

**New Paltz Central School District  
Physical Education  
3-5**

<b>Time</b>	<b>Essential Questions/Content</b>	<b>Skills</b>	<b>Assessments</b>
2 weeks	<p><b><u>Wiffle Ball and Softball</u></b></p> <ul style="list-style-type: none"> <li>• How are these skills useful outside of school? -----</li> <li>• Softball skills</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate basic skills:               <ul style="list-style-type: none"> <li>○ Base running</li> <li>○ Batting</li> <li>○ Fielding</li> <li>○ Catching with a glove</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Anecdotal notes</li> </ul>
2 weeks	<p><b><u>Badminton</u></b></p> <ul style="list-style-type: none"> <li>• -----</li> <li>• History and basics of badminton</li> <li>• Proper care of equipment</li> <li>• Eye/hand coordination</li> </ul>	<ul style="list-style-type: none"> <li>• Use proper grip</li> <li>• Demonstrate hitting techniques</li> <li>• Maintain awareness of people/things around them</li> </ul>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul>
1 week	<p><b><u>Omnikinball</u></b></p> <ul style="list-style-type: none"> <li>• How can playing omnikinball help keep me physically fit? -----</li> <li>• Eye/hand and eye/foot coordination</li> <li>• Overall fitness</li> <li>• Cooperation</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate team offense and defensive positioning</li> <li>• Understand the role of each player</li> <li>• Serve the ball</li> <li>• Receive the ball as a group all together</li> <li>• Follow the rules of the game</li> <li>• Respect the role of each individual player (each is different)</li> </ul>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul>

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1 week	<p><b><u>Team Handball</u></b></p> <ul style="list-style-type: none"> <li>• How can the skills in team handball help you in other sports? -----</li> <li>• Ball skills</li> <li>• Team handball as an Olympic sport</li> <li>• Teamwork</li> <li>• Relationship to basketball and lacrosse</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate basic team handball skills:               <ul style="list-style-type: none"> <li>○ Throw</li> <li>○ Catch</li> <li>○ Guard (defend)</li> <li>○ Move to the open space</li> <li>○ Switch quickly from offense to defense</li> <li>○ Work as a team</li> </ul> </li> <li>• Use appropriate underhand or overhand throw, depending on distance of team mate</li> <li>• Guard without making physical contact with opponent</li> </ul>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Anecdotal notes</li> </ul>
2 weeks	<p><b><u>Playground Games</u></b></p> <ul style="list-style-type: none"> <li>• What can I play at recess with a partner or a small group?</li> <li>• What can I play at recess with no equipment? -----</li> <li>• Appropriate activities for recess</li> <li>• Activities that need minimal equipment</li> <li>• Activities that can be done alone, with a partner, or in a small group</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate basic game skills:               <ul style="list-style-type: none"> <li>○ Rope skills</li> <li>○ Throw</li> <li>○ Catch</li> <li>○ Bounce</li> <li>○ Basic basketball shooting skills</li> </ul> </li> <li>• Initiate games, follow rules, and supervise without an adult present</li> <li>• Follow space perimeters and choose safe areas</li> <li>• Share equipment</li> </ul>	<ul style="list-style-type: none"> <li>• Reports from playground monitors</li> </ul>

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1 week	<p><b><u>Juggling</u></b></p> <ul style="list-style-type: none"> <li>• What skills does juggling teach that can be useful outside of the gym? -----</li> <li>• Concentration</li> <li>• Focus</li> <li>• Determination</li> <li>• Timing</li> <li>• Rhythm</li> <li>• Hand/eye coordination</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate basic juggling skills:               <ul style="list-style-type: none"> <li>○ Toss</li> <li>○ Catch</li> <li>○ Bilateral coordination</li> <li>○ Follow a rhythmic pattern</li> </ul> </li> <li>• Toss and catch with one hand (dominant and non-dominant)</li> <li>• Juggle at least 2 objects</li> </ul>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul>
2 weeks	<p><b><u>Cooperative Games</u></b></p> <ul style="list-style-type: none"> <li>• How do we work together with a partner, small group, or whole class?</li> <li>• What is the difference between cooperation and competition?</li> <li>• Why is learning to work cooperatively important not just in PE, but outside the gym? -----</li> <li>• Cooperative strategies</li> <li>• Upper body strength</li> </ul>	<ul style="list-style-type: none"> <li>• Follow safety rules</li> <li>• Follow three rules of problem solving</li> <li>• Demonstrate basic motor skills</li> </ul>	<ul style="list-style-type: none"> <li>• Visual and auditory assessments</li> </ul>

