



# **PHYSICAL EDUCATION**

*Love It... Learn It... Live it!!*

W  
PHY



NAL  
GRAM

DL



# NEW PALTZ HIGH SCHOOL PHYSICAL EDUCATION

**SPOTLIGHT  
ITEMS**

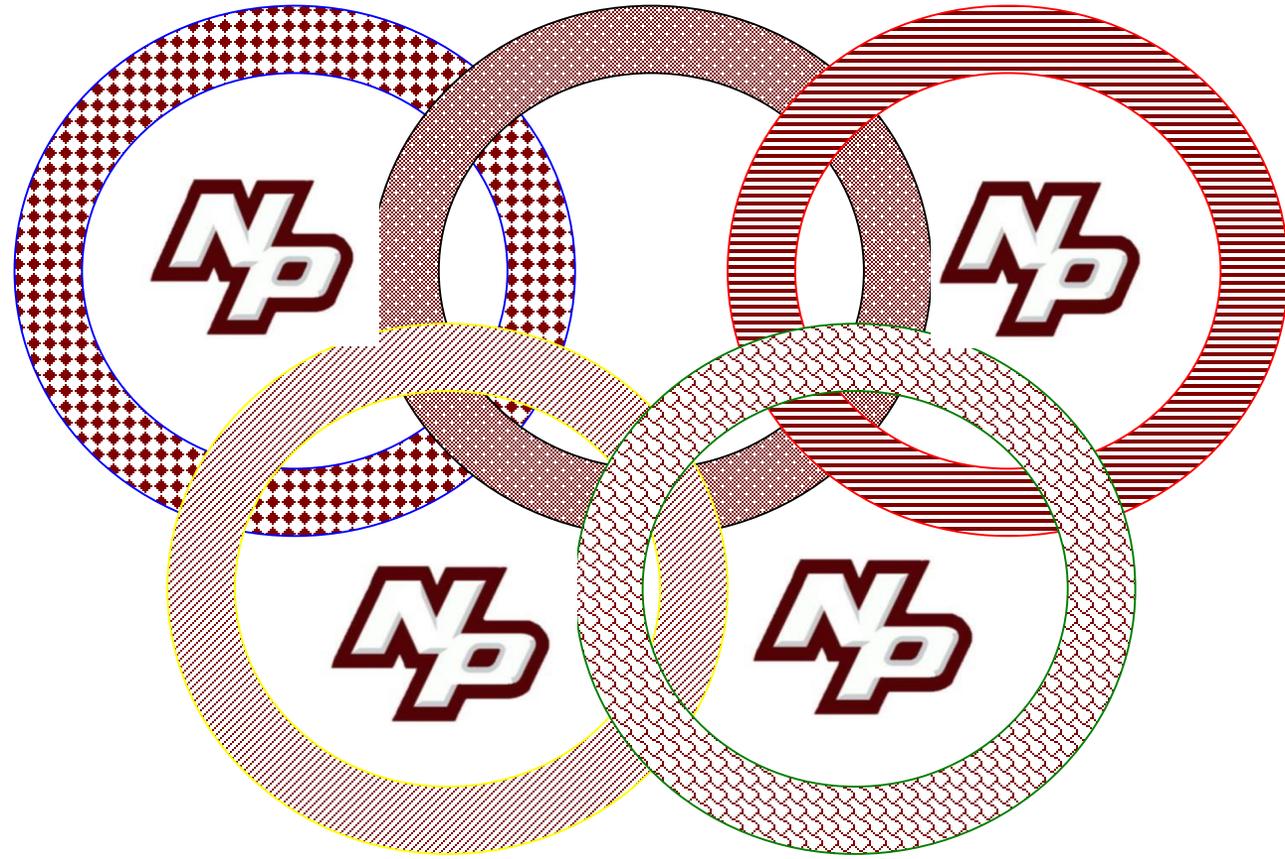






NEWFIE BALL  
 WE DSECRET  
 AGENT OF  
 FEACH  
 NON-TRADITIONAL  
 FOUR-LETTER WORD  
 COLLABORATION  
 TITANIC  
 CREATIVE DANCE  
 NUCLEAR WINTER





**COOPERATIVE  
OLYMPIC GAMES**



## DAY #1

### INDIVIDUAL EVENTS

**BENCH PRESS (Boy and Girl)**  
**ROPE CLIMB (1)**  
**JUMP ROPE (Boy and Girl)**

## DAY #2

### INDIVIDUAL EVENTS

**CHIN/PULL COMBO (Boy and Girl)**  
**SIT-UPS (Boy and Girl)**  
**40 YARD DASH (Boy and Girl)**

## DAY #3

### INDIVIDUAL EVENTS

**PING PONG (Boy and Girl)**  
**MENTAL GRAB BAG GAME (2)**  
**PUTT PUTT CHALLENGE (2)**

## DAY #4

### INDIVIDUAL EVENTS

**BUZZER BEATER (3)**  
**HOME RUN DERBY (2)**

### GROUP CHALLENGES

**CATERPILLAR RACE (6)**  
**TEAM BROAD JUMP (6)**  
**CHARIOTS OF FIRE (2)**

### GROUP CHALLENGES

**STEPPING STONES (8)**  
**SCOOTER SLALOM (2)**  
**WHOLE WIDE WORLD (8)**

### GROUP CHALLENGES

**PLUNGER BALL (8)**  
**TOXIC WASTE TRANSFER (8)**  
**RAIDERS OF THE LOST JEWEL (6)**

### GROUP CHALLENGES

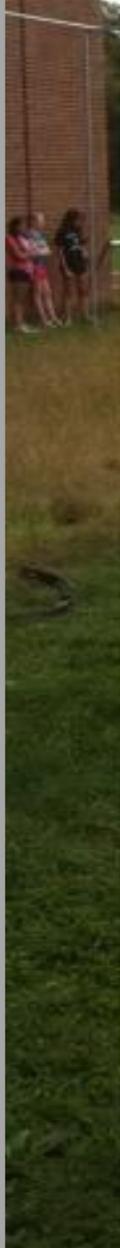
**TEAM SCAVENGER HUNT**







***ARCHERY***





**NEW PALTZ PICKLEBALL**











Carrier 10:00 AM



# **NIP**

Carrier 10:00 AM



Carrier 10:00 AM



# **ORIENTEERING**

Carrier 10:00 AM





# “Gone Fishing” Unit

NPHS



We ask a simple question and that is all we wish,  
are all fishermen liars or do only liars fish?” –  
William Fox

- Why
  - Lifetime activity
- Community partnership
  - DEC
  - Ryan Coulter “I fish NY”







# CREATE A DANCE

<https://www.youtube.com/watch?v=DG9MijNwgCI&feature=youtu.be>

