

**New Paltz Central School District
Physical Education
6-8**

Time	Essential Questions/Content	Skills	Assessments
1 week	<p><u>Pillo Polo</u></p> <ul style="list-style-type: none"> • • ----- • Duties of offense and defense • Hand/eye coordination • Kinesthetic awareness 	<ul style="list-style-type: none"> • Demonstrate basic skills: <ul style="list-style-type: none"> ○ Dribbling ○ Trapping ○ Passing ○ Shooting with sticks • Understand concepts of duties of offense and defense 	<ul style="list-style-type: none"> • •
2-3 weeks	<p><u>Track and Field</u></p> <ul style="list-style-type: none"> • How can track help me keep physically fit? • ----- • Cardiovascular endurance • Running, jumping, throwing • Warm-ups 	<ul style="list-style-type: none"> • Demonstrate basic skills: <ul style="list-style-type: none"> ○ Distance running ○ Sprinting ○ Jumping ○ Throwing • Complete proper warm-up • Use proper landing form 	<ul style="list-style-type: none"> • •
3 weeks	<p><u>Bowling</u></p> <ul style="list-style-type: none"> • • ----- • Scoring • Bowling etiquette • Proper form 	<ul style="list-style-type: none"> • Demonstrate correct grip, footwork, and delivery • Understand rules and scoring 	<ul style="list-style-type: none"> • •

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4 weeks	<p><u>Football</u></p> <ul style="list-style-type: none"> • • ----- • Basic football skills • Physical fitness • Team work • General knowledge of football (rules) 	<ul style="list-style-type: none"> • Demonstrate basic football skills: <ul style="list-style-type: none"> ○ Punt ○ Pass ○ Kick ○ Defensive coverage (making cuts to get open, etc.) • Throw a football for accuracy and distance to receivers 	<ul style="list-style-type: none"> • Quiz •
4 weeks	<p><u>Physical Fitness Preparation and Testing</u></p> <ul style="list-style-type: none"> • • ----- • Physical fitness goals/plan • Proper form and technique for exercises • Physical fitness charts • Warm-ups 	<ul style="list-style-type: none"> • Read and interpret physical fitness charts • Demonstrate proper form and technique for sit-ups, mile run, sit and reach, and pull-ups/arm hang • Understand the importance of warm-ups • Compare physical fitness scores to the standard scores for gender and age • Set physical fitness goals 	<ul style="list-style-type: none"> • Personal fitness plan • Sit up test • Sit and reach test • Mile run • Pull-up/flexed arm hang test

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3 weeks	<p><u>Ultimate Frisbee</u></p> <ul style="list-style-type: none"> • • <p>-----</p> <ul style="list-style-type: none"> • Ultimate Frisbee skills • Ultimate Frisbee strategies • Rules of the game 	<ul style="list-style-type: none"> • Throw and catch the Frisbee • Demonstrate an understanding of the rules during game play • Develop leadership skills • Work cooperatively with own teammates as well as competitors • Demonstrate offensive and defensive fundamentals and strategies • Follow the “when in doubt, shoot it out” rule of the thumb for disagreed calls 	<ul style="list-style-type: none"> • •
3-4 weeks	<p><u>Softball/Wiffleball</u></p> <ul style="list-style-type: none"> • How can softball/wiffleball improve my eye/hand coordination? • How can softball/wiffleball help me improve my physical fitness? <p>-----</p> <ul style="list-style-type: none"> • Softball/wiffleball skills and strategies • Conditioning • Eye/hand coordination 	<ul style="list-style-type: none"> • Demonstrate basic softball/wiffleball skills: <ul style="list-style-type: none"> ○ throw ○ catch ○ strike 	<ul style="list-style-type: none"> • •

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2 weeks	<p><u>Fitness Stations (Strength)</u></p> <ul style="list-style-type: none"> • How can exercise help me improve my physical fitness? • ----- • Muscle groups • Muscle strength and endurance • Correct form • Relationship between muscle and metabolism • Body composition 	<ul style="list-style-type: none"> • Apply knowledge of muscle groups to specific exercises to strengthen these groups • Demonstrate ability to perform exercises with correct form • Understand relationship between muscle and metabolism • Understand how weight training can improve body composition • Breathe while performing exercises • Control excentric and concentric movements • Safely perform exercises 	<ul style="list-style-type: none"> • •
3 weeks	<p><u>Badminton</u></p> <ul style="list-style-type: none"> • • ----- • Eye/hand coordination • Introduction to a racquet sport • Badminton as an Olympic sport 	<ul style="list-style-type: none"> • Develop court awareness (be careful when swinging racquet in close proximity to other people) • Understand rules and scoring • Demonstrate basic skills: <ul style="list-style-type: none"> ○ Serving ○ Forehand and backhand ○ Lob and smash ○ Drop shot and clear ○ Strategy of doubles play • Exhibit control during play • Substitute into play at correct time 	<ul style="list-style-type: none"> • •

