

**New Paltz Central School District
Physical Education
9-12**

Time	Essential Questions/Content	Standards/Skills	Assessments
10 weeks	<p><u>Weight Training</u></p> <ul style="list-style-type: none"> • How can weight training help keep me physically fit? • <p>-----</p> <ul style="list-style-type: none"> • Basic skills • Total fitness program 	<ul style="list-style-type: none"> • Demonstrate basic skills: <ul style="list-style-type: none"> ○ Lifting techniques ○ Movements ○ Dance revolution ○ Aerobics • Use proper warm-ups and stretch routines • Develop a total body/fitness program 	<ul style="list-style-type: none"> • Total body/fitness program •
3 weeks	<p><u>Weight Room (Nutrition)</u></p> <ul style="list-style-type: none"> • • <p>-----</p> <ul style="list-style-type: none"> • Food pyramid • Diet plan • Food labels • Proper exercise techniques • Safety • Caloric intake vs. caloric output during exercise 	<ul style="list-style-type: none"> • Understand the five different food groups in the food pyramid • Create and follow a specific diet plan • Demonstrate proper techniques during all exercises • Follow safety guidelines 	<ul style="list-style-type: none"> • Diet plan •

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1 week	<p><u>Orienteering</u></p> <ul style="list-style-type: none"> • Why is compass reading important to your physical education? • At what events or activities in your community can you use orienteering skills? • How can you incorporate orienteering skills with modern technology? <p>-----</p> <ul style="list-style-type: none"> • Components of a compass • Reading a compass • Reading GPS • History of orienteering • Reading a topographical map • Triangle walk • Working as a group • Pacing (units of measurement) • Application into adventure racing 	<ul style="list-style-type: none"> • Initiate and participate effectively in a range of collaborative discussions with diverse partners. • Use technology, including the Internet, to produce, publish, and update individual or shared writing products, taking advantage of technology’s capacity to link to other information and to display information flexibly and dynamically 	<ul style="list-style-type: none"> • Pre and post written quizzes • Orienteering course • PE Profile
3 weeks	<p><u>Flag Football</u></p> <ul style="list-style-type: none"> • • <p>-----</p> <ul style="list-style-type: none"> • Rules and regulations of flag football • Various positions on a football team 	<ul style="list-style-type: none"> • Demonstrate basic skills: <ul style="list-style-type: none"> ○ Throwing and catching a football ○ Taking a snap ○ Handoff ○ Blocking ○ Game rules ○ Offensive and defensive strategies ○ Punting and kicking ○ “Tackling”- flag pulling ○ Special teams ○ Formations 	

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3 weeks	<p><u>Softball</u></p> <ul style="list-style-type: none"> • • <hr style="border-top: 1px dashed black;"/> <ul style="list-style-type: none"> • Softball skills • Teamwork • Game rules and scoring 	<ul style="list-style-type: none"> • Demonstrate basic skills: <ul style="list-style-type: none"> ○ Throwing and catching ○ Hitting and Bunting ○ Positions defense ○ Offense ○ Pitching ○ Base running ○ Game rules ○ Scoring 	<ul style="list-style-type: none"> • •
2 weeks	<p><u>Golf</u></p> <ul style="list-style-type: none"> • • <hr style="border-top: 1px dashed black;"/> <ul style="list-style-type: none"> • Rules and regulations • Protocol • Scoring 	<ul style="list-style-type: none"> • Demonstrate basic skills: <ul style="list-style-type: none"> ○ Drive ○ Chip ○ Putt 	<ul style="list-style-type: none"> • •
2 weeks	<p><u>Tennis</u></p> <ul style="list-style-type: none"> • • <hr style="border-top: 1px dashed black;"/> <ul style="list-style-type: none"> • Basic skills • Scoring 	<ul style="list-style-type: none"> • Demonstrate basic skills: <ul style="list-style-type: none"> ○ Backhand ○ Forehand ○ Proper grip • Keep score in a tennis match 	<ul style="list-style-type: none"> • Skills test • Report on a major tennis match

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3 weeks	<p><u>Swimming</u></p> <ul style="list-style-type: none"> • • <p>-----</p> <ul style="list-style-type: none"> • Swimming strokes • Pool rules • Water Safety 	<ul style="list-style-type: none"> • Demonstrate basic skills: <ul style="list-style-type: none"> ○ Tread water ○ Swim underwater ○ Front crawl (freestyle) ○ Backstroke ○ Breaststroke • Follow water safety rules 	<ul style="list-style-type: none"> • •
2 weeks	<p><u>Team Handball</u></p> <ul style="list-style-type: none"> • • <p>-----</p> <ul style="list-style-type: none"> • Basic skills • Rules and concepts • Safety rules • Offensive and defensive strategies 	<ul style="list-style-type: none"> • Demonstrate basic skills: <ul style="list-style-type: none"> ○ Dribbling ○ Overhead pass ○ Catching ○ Shooting-set shot ○ Jump shot ○ Goal keeping ○ Blocking high shots ○ Blocking low shots • Follow safety rules 	<ul style="list-style-type: none"> • •
3 weeks	<p><u>Archery</u></p> <ul style="list-style-type: none"> • • <p>-----</p> <ul style="list-style-type: none"> • Target shooting • Safety • Equipment care 	<ul style="list-style-type: none"> • Follow safety rules • Shoot accurately • Take care of equipment 	<ul style="list-style-type: none"> • •

