

Southern Cayuga Central School District – Curriculum Map

Subject: Physical Education 11-12

School Year: 2023-2024

Title or Topics w/ NYS Standards	Essential Questions & Vocabulary	Content Skills (Activities to cover Essential Questions)	Major Assessments (Tests, Project, etc.)	Time Frame
Golf Standard 1 - Personal Health and Fitness Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. Standard 2 - A Safe and Healthy Environment Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. Standard 3 - Resource Management Students will understand and be able to manage their personal	<ul style="list-style-type: none"> What are the rules, skills, and game strategies involved in golf? How does etiquette and sportsmanship affect game play? How does participation in golf improve physical fitness? Vocabulary: Analyze Delineate Distinguish Evaluate Formulate Hinder Objective Reciprocal Specify Succinct Support Transition	Safety Golf Swing Putting Golf Awareness Chipping Scoring Terminology Activities: Chipping Frisbee golf Putting (mini golf course) Field trip		6 Lessons
Tennis Standard 1 - Personal Health and Fitness	What are the rules, skills, and game strategies involved in tennis?	Fundamentals: Foot work Grip		7 lessons

<p>Standard 2 - A Safe and Healthy Environment</p> <p>Standard 3 - Resource Management</p>	<p>How does teamwork and sportsmanship affect game play?</p> <p>How do tennis skills relate to other racket sports?</p> <p>How does participation in tennis improve physical fitness?</p> <p>Vocabulary:</p> <p>Analyze Delineate Distinguish Evaluate Formulate Hinder Objective Reciprocal Specify Succinct Support Transition</p>	<p>Volley Forehand Backhand Serving Overhead Positioning Anticipation</p> <p>Up game Tournaments</p>		
<p>Volleyball</p> <p>Standard 1 - Personal Health and Fitness</p> <p>Standard 2 - A Safe and Healthy Environment</p> <p>Standard 3 - Resource Management</p>	<ul style="list-style-type: none"> • What are the rules, skills, and game strategies involved in volleyball? • How does teamwork and sportsmanship affect game play? • How does participation in volleyball improve physical fitness? <p>Vocabulary:</p>	<p>Bump Positioning Rotation/scoring Soft set General rules Terminology Dig Overhand serve Spike Block Verbal cues</p> <p>Activities: Keep it up</p>		6 lessons

	Analyze Delineate Distinguish Evaluate Formulate Hinder Objective Reciprocal Specify Succinct Support Transition	Bump, set, and spike Speed volleyball King or Queen of the court Small sided games		
Fitness Standard 1 - Personal Health and Fitness Standard 2 - A Safe and Healthy Environment Standard 3 - Resource Management	What strategies and resources can I use to maintain an active lifestyle? How can I use the principles of training in developing my fitness plan? What training strategies can I use to improve /maintain each health related component of fitness? How do my nutritional choices affect my fitness goal? What are the necessary steps in designing an effective health and fitness plan? Vocabulary: Analyze Delineate Distinguish Evaluate	Safety/spotting tech. Equipment Lifting techniques Rope jumping Plyometrics Personalized program Access of community resources Activities: Chest workout Leg workout Back workout Physio Ball workout Core workout Cardio options Card workout		16-20 lessons

	Formulate Hinder Objective Reciprocal Specify Succinct Support Transition			
Racquetball Standard 1 - Personal Health and Fitness Standard 2 - A Safe and Healthy Environment Standard 3 - Resource Management	<ul style="list-style-type: none"> • What are the rules, skills, and game strategies involved in volleyball? • How does teamwork and sportsmanship affect game play? • How does participation in volleyball improve physical fitness? <p>Vocabulary:</p> <p>Analyze Delineate Distinguish Evaluate Formulate Hinder Objective Reciprocal Specify Succinct Support Transition</p>	-rules -scoring -strategy Skill Review King/Queen of the court Tournaments		4-6 lessons

Team handball Standard 1 - Personal Health and Fitness Standard 2 - A Safe and Healthy Environment Standard 3 - Resource Management	<ul style="list-style-type: none"> What are the rules, skills, and game strategies involved in team handball? How do teamwork and sportsmanship affect game play? How does participation in team handball improve physical fitness? Vocabulary: Analyze Delineate Distinguish Evaluate Formulate Hinder Objective Reciprocal Specify Succinct Support Transition	-rules, safety, passing, scoring		3-5 lessons
Badminton Standard 1 - Personal Health and Fitness Standard 2 - A Safe and Healthy Environment Standard 3 - Resource Management	<ul style="list-style-type: none"> What rules of the game must I know and be able to apply in order to be a specific participant in a game? What skills of the game must I know and be able to apply in order to be a specific participant in a game 	Serve Clear Drop shot Smash Rules Doubles Activities: Video of game play Low serve (orientation of the shuttle)		5-6 lessons

	<ul style="list-style-type: none"> • What tactics or strategy do I need to know to be successful in a game? • What social skills, etiquette, and sportsmanship do I need to know to be successful in a game and enjoy badminton? • How can I continue to expand and improve my badminton skills and playing ability beyond this particular sport? • What are some of the positive reasons to play badminton? <p>Vocabulary:</p> <p>Analyze Delineate Distinguish Evaluate Formulate Hinder Objective Reciprocal Specify Succinct Support Transition</p>	<p>Drop shot Clear to hoops (underhand and over hand) Games</p>		
<p>Pickleball Standard 1 - Personal Health and Fitness</p> <p>Standard 2 - A Safe and Healthy Environment</p>	<ul style="list-style-type: none"> • What rules of the game must I know and be able to apply in order to be a specific participant in a game? 	<p>Rules Serve Forehand/backhand</p> <p>Activities: Video of game play</p>		2-3 lessons