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2 weeks	<p><b><u>Stunts and Tumbling</u></b></p> <ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul> <p>-----</p> <ul style="list-style-type: none"> <li>• Basic tumbling skills</li> <li>• Upper body strength</li> <li>• Gymnastics as an Olympic sport</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate basic tumbling skills</li> <li>• Follow safety guidelines</li> </ul>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul>
2 weeks	<p><b><u>Gymnastics Apparatus</u></b></p> <ul style="list-style-type: none"> <li>• How can gymnastics help me become physically fit?</li> <li>•</li> </ul> <p>-----</p> <ul style="list-style-type: none"> <li>• Basic skills on the gymnastics apparatus</li> <li>• Gymnastics as an Olympic sport</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate basic skills on the gymnastics apparatus:               <ul style="list-style-type: none"> <li>○ Vault – hurdle step, squat on, squat over, flank vault, straddle vault, handspring vault</li> <li>○ Beam – walk forward and backward, turns, balances, simple dismounts</li> <li>○ Bars – pullover, back hip circle, climb to high bar and swing off cast</li> <li>○ Rings – skin the cat, basket, inverted ring</li> <li>○ Assorted other stations (mushroom, floor bars, mini-tramp, high bar, chin up bar, cheese mat) are used for additional skills</li> </ul> </li> <li>• Follow all safety rules</li> <li>• Identify basic skills by name</li> </ul>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul>

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1 week	<p><b><u>Problem Solving Activities</u></b></p> <ul style="list-style-type: none"> <li>• How can we solve problems in physical education?</li> <li>• How can we become leaders without being bossy?</li> <li>• How do we take turns sharing ideas?</li> </ul> <p>-----</p> <ul style="list-style-type: none"> <li>• Upper body fitness and flexibility</li> <li>• Problem solving</li> <li>• Safety rules</li> </ul>	<ul style="list-style-type: none"> <li>• Use various equipment and personal skills to solve problems</li> <li>• Demonstrate basic motor skills</li> <li>• Follow safety rules.</li> <li>• Share ideas and listen to others</li> </ul>	<ul style="list-style-type: none"> <li>• Success of the activity (accomplishing the problem)</li> <li>• Students working together cooperatively</li> </ul>
__ week	<p><b><u>Pedometer Usage</u></b></p> <ul style="list-style-type: none"> <li>• How can using pedometers help us become physically fit?</li> <li>• How many steps is a mile?</li> <li>• How many steps should I walk each day?</li> </ul> <p>-----</p> <ul style="list-style-type: none"> <li>• Pedometers</li> <li>• Tracking progress               <ul style="list-style-type: none"> <li>○ Recording steps</li> <li>○ Measuring the amount of exercise</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Understand the difference in the amount of exercise by comparing one activity to the next, or one position in a game to another</li> <li>• Use pedometer correctly and responsibly</li> </ul>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul>

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All Year Long	<p><b><u>Bone of the Month</u></b></p> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>-----</li> <li>• Major bones in the body</li> <li>• Bone Rap song</li> </ul>	<ul style="list-style-type: none"> <li>• Identify 12-14 major bones in the body</li> <li>• Relate consequences with own body when unit safety rules are taught/reviewed (e.g., broken phalanges in basketball)</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
5 weeks	<p><b><u>Soccer</u></b></p> <ul style="list-style-type: none"> <li>• Why is soccer so important in the world?</li> <li>• What does the rest of the world call our soccer?</li> <li>-----</li> <li>• Basic soccer skills</li> <li>• Soccer rules</li> <li>• Safety rules</li> <li>• Endurance</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate basic soccer skills:               <ul style="list-style-type: none"> <li>○ Run</li> <li>○ Dribble</li> <li>○ Throw</li> <li>○ Drop kick</li> <li>○ Pass with all areas of the foot</li> </ul> </li> <li>• Show understanding of safety rules: 10 yard rule, no slide tackle, no kicking of balls until they are ready</li> <li>• Demonstrate how to guard on throw-ins and kicks</li> </ul>	<ul style="list-style-type: none"> <li>• Notes on skill level</li> </ul>
2 weeks	<p><b><u>Football</u></b></p> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>-----</li> <li>• Basic football skills</li> </ul>	<ul style="list-style-type: none"> <li>• Throw a football</li> <li>• Catch a football</li> <li>• Punt and place kick a football</li> <li>• Follow safety guidelines</li> </ul>	<ul style="list-style-type: none"> <li>• Anecdotal records</li> </ul>

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2 weeks	<p><b><u>Lacrosse</u></b></p> <ul style="list-style-type: none"> <li>• Where did lacrosse come from?</li> <li>• What are the differences between mens' and womens' lacrosse?</li> </ul> <p>-----</p> <ul style="list-style-type: none"> <li>• Introduction and history</li> <li>• Basic understanding</li> <li>• Appreciation for difficulty of skills</li> </ul>	<ul style="list-style-type: none"> <li>• Throw (over and underhand scoop)</li> <li>• Catch</li> <li>• Cradle</li> <li>• Demonstrate proper use of stick</li> </ul>	<ul style="list-style-type: none"> <li>• Anecdotal records</li> </ul>
2 weeks	<p><b><u>Bowling</u></b></p> <ul style="list-style-type: none"> <li>• What is the purpose of doing bowling in PE?</li> </ul> <p>-----</p> <ul style="list-style-type: none"> <li>• Holding and rolling the ball properly</li> <li>• Scoring</li> <li>• Bowling as a lifetime activity</li> <li>• Taking turns (bowler, pin setter, scorekeeper)</li> </ul>	<ul style="list-style-type: none"> <li>• Aim the ball</li> <li>• Roll the ball</li> <li>• Follow through</li> <li>• Demonstrate the four step approach</li> <li>• Score bowling</li> <li>• Follow etiquette rules for bowling</li> </ul>	<ul style="list-style-type: none"> <li>• Score sheets</li> <li>• Observation</li> </ul>

