Southern Cayuga Central School District – Curriculum Map

Subject: <u>Physical Education 11-12</u>

School Year: <u>2023-2024</u>

Title or Topics	Essential Questions &	Content Skills	Major Assessments	Time Frame
w/ NYS Standards	Vocabulary	(Activities to cover Essential Questions)	(Tests, Project, etc.)	
Golf	• What are the rules,	Safety		6 Lessons
Standard 1 - Personal Health	skills, and game strategies	Golf Swing		
and Fitness	involved in golf?	Putting		
		Golf Awareness		
Students will have the	How does etiquette	Chipping		
necessary knowledge and	and sportsmanship affect	Scoring		
skills to establish and	game play?	Terminology		
maintain physical fitness,				
participate in physical	How does	Activities:		
activity, and maintain	participation in golf			
personal health.	improve physical fitness?	Chipping		
		Frisbee golf		
Standard 2 - A Safe and		Putting (mini golf course)		
Healthy Environment	Vocabulary:	Field trip		
Students will acquire the	Analyze			
knowledge and ability	Delineate			
necessary to create and	Distinguish			
maintain a safe and healthy	Evaluate			
environment.	Formulate			
	Hinder			
Standard 3 - Resource	Objective			
Management	Reciprocal			
	Specify			
Students will understand	Succinct			
and be able to manage their	Support			
personal	Transition			
Tennis	What are the rules, skills,	Fundamentals:		7 lessons
Standard 1 - Personal Health	and game strategies			
and Fitness	involved in tennis?	Foot work		
		Grip		

Standard 2 - A Safe and	How does teamwork and	Volley	
Healthy Environment	sportsmanship affect game	Forehand	
	play?	Backhand	
Standard 3 - Resource	piay:	Serving	
Management	How do tennis skills relate	Overhead	
Wanagement	to other racket sports?	Positioning	
		Anticipation	
	How does participation in	Anticipation	
	tennis improve physical	Up game	
	fitness?	Tournaments	
	Vocabulary:	loumaments	
	Analyze		
	Delineate		
	Distinguish		
	Evaluate		
	Formulate		
	Hinder		
	Objective		
	Reciprocal		
	Specify		
	Succinct		
	Support		
	Transition		
Volleyball	What are the rules,	Bump	6 lessons
Standard 1 - Personal Health	skills, and game strategies	Positioning	
and Fitness	involved in volleyball?	Rotation/scoring	
	,	Soft set	
Standard 2 - A Safe and	How does teamwork	General rules	
Healthy Environment	and sportsmanship affect	Terminology	
	game play?	Dig	
Standard 3 - Resource		Overhand serve	
Management	How does	Spike	
	participation in volleyball	Block	
	improve physical fitness?	Verbal cues	
	Vocabulary:	Activities:	
		Keep it up	

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

	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	 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? Vocabulary: Analyze Delineate Distinguish Evaluate Formulate Hinder Objective Reciprocal Specify Succinct Support Transition 	-rules -scoring -strategy Skill Review King/Queen of the court Tournaments	4-6 lessons

Team handball	• What are the rules,	-rules, safety, passing,	3-5 lessons
Standard 1 - Personal Health	skills, and game strategies	scoring	5 5 10350115
and Fitness	involved in team handball?		
Standard 2 - A Safe and	How do teamwork		
Healthy Environment	and sportsmanship affect		
	game play?		
Standard 3 - Resource			
Management	How does		
	participation in team		
	handball improve physical		
	fitness?		
	Vocabulary:		
	Analyze		
	Delineate		
	Distinguish		
	Evaluate		
	Formulate		
	Hinder		
	Objective		
	Reciprocal		
	Specify		
	Succinct		
	Support		
	Transition		
Badminton	What rules of the	Serve	5-6 lessons
Standard 1 - Personal Health	game must I know and be	Clear	
and Fitness	able to apply in order to be	Drop shot	
	a specific participant in a	Smash	
Standard 2 - A Safe and	game?	Rules	
Healthy Environment	What skills of the	Doubles	
	game must I know and be		
Standard 3 - Resource	able to apply in order to be	Activities:	
Management	a specific participant in a	Video of game play	
	game	Low serve	
		(orientation of the shuttle)	