Standard 3 - Resource Management	<ul style="list-style-type: none"> • What skills of the game must I know and be able to apply in order to be a specific participant in a game • What tactics or strategy do I need to know to be successful in a game? • What social skills, etiquette, and sportsmanship do I need to know to be successful in a game and enjoy badminton? • How can I continue to expand and improve my badminton skills and playing ability beyond this particular sport? • What are some of the positive reasons to play badminton? <p>Vocabulary:</p> <p>Anticipate Calculate Collaborate Determination Kitchen Fault Cross-Court</p>	Games		
Bowling Standard 1 - Personal Health and Fitness	<ul style="list-style-type: none"> • What are the rules, skills, and game strategies involved in bowling? 	Rules Scoring Approach Release Strategy		1-3 lessons

<p>Standard 2 - A Safe and Healthy Environment</p> <p>Standard 3 - Resource Management</p>	<ul style="list-style-type: none"> • How does etiquette and sportsmanship affect game play? • How does participation in bowling improve physical fitness? <p>Vocabulary:</p> <p>Analyze Delineate Distinguish Evaluate Formulate Hinder Objective Reciprocal Specify Succinct Support Transition</p>	<p>Activities:</p> <p>Power point Bingo bowling Field trip</p>		
<p>Broomball</p> <p>Standard 1 - Personal Health and Fitness</p> <p>Standard 2 - A Safe and Healthy Environment</p> <p>Standard 3 - Resource Management</p>	<ul style="list-style-type: none"> • What are the rules, skills, and game strategies involved in broomball? • How do teamwork and sportsmanship affect game play? • How does participation in broom ball improve physical fitness? <p>Vocabulary:</p> <p>Analyze Delineate Distinguish Evaluate</p>	<p>Broomball</p> <p>-rules, safety, passing scoring, dribbling</p>		1-3 lessons

	Formulate Hinder Objective Reciprocal Specify Succinct Support Transition			
Soccer Standard 1 - Personal Health and Fitness Standard 2 - A Safe and Healthy Environment Standard 3 - Resource Management	<ul style="list-style-type: none"> What are the rules, skills, and game strategies involved in soccer? How does teamwork and sportsmanship affect game play? How does participation in soccer improve physical fitness? Vocabulary: Analyze Delineate Distinguish Evaluate Formulate Hinder Objective Reciprocal Specify Succinct Support Transition	Mini games 7 ball soccer		1-3 lessons
Basketball Standard 1 - Personal Health and Fitness	<ul style="list-style-type: none"> What are the rules, skills, and game strategies involved in basketball? 	7 makes shooting drill 3 on 2 to 3 on 3 games		1-3 lessons

<p>Standard 2 - A Safe and Healthy Environment</p> <p>Standard 3 - Resource Management</p>	<ul style="list-style-type: none"> How does teamwork and sportsmanship affect game play? How does participation in basketball improve physical fitness? <p>Vocabulary:</p> <p>Analyze Delineate Distinguish Evaluate Formulate Hinder Objective Reciprocal Specify Succinct Support Transition</p>			
<p>Track and Field</p> <p>Standard 1 - Personal Health and Fitness</p> <p>Standard 2 - A Safe and Healthy Environment</p> <p>Standard 3 - Resource Management</p>	<p>What are the rules, skills, and events involved in track and field?</p> <p>How does participation in track and field improve physical fitness?</p> <p>How do track and field skills promote lifelong fitness?</p> <p>How does track and field enhance health?</p> <p>Vocabulary:</p> <p>Analyze Delineate Distinguish Evaluate</p>	<p>Relay races</p> <p>Mile run</p>		2-3 lessons

	Formulate Hinder Objective Reciprocal Specify Succinct Support Transition			
Hands only CPR				1 lesson
Lacrosse Standard 1 - Personal Health and Fitness Standard 2 - A Safe and Healthy Environment Standard 3 - Resource Management	What are the rules, skills, and game strategies involved in Lacrosse? How does teamwork and sportsmanship affect game play? How do lacrosse skills relate to other team sports? How does participation in lacrosse improve physical fitness? Vocabulary: Analyze Delineate Distinguish Evaluate Formulate Hinder Objective Reciprocal Specify	Face offs And game play		2-3 lessons
Ultimate Ball/Frisbee Standard 1 - Personal Health and Fitness	What are the rules, skills, and game strategies involved in Ultimate?	Game play		4-5 lessons

<p>Standard 2 - A Safe and Healthy Environment</p> <p>Standard 3 - Resource Management</p>	<p>How does teamwork and sportsmanship affect game play?</p> <p>How do Ultimate skills relate to other team sports?</p> <p>Vocabulary:</p> <p>Analyze</p> <p>Delineate</p> <p>Distinguish</p> <p>Evaluate</p> <p>Formulate</p> <p>Hinder</p> <p>Objective</p> <p>Reciprocal</p> <p>Specify</p>			
<p>Baseball/Softball</p> <p>Standard 1 - Personal Health and Fitness</p> <p>Standard 2 - A Safe and Healthy Environment</p> <p>Standard 3 - Resource Management</p>	<p>What are the rules, skills, and game strategies involved in baseball/softball?</p> <p>How does teamwork and sportsmanship affect game play?</p> <p>How do baseball/softball skills relate to other team sports?</p> <p>Vocabulary:</p> <p>Analyze</p> <p>Delineate</p> <p>Distinguish</p> <p>Evaluate</p> <p>Formulate</p> <p>Hinder</p> <p>Objective</p>	Game play		5-6 lessons

	Reciprocal Specify			
Snow shoes weather permitting				