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2-3 weeks	<p><b><u>Kickball</u></b></p> <ul style="list-style-type: none"> <li>• How are these skills useful outside of school? -----</li> <li>• Kickball skills and strategies</li> <li>• Kickball as a social activity</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate basic kickball skills:     Throw     Pitch     Catch     Run bases     Make outs</li> <li>• Demonstrate basic kickball strategies</li> </ul>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Anecdotal notes</li> </ul>
2 weeks	<p><b><u>Basketball</u></b></p> <ul style="list-style-type: none"> <li>• How can I use what I learn in PE at home and on the playground?</li> <li>• How do I self assess and improve my skills? -----</li> <li>• Basic basketball skills</li> <li>• Community programs and contests</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate basic basketball skills:     Shoot     Pass-bounce, chest, overhead, baseball     Dribble     Pivot     Foul shooting     Lay up     Guarding</li> </ul>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Anecdotal notes</li> </ul>



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3 weeks	<p><b><u>Floor Hockey</u></b></p> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>-----</li> <li>• Basic floor hockey skills</li> <li>• Basic floor hockey strategies</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate basic floor hockey skills – pass, dribble, shoot, block</li> <li>• Demonstrate basic floor hockey strategies</li> </ul>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul>
1 week	<p><b><u>Rope Jumping</u></b></p> <ul style="list-style-type: none"> <li>• How can jumping rope help me become physically fit?</li> <li>•</li> <li>-----</li> <li>• Rope jumping techniques</li> <li>• Fitness benefits of rope jumping</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate various rope jumping skills:               <ul style="list-style-type: none"> <li>○ Rope step</li> <li>○ Skip rope</li> <li>○ Jump forward, jump backward</li> <li>○ 4-corner</li> <li>○ Double Dutch</li> <li>○ Jump in with both long and short ropes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul>

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2 weeks	<p><b><u>Rhythms and Dance</u></b></p> <ul style="list-style-type: none"> <li>• How can rhythm help you outside at the gym? -----</li> <li>• Basic folk, square, and party dances</li> <li>• Basic calls for square dance</li> <li>• “Drummin to the beat”</li> </ul>	<ul style="list-style-type: none"> <li>• Turn right and left</li> <li>• Demonstrate basic calls for square dance</li> <li>• Listen and follow directions</li> </ul>	<ul style="list-style-type: none"> <li>• Observation</li> </ul>
3-4 weeks	<p><b><u>Newcomb/Volleyball</u></b></p> <ul style="list-style-type: none"> <li>• How are these skills useful outside of school? -----</li> <li>• Rules and strategies</li> <li>• Newcomb/volleyball skills</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate basic understanding of rules and strategies.</li> <li>• Demonstrate basic skills:               <ul style="list-style-type: none"> <li>○ Throwing and catching (Newcomb only)</li> <li>○ Underhand and overhand serve</li> <li>○ Bump or forearm pass</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Anecdotal notes</li> </ul>
2 weeks	<p><b><u>Capture the Flag</u></b></p> <ul style="list-style-type: none"> <li>• How can you work together to both guard your side of the field and attempt to get the baton from the other side? -----</li> <li>• Game strategies</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate basic strategies</li> <li>• Demonstrate basic skills:               <ul style="list-style-type: none"> <li>○ Running</li> <li>○ Team work</li> <li>○ Offense</li> <li>○ Defense</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul>

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1-2 weeks	<p><b><u>International Games</u></b></p> <ul style="list-style-type: none"> <li>• What kind of games do children and adults around the world play? -----</li> <li>• Small group and large group games from a variety of cultures</li> </ul>	<ul style="list-style-type: none"> <li>• Bat</li> <li>• Kick</li> <li>• Catch</li> <li>• Run</li> <li>• Throw</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
1-2 weeks	<p><b><u>Cup Stacking</u></b></p> <ul style="list-style-type: none"> <li>• Why cup stacking? -----</li> <li>• Cup stacking basics</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate basic skills               <ul style="list-style-type: none"> <li>○ 3-3-3</li> <li>○ 2-6-3</li> <li>○ 1-10-1</li> <li>○ Cycle</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Times to perform the different stacks</li> <li>• Proper technique</li> </ul>