

**New Paltz Central School District
Physical Education
K-2**

Time	Essential Questions/Content	Skills	Assessments
3 weeks	<p><u>Dribbling: Basketball, Soccer, and Hockey</u></p> <ul style="list-style-type: none"> • What is dribbling? • How does being able to dribble help us play basketball, soccer, and hockey? ----- • Various ways to dribble • Perseverance with difficult tasks • Sports that incorporate the skill of dribbling (basketball, soccer, and hockey) • Resources in the community for participation in these sports (YBA, YSL, Junior Hockey Program) 	<ul style="list-style-type: none"> • Basketball: demonstrate two handed dribble, one handed dribble, and crossover dribble • Soccer: demonstrate inside foot dribble and outside foot dribble • Hockey: demonstrate inside face dribble and outside face dribble • Demonstrate ability to share equipment, work with peers, and take turns • Follow safety guidelines for all activities • Demonstrate self-control and the ability to play with classmates respectfully regardless of their abilities 	<ul style="list-style-type: none"> • •
2 weeks	<p><u>Scoters</u></p> <ul style="list-style-type: none"> • How can scooters help us become physically fit? ----- • Upper and lower body strength • Cardio-respiratory fitness • Body control and coordinated movement 	<ul style="list-style-type: none"> • Move scooters in a variety of ways • Ride on scooters in a variety of ways to focus on specific body parts/muscle groups • Demonstrate ability to share ideas, equipment, and space with one another • Follow safety guidelines for all activities • Demonstrate responsible social behavior while engaged in activities 	<ul style="list-style-type: none"> • •

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2 weeks	<p><u>Fitness Stations</u></p> <ul style="list-style-type: none"> • How can I improve my physical fitness? ----- • Overall physical fitness • Muscular strength and endurance • Cardio-vascular strength and endurance • Body mechanics (coordination, balance, agility) • Opportunities in the community to help maintain a healthy level of fitness (health clubs, community organizations, sports programs) 	<ul style="list-style-type: none"> • Monitor own ability and adjust activity as needed • Develop gross motor skills • Develop non-locomotor skills and flexibility • Develop jumping skills • Follow safety guidelines for all activities/stations • Respect peers by following directions, taking turns, sharing, behaving appropriately, and helping and encouraging one another • Demonstrate self-control and the ability to cope with one's successes and failures 	<ul style="list-style-type: none"> •
2 weeks	<p><u>Throwing</u></p> <ul style="list-style-type: none"> • How can I learn to throw a ball accurately? ----- • Throwing a ball in a variety of ways with skill and accuracy • Throwing safely – only at targets, not <u>at</u> anyone • Throwing is a key skill in baseball, softball, and many sports • There are town leagues for baseball, softball, and football 	<ul style="list-style-type: none"> • Throw over and underhand at different targets • Know cues for throwing: arm back, step with opposite foot, follow through 	<ul style="list-style-type: none"> •

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2 weeks	<p><u>Striking</u></p> <ul style="list-style-type: none"> • What is striking? ----- • Proper social behavior • Volleying balloons • Eye-hand, tracking, and striking skills • Striking is a skill used in volleyball, tennis, badminton, and ping pong • Volleyball, tennis, badminton, and ping pong are great family activities 	<ul style="list-style-type: none"> • Perform overhand strike/volley • Perform underhand strike/volley • Utilize safe and effective social skills • Utilize several levels of the body to volley the balloons • Follow safety guidelines for all activities 	<ul style="list-style-type: none"> •
2 weeks	<p><u>Parachute</u></p> <ul style="list-style-type: none"> • How can a parachute help us become physically fit? ----- • Overall physical fitness • Upper body fitness 	<ul style="list-style-type: none"> • Perform various locomotor and non-locomotor skills with the parachute • Understand directionality (left, right, forward, backward, etc.) • Work as a team to achieve a given task • Cooperate, listen, and share 	<ul style="list-style-type: none"> •
2 weeks	<p><u>Pinball-Manipulative Skills with Balls</u></p> <ul style="list-style-type: none"> • • • ----- • Different manipulations to move balls over and under a low net • Sports which use these skills Rolling-bowling Throwing-baseball/softball Kicking-soccer Striking-volleyball • Community sports leagues 	<ul style="list-style-type: none"> • Roll a ball underhand • Throw a ball overhand, underhand, and two hand overhead • Kick a ball (inside of the foot, punt) • Strike a ball (overhand and underhand) 	<ul style="list-style-type: none"> •

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2 weeks	<p><u>Baseball/Softball Skills</u></p> <ul style="list-style-type: none"> • • ----- • Batting • Fielding • Tee ball as a lead up game to baseball • Tee ball, baseball, and softball leagues in the community 	<ul style="list-style-type: none"> • Put hands on bat properly (strong hand on top, hands together), swing level, eyes on ball • Demonstrate proper fielding techniques – body in front of ball, knees bent, two hands to field ball, etc. • Follow safety guidelines for all activities 	<ul style="list-style-type: none"> •
2 weeks	<p><u>Rock Wall/ Scaling Wall</u></p> <ul style="list-style-type: none"> • How can wall climbing improve my physical fitness? • ----- • Upper body fitness and flexibility • Rock climbing is a lifetime activity that can be performed outside on a mountain or inside at indoor rock walls 	<ul style="list-style-type: none"> • Use proper technique when climbing: right hand, right foot, left hand, left foot • Demonstrate safe and responsible behavior 	<ul style="list-style-type: none"> •
2 weeks	<p><u>Relay (Gross Motor)</u></p> <ul style="list-style-type: none"> • • ----- • Perform various gross motor skills • Difference between locomotor and non-locomotor skills (bending, twisting, stretching, swaying, etc.) 	<ul style="list-style-type: none"> • Jog • Gallop • Leap • Jump • Skip • Hop • Run • Follow safety rules • Encourage one another in a positive way 	<ul style="list-style-type: none"> •

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2 weeks	<p><u>Low-Organized Games</u></p> <ul style="list-style-type: none"> • How can games improve my physical fitness? • ----- • Low organized games promote problem solving, decision-making, physical fitness, knowledge of rules and strategies, and skill development • Spatial awareness • Rules and strategies for these games • Object control 	<ul style="list-style-type: none"> • Understand rules and strategies • Demonstrate object control • Demonstrate motor control • Demonstrate decision-making • Share and cooperate with classmates • Understand and follow safety guidelines set forth for each activity/game • Identify responsible and irresponsible behaviors 	<ul style="list-style-type: none"> •
4 weeks	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • How can gymnastics improve my physical fitness? • ----- • Gymnastics skills and stunts • Upper and lower body fitness • Coordination and body control • Gymnastics as an Olympic sport 	<ul style="list-style-type: none"> • Perform log roll, pencil roll, lame puppy dog walk, army crawl, egg roll, forward roll, seal walk, and skills on the rings • Modify a skill or stunt to meet own capability • Follow patterned movements • Problem solve • Self-correct while performing various tasks • Demonstrate ability to follow safety guidelines for each task • Demonstrate responsible behavior while taking turns and performing the various skills and stunts 	<ul style="list-style-type: none"> •