		Duran also		
	What tactics or	Drop shot		
	strategy do I need to know	Clear to hoops		
	to be successful in a game?	(underhand and over hand)		
	• What social skills,	Games		
	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?			
	Vocabulary:			
	Analyze			
	Delineate			
	Distinguish			
	Evaluate			
	Formulate			
	Hinder			
	Objective			
	Reciprocal			
	Specify			
	Succinct			
	Support			
	Transition			
Pickleball	What rules of the game	Rules		2-3 lessons
Standard 1 - Personal Health	must I know and be able to	Serve		
and Fitness	apply in order to be a	Forehand/backhand		
	specific participant in a			
Standard 2 - A Safe and	game?	Activities:		
Healthy Environment	0	Video of game play		
	L		1	

	What skills of the game	Games	
Standard 3 - Resource	must I know and be able to		
Management	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?		
	Vocabulary:		
	Anticipate		
	Calculate		
	Collaborate		
	Determination		
	Kitchen		
	Fault		
	Cross-Court		
Bowling	What are the rules,	Rules	1-3 lessons
Standard 1 - Personal Health	skills, and game strategies	Scoring	
and Fitness	involved in bowling?	Approach	
	_	Release	
		Strategy	

Standard 2 - A Safe and	How does etiquette		
Healthy Environment	and sportsmanship affect	Activities:	
		Power point	
Standard 3 - Resource	game play?	•	
		Bingo bowling	
Management	How does	Field trip	
	participation in bowling		
	improve physical fitness?		
	Vocabulary:		
	Analyze		
	Delineate		
	Distinguish		
	Evaluate		
	Formulate		
	Hinder		
	Objective		
	Reciprocal		
	Specify		
	Succinct		
	Support		
	Transition		
Broomball	What are the rules,	Broomball	1-3 lessons
Standard 1 - Personal Health	skills, and game strategies	-rules, safety, passing	
and Fitness	involved in broomball?	scoring, dribbling	
Standard 2 - A Safe and	How do teamwork		
Healthy Environment	and sportsmanship affect		
	game play?		
Standard 3 - Resource	3 p		
Management	How does		
	participation in broom ball		
	improve physical fitness?		
	Vocabulary:		
	Analyze		
	Delineate		
	Distinguish		
	Evaluate		
	Lvaluale		

	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	 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	• What are the rules,	7 makes shooting drill	1-3 lessons
Standard 1 - Personal Health and Fitness	skills, and game strategies involved in basketball?	3 on 2 to 3 on 3 games	

Standard 2 - A Safe and Healthy Environment	How does teamwork and sportsmanship affect arms nav2		
	game play?		
Standard 3 - Resource			
Management	How does		
	participation in basketball		
	improve physical fitness?		
	Vocabulary:		
	Analyze		
	Delineate		
	Distinguish		
	Evaluate		
	Formulate		
	Hinder		
	Objective		
	Reciprocal		
	Specify		
	Succinct		
	Support		
	Transition		
Track and Field	What are the rules, skills,	Relay races	2-3 lessons
Standard 1 - Personal Health	and events involved in	Mile run	
and Fitness	track and field?		
	How does participation		
Standard 2 - A Safe and	in track and field improve		
Healthy Environment	physical fitness?		
,	How do track and field		
Standard 3 - Resource	skills promote lifelong		
Management	fitness?		
	How does track and field		
	enhance health?		
	Vocabulary:		
	Analyze		
	Delineate		
	Distinguish		
	Evaluate		

	Formulate		
	Hinder		
	Objective		
	Reciprocal		
	Specify		
	Succinct		
	Support		
	Transition		
Hands only CPR			1 lesson
Lacrosse	What are the rules, skills,	Face offs	2-3 lessons
Standard 1 - Personal Health	and game strategies	And game play	
and Fitness	involved in Lacrosse?		
Standard 2 - A Safe and	How does teamwork and		
Healthy Environment	sportsmanship affect game		
	play?		
Standard 3 - Resource			
Management	How do lacrosse skills		
5	relate to other team		
	sports?		
	How does participation in		
	lacrosse improve physical		
	fitness?		
	intress.		
	Vocabulary:		
	Analyze		
	Delineate		
	Distinguish		
	Evaluate		
	Formulate		
	Hinder		
	Objective		
	Reciprocal		
	Specify		
Ultimate Ball/Frisbee	What are the rules, skills,	Game play	4-5 lessons
Standard 1 - Personal Health	and game strategies	Game play	4-5 18550115
	involved in Ultimate?		
and Fitness	involved in Oltimate?		

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

	Reciprocal Specify		
Snow shoes weather permitting			