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3 weeks	<p><u>Volleyball</u></p> <ul style="list-style-type: none"> • • ----- • Basic skills • Scoring 	<ul style="list-style-type: none"> • Demonstrate basic skills: <ul style="list-style-type: none"> ○ Bump ○ Set ○ Spike ○ Serve • Keep score 	<ul style="list-style-type: none"> • •
2 weeks	<p><u>Dance</u></p> <ul style="list-style-type: none"> • • ----- • History of various multicultural dances 	<ul style="list-style-type: none"> • Demonstrate specific dance steps • Perform dances with partner or in groups 	<ul style="list-style-type: none"> • •
3 weeks	<p><u>Indoor Soccer</u></p> <ul style="list-style-type: none"> • How can playing soccer help keep me physically fit? • ----- • Endurance • Rules and regulations 	<ul style="list-style-type: none"> • Demonstrate basic skills: <ul style="list-style-type: none"> ○ Foot skills – dribble, trap, pass, run ○ Throw-ins ○ Corner kicks ○ Goal kicks ○ Goalie skills • Understand soccer strategies 	<ul style="list-style-type: none"> • •
3 weeks	<p><u>Pickleball</u></p> <ul style="list-style-type: none"> • • ----- • History of pickleball • Rules • Scoring 	<ul style="list-style-type: none"> • Demonstrate basic skills: <ul style="list-style-type: none"> ○ Racquet control ○ Serve 	<ul style="list-style-type: none"> • •

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2 weeks	<p><u>Basketball</u></p> <ul style="list-style-type: none"> • • ----- • Rules • Safety • Spatial awareness • Strategy 	<ul style="list-style-type: none"> • Demonstrate basic skills: <ul style="list-style-type: none"> ○ Lay-up ○ Foul shot ○ Set shot ○ Dribble ○ Pass ○ Rebound ○ 3 on 3 strategy – offense and defense ○ 5 on 5 strategy – offense and defense 	<ul style="list-style-type: none"> • •
2 weeks	<p><u>Indoor Lacrosse</u></p> <ul style="list-style-type: none"> • What is the history of lacrosse? • ----- • Rules • History • Basic skills 	<ul style="list-style-type: none"> • Understand lacrosse rules and scoring • Demonstrate basic skills • Use stick properly 	<ul style="list-style-type: none"> • •
1 week	<p><u>Bowling</u></p> <ul style="list-style-type: none"> • • ----- • Basic Skills • Scoring • Rules 	<ul style="list-style-type: none"> • Perform a four step approach to the lane • Demonstrate basic skills: <ul style="list-style-type: none"> ○ Footwork ○ Arm swing ○ Score a game 	<ul style="list-style-type: none"> • •

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3 weeks	<p><u>Badminton</u></p> <ul style="list-style-type: none"> • • ----- • Rules • Scoring • Hitting technique • History and background of badminton 	<ul style="list-style-type: none"> • Demonstrate basic skills: <ul style="list-style-type: none"> ○ Lob ○ Spike ○ Drive ○ Drop ○ Serve • Understand badminton scoring 	<ul style="list-style-type: none"> • •
2 weeks	<p><u>Floor Hockey</u></p> <ul style="list-style-type: none"> • • ----- • Rules and regulations • Basic skills • Safety 	<ul style="list-style-type: none"> • Demonstrate basic skills: <ul style="list-style-type: none"> ○ Defensive stick handling ○ Offensive stick handling ○ Shooting ○ Passing • Follow safety guidelines • Understand rules and regulations • Know how to play various positions 	<ul style="list-style-type: none"> • •
1 week	<p><u>Ultimate Frisbee</u></p> <ul style="list-style-type: none"> • • ----- • Rules • Strategy • Basic Skills 	<ul style="list-style-type: none"> • Demonstrate basic skills: <ul style="list-style-type: none"> ○ Throwing ○ Catching ○ Cutting ○ Dodging ○ Spacing • Demonstrate strategic play • Understand rules 	<ul style="list-style-type: none"> • •

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3-4 weeks	<p><u>Cooperative Games Olympics</u></p> <ul style="list-style-type: none"> • • ----- • Rules for cooperative games 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • •
10 weeks	<p><u>P9OX</u></p> <ul style="list-style-type: none"> • How can you use the P9OX program and adapt it to fit into your lifestyle? ----- • Healthy lifestyle program <ul style="list-style-type: none"> ○ Nutrition <ul style="list-style-type: none"> ▪ Daily nutrition recommendations with recipes ○ Fitness <ul style="list-style-type: none"> ▪ Three fitness programs 	<ul style="list-style-type: none"> • Develop proper weight lifting technique • Set personal goals • Self monitor 	<ul style="list-style-type: none"> • P9OX baseline fitness assessment • Daily fitness spreadsheet to track workout routine/weights used • Plan workouts in writing on a monthly calendar
2 weeks	<p><u>Zumba</u></p> <ul style="list-style-type: none"> • How can Zumba help me be physically fit? ----- • Basic dance moves/skills • Aerobic program 	<ul style="list-style-type: none"> • Demonstrate specific dance steps <ul style="list-style-type: none"> ○ Salsa ○ Merengue ○ Cumbia ○ Cha-cha ○ Reggaeton • Develop aerobic capacity and ability to complete a 40 minute class • Find and maintain a rhythm/beat 	<ul style="list-style-type: none"> • Aerobic capacity and ability checks • Dance performances