<ul style="list-style-type: none"> ● What are the football skill cues associated with today's focus? ● What are the safety rules associated with football? ● What opportunities within the community and school are available in order to play football?
Unit	Standards	Assessments	Skills	Content	Essential Questions
Basketball	NYS: 1, 2 & 3	<ul style="list-style-type: none"> ● Observational ● Exit slip 	<ul style="list-style-type: none"> ● Understanding rules & history associated with basketball ● Ball handling ● Dribbling ● Pivoting ● Passing ● Shooting ● Offensive strategy ● Defensive strategy 	<ul style="list-style-type: none"> ● Warm – up ● Cool down ● Stretching ● Drills <ul style="list-style-type: none"> ○ Ball handling ○ Dribbling ○ Pivoting ○ Passing ○ Shooting ● Handle progressions ● Dribble tag ● Dribble elimination ● Notre Dame passing ● Hot spot shooting ● Horse <ul style="list-style-type: none"> ○ Tournament ● Watermelon <ul style="list-style-type: none"> ○ Tournament ● Mini games <ul style="list-style-type: none"> ○ Competitive 	<ul style="list-style-type: none"> ● Why is teamwork, communication & sportsmanship important in order to be successful in basketball? ● What are the basketball skill cues associated with today's focus? ● What are the safety rules associated with basketball? ● What opportunities

				<ul style="list-style-type: none"> ○ Non - competitive 	within the community and school are available in order to play basketball?
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Floor Hockey	NYS: 1, 2 & 3	<ul style="list-style-type: none"> • Observational • Exit slip 	<ul style="list-style-type: none"> • Understanding rules & history associated with hockey • Stick - handling • Possession • Passing • Trapping • Shooting • Goaltending • Offensive strategy • Defensive strategy 	<ul style="list-style-type: none"> • Warm – up • Cool down • Stretching • Drills <ul style="list-style-type: none"> ○ stick - handling ○ Possession ○ Passing ○ Trapping ○ Shooting ○ Goaltender • Possession • Shooting targets • 4 way floor hockey • Floor hockey games <ul style="list-style-type: none"> ○ Competitive ○ Non - competitive 	<ul style="list-style-type: none"> • Why is teamwork, communication & sportsmanship important in order to be successful in floor hockey? • What are the floor hockey skill cues associated with today's focus? • What are the safety rules associated with floor hockey? • What opportunities within the community and school are available in order to play hockey?
Unit	Standards	Assessments	Skills	Content	Essential Questions
Volleyball	NYS: 1, 2 & 3	<ul style="list-style-type: none"> • Observational • Exit slip 	<ul style="list-style-type: none"> • Understanding rules & history associated with volleyball • Forearm pass (bump) 	<ul style="list-style-type: none"> • Warm – up • Cool down • Stretching • Drills 	<ul style="list-style-type: none"> • Why is teamwork, communication &

			<ul style="list-style-type: none"> • Overhead pass (set) • Underhand serve • Rotation 	<ul style="list-style-type: none"> ○ Bump ○ Set ○ Serve • Keep it up • Hula hoop serving • Volleyball games <ul style="list-style-type: none"> ○ Competitive ○ Non - competitive 	<p>sportsmanship important in order to be successful in volleyball?</p> <ul style="list-style-type: none"> • What are the volleyball skill cues associated with today's focus? • What are the safety rules associated with volleyball? • What opportunities within the community and school are available in order to play volleyball?
Unit	Standards	Assessments	Skills	Content	Essential Questions
Badminton	NYS: 1, 2 & 3	<ul style="list-style-type: none"> • Observational • Exit slip 	<ul style="list-style-type: none"> • Understanding rules & history associated with Badminton • Forehand grip • Backhand grip • Shots <ul style="list-style-type: none"> ○ Clear/lob ○ Drop ○ Smash • Serve • Scoring & rotation 	<ul style="list-style-type: none"> • Warm – up • Cool down • Stretching • Drills <ul style="list-style-type: none"> ○ Forehand grip ○ Backhand grip ○ Clear/lob ○ Drop ○ Smash ○ Serve • Keep it up • Partner rally • Hula hoop serving 	<ul style="list-style-type: none"> • Why is teamwork, communication & sportsmanship important in order to be successful in badminton? • What are the badminton skill cues associated with today's focus?

				<ul style="list-style-type: none"> • Shot targets • Badminton volleyball • Badminton games <ul style="list-style-type: none"> ○ Singles ○ Doubles • Badminton tournament <ul style="list-style-type: none"> ○ Doubles 	<ul style="list-style-type: none"> • What are the safety rules associated with badminton? • What opportunities within the community and school are available in order to play badminton?
Unit	Standards	Assessments	Skills	Content	Essential Questions
Pickleball	NYS: 1, 2 & 3	<ul style="list-style-type: none"> • Observational • Exit slip 	<ul style="list-style-type: none"> • Understanding rules & history associated with pickleball • Standard grip <ul style="list-style-type: none"> ○ Forehand ○ Backhand • Shots <ul style="list-style-type: none"> ○ Lob ○ Dink ○ Drive ○ Block • Serve • Scoring & rotation 	<ul style="list-style-type: none"> • Warm – up • Cool down • Stretching • Drills <ul style="list-style-type: none"> ○ Forehand grip ○ Backhand grip ○ Lob ○ Dink ○ Drive ○ Block ○ Serve • Partner rally • Hula hoop serving • Shot targets • Table tennis • Pickleball games <ul style="list-style-type: none"> ○ Singles ○ Doubles 	<ul style="list-style-type: none"> • Why is teamwork, communication & sportsmanship important in order to be successful in pickleball? • What are the pickleball skill cues associated with today’s focus? • What are the safety rules associated with pickleball? • What opportunities within the community and school are available in