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5 weeks	<p><u>Basketball</u></p> <ul style="list-style-type: none"> • How can basketball help improve my physical fitness? • ----- • Basic basketball skills • Teamwork/cooperation 	<ul style="list-style-type: none"> • Demonstrate basic skills: <ul style="list-style-type: none"> ○ Dribbling (left hand, right hand, cross-over) ○ Shooting (lay-up, foul shots) ○ Passing ○ Defense 	<ul style="list-style-type: none"> • Skills tests: <ul style="list-style-type: none"> ○ Dribbling (6th grade) ○ Foul shots (7th grade) ○ Lay-ups (8th grade) • Quiz
2 weeks	<p><u>Capture the Flag</u></p> <ul style="list-style-type: none"> • ----- • Cooperation involved in a team game • Game rules and strategy • Running 	<ul style="list-style-type: none"> • Understand rules of the game • Demonstrate team work 	<ul style="list-style-type: none"> • ----- • -----
4-5 weeks	<p><u>Lacrosse</u></p> <ul style="list-style-type: none"> • How can lacrosse help improve my physical fitness? • ----- • Conditioning • Eye/hand coordination 	<ul style="list-style-type: none"> • Demonstrate basic skills: <ul style="list-style-type: none"> ○ Stick handling ○ Throwing ○ Catching ○ Defensive skills ○ Passing • Follow the rules of the game 	<ul style="list-style-type: none"> • ----- • -----

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3 weeks	<p><u>Tennis</u></p> <ul style="list-style-type: none"> • How can playing tennis help me keep physically fit? • ----- • Introduction to the benefits of participation in a racquet sport • Hand/eye coordination 	<ul style="list-style-type: none"> • Understand rules and scoring (modified to middle school student ability with use of “advanced” courts) • Demonstrate basic skills: <ul style="list-style-type: none"> ○ Serving ○ Forehand and backhand ○ Lob and overhead ○ Drop shot ○ Passing shot ○ Strategy of doubles play • Develop court awareness 	<ul style="list-style-type: none"> • •
4 weeks	<p><u>Volleyball</u></p> <ul style="list-style-type: none"> • How can playing volleyball help improve my physical fitness? • ----- • Cardiovascular fitness • Body control (kinesthetic awareness) • Basic skills and strategies 	<ul style="list-style-type: none"> • Understand rules and rotation • Find pulse, get target heart rate, and understand basis for aerobic exercise • Demonstrate basic skills: <ul style="list-style-type: none"> ○ Serve underhand and overhand ○ Forearm (to target) ○ Line drills to target ○ Set ○ Shuttle drills ○ Spike (8th grade focus) 	<ul style="list-style-type: none"> • Volleyball assessment • Quiz
4-5 weeks	<p><u>Zone Football</u></p> <ul style="list-style-type: none"> • • ----- • Conditioning • Rules of the game 	<ul style="list-style-type: none"> • Demonstrate basic skills: <ul style="list-style-type: none"> ○ Throwing ○ Catching ○ Running ○ Defensive skills • Referee games • Understand and respect rules 	<ul style="list-style-type: none"> • •

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3 weeks	<p><u>Soccer</u></p> <ul style="list-style-type: none"> • • ----- • Foot/eye skills • Conditioning • Field sense • Individual and team • Soccer skills • Basic rules 	<ul style="list-style-type: none"> • Demonstrate basic soccer skills: <ul style="list-style-type: none"> ○ Dribble ○ Trap ○ Passing ○ Shot selection ○ Throw in ○ Switching fields ○ Goal keeping • Understand basic rules: <ul style="list-style-type: none"> ○ Corner kick ○ Throw in ○ Penalty kick ○ Kick off • Understand scoring 	<ul style="list-style-type: none"> • •
4-5 weeks	<p><u>Floor Hockey</u></p> <ul style="list-style-type: none"> • • ----- • Conditioning • Hand/eye coordination • Basic skills 	<ul style="list-style-type: none"> • Demonstrate basic floor hockey skills: <ul style="list-style-type: none"> ○ Stick handling ○ Goalie skills ○ Defensive skills • Follow safety rules 	<ul style="list-style-type: none"> • Quiz