<i>Unit</i>	<i>Standards</i>	<i>Assessments</i>	<i>Skills</i>	<i>Content</i>	<i>Essential Questions</i>
Fitness Games & Wellness	NYS: 1, 2 & 3	<ul style="list-style-type: none"> • Observational • Exit slip 	<ul style="list-style-type: none"> • Understanding rules • Teamwork • Sportsmanship • Communication skills • Trust • Cooperation • Cardiovascular endurance • Muscular endurance 	<ul style="list-style-type: none"> • Warm – up • Cool down • Stretching • Yoga stretching • Meditation • Fitness stations • Speedball • Tchoukball • Mat - ball 	<ul style="list-style-type: none"> • Why is teamwork, communication & sportsmanship important in order to be successful in the fitness games we played? • What are the safety rules associated with the fitness games? • What opportunities within the community and school are available in order to pursue lifelong fitness/wellness opportunities?
<i>Unit</i>	<i>Standards</i>	<i>Assessments</i>	<i>Skills</i>	<i>Content</i>	<i>Essential Questions</i>
Lacrosse	NYS: 1, 2 & 3	<ul style="list-style-type: none"> • Observational • Exit slip 	<ul style="list-style-type: none"> • Understanding rules & history associated with lacrosse • Stick – handling • Cradle & possession • Passing • Catching • Shooting 	<ul style="list-style-type: none"> • Warm – up • Cool down • Stretching • Drills <ul style="list-style-type: none"> ○ stick - handling ○ Cradle ○ Passing 	<ul style="list-style-type: none"> • Why is teamwork, communication & sportsmanship important in order to be

			<ul style="list-style-type: none"> • Goaltending • Offensive strategy • Defensive strategy 	<ul style="list-style-type: none"> ○ Catching ○ Shooting ○ Goaltender • Cradle relay races • Ultimate lacrosse • Lacrosse golf • Backyard pick - up • Shooting targets • Lacrosse games <ul style="list-style-type: none"> ○ Competitive ○ Non - competitive 	<p>successful in lacrosse?</p> <ul style="list-style-type: none"> • What are the lacrosse skill cues associated with today's focus? • What are the safety rules associated with lacrosse? • What opportunities within the community and school are available in order to play lacrosse?
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Wiffle ball / Softball	NYS: 1, 2 & 3	<ul style="list-style-type: none"> • Observational • Exit slip 	<ul style="list-style-type: none"> • Understanding rules & history associated with softball • Throwing • Catching • Fielding • Batting • Positions 	<ul style="list-style-type: none"> • Warm – up • Cool down • Stretching • Drills <ul style="list-style-type: none"> ○ Throwing ○ Catching ○ Fielding ○ Batting • Wiffle ball / softball games 	<ul style="list-style-type: none"> • Why is teamwork, communication & sportsmanship important in order to be successful in wiffle ball / softball? • What are the wiffle ball / softball skill cues associated with today's focus? • What are the safety rules

					<p>associated with wiffle ball / softball?</p> <ul style="list-style-type: none"> • What opportunities within the community and school are available in order to play softball?
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Physical Fitness Testing	NYS: 1, 2 & 3	<ul style="list-style-type: none"> • Post – Assessment <ul style="list-style-type: none"> ○ Push – ups ○ Sit – ups ○ Shuttle run ○ Mile run • Compare pre & post physical fitness assessment results 	<ul style="list-style-type: none"> • 5 components of physical fitness <ul style="list-style-type: none"> ○ Cardiovascular endurance ○ Muscular strength ○ Muscular endurance ○ Flexibility ○ Body composition • Step monitoring <ul style="list-style-type: none"> ○ 10,000 steps per day goal 	<ul style="list-style-type: none"> • Warm – up • Cool down • Stretching • Push – ups • Sit – ups • Shuttle run • Mile run • Walking 	<ul style="list-style-type: none"> • What are the five components of physical fitness? • What is the recommended amount of steps - daily? • What does it mean to be physically fit?
Unit	Standards	Assessments	Skills	Content	Essential Questions
Outdoor Games	NYS: 1, 2 & 3	<ul style="list-style-type: none"> • Observational • Exit slip 	<ul style="list-style-type: none"> • Understanding rules • Teamwork • Sportsmanship • Communication skills • Trust • Cooperation 	<ul style="list-style-type: none"> • Warm – up • Cool down • Stretching • Ultimate Frisbee • Super loop • Four square • Spikeball • Slim pins bowling 	<ul style="list-style-type: none"> • Why is teamwork, communication & sportsmanship important in order to be successful in the

				<ul style="list-style-type: none">• Backyard games	<p>outdoor games we played?</p> <ul style="list-style-type: none">• What are the safety rules associated with the outdoor games?• What opportunities within the community and school are available in order to play various outdoor games?
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