

Southern Cayuga Central School District – Curriculum Map

Subject: Physical Education 7-10

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
Soccer 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 soccer? · How does teamwork and sportsmanship affect game play? · How does participation in soccer improve physical fitness? Vocabulary: Anticipate Calculate Collaborate Determination Dialogue Dynamic Evaluate Reflection	Footwork: Foundation Push and pull Side roll Behind the leg Heel stop Inside Step-over Outside step-over Cut-backs Juggling Control: Sprint dribble Inside foot trap Sole of foot trap Outside of foot trap	Exit tickets	6 lessons

		Two-touch		
		One-touch		
		Shielding		
		Misdirection concepts		
		Faking/moves		
		Pass/shoot/clear:		
		Inside		
		Toe-touch		
		Instep		
		Heading		
		Punting		
		Outside		
		Heel		
		Knee/shoulder		
		Volley		
		Defending:		
		Basic marking		
		Activities:		
		Gate dribble		

		Chase Bowling Top Gun Cross the grid 7 ball soccer		
Football 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 flag football? How does teamwork and sportsmanship affect game play? How does participation in flag football improve physical fitness? Vocabulary: Anticipate Calculate Collaborate Determination Dialogue Dynamic Establish Evaluate Reflection	Running with ball Holding (placekicks) Ball exchange Lateral pass Man coverage Punting Passing Receiving Placekicking Blocking Using blocks Pass Patterns Plays from scrimmage Rules of the game Positions and responsibilities Terminology Activities: 20's 1 v 1 punting and kick offs Pass pattern stations 4 down football Small sided flag football	Exit tickets	6 lessons
Field hockey Standard 1 - Personal Health and Fitness	<ul style="list-style-type: none"> What are the rules, skills, and game strategies involved in flag football? 	Grip and carry Stick safety Push pass	Exit tickets	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 flag football improve physical fitness? <p>Vocabulary:</p> <p>Anticipate Calculate Collaborate Determination Dialogue Dynamic Evaluate Reflection</p>	<p>Basic dribble Stopping Goalkeeping Drive Scoop Flick Rules Terminology</p> <p>Activities:</p> <p>Gate dribble Chase Top gun Small sided games</p>		
<p>Fitness</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 strategies and resources can I use to maintain an active lifestyle?</p> <p>How can I use the principles of training in developing my fitness plan?</p> <p>What training strategies can I use to improve /maintain each health related component of fitness?</p> <p>How do my nutritional choices affect my fitness goal?</p> <p>What are the necessary steps in designing an effective health and fitness plan?</p> <p>Vocabulary:</p>	<p>Safety/spotting tech. Equipment Lifting techniques Rope jumping Plyometric Personalized program Access of community resources</p> <p>Activities:</p> <p>Chest workout Leg workout Back workout Physio Ball workout Core workout Cardio options Card workout</p>		3-6 lessons

	Anticipate Calculate Collaborate Determination Dynamic Evaluate Reflection			
Volleyball 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? Vocabulary: Anticipate Calculate Collaborate Determination Dialogue Dynamic Evaluate Reflection	Bump Positioning Rotation/scoring Soft set General rules Terminology Dig Overhand serve Spike Block Verbal cues Activities: Keep it up Bump, set, and spike Speed volleyball King or Queen of the court Small sided games		6 Lessons

<p>Basketball</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 basketball? • How does teamwork and sportsmanship affect game play? • How does participation in basketball improve physical fitness? <p>Vocabulary:</p> <p>Anticipate Calculate Collaborate Determination Dialogue Dynamic Evaluate Reflection</p>	<p>Shooting:</p> <p>Lay-ups Confidence Mechanics Concentration Decision-making</p> <p>Passing/catching:</p> <p>Catching technique Overhead pass Chest pass Bounce pass Faking Touch-pass Reading defenders</p> <p>Moves:</p> <p>Perimeter: hesitation crossover spin Inside out dribble</p> <p>Organization:</p> <p>Come to ball Jump stop Pivoting Triple-threat Pivot/protect</p> <p>Rebounding Defense:</p> <p>Contesting Basic technique You-man-ball</p>		<p>6 lessons</p>
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		<p>Post Defense Strong side/weak side Verbal cues</p> <p>Activities: Active warm-up</p> <p>Dribble series- works on ball handling and lay-ups</p> <p>Follow the leader- works on shooting form in a competitive setting; incorporates conditioning</p> <p>7 makes-works on shooting off a pass as well as rebounding and passing</p> <p>1 V 1- works on efficient and effective dribbling -differentiated to skill level</p> <p>3 on 2 to 3 on 3 (racehorse) this flexible activity can be set up to focus on a variety of skills; works on conditioning</p>		
<p>Aquatics Standard 1 - Personal Health and Fitness</p> <p>Standard 2 - A Safe and Healthy Environment</p> <p>Standard 3 - Resource Management</p>	<p>1. Do students understand the concept of water safety?</p> <p>2. Do students understand that swimming is a lifelong cardiovascular activity?</p> <p>3. Are students able to competently demonstrate the five basic strokes with some level of proficiency?</p>	<p>Safety Survival float prone Survival float supine Bobs Underwater swim Surface diving Diving (from deck) Treading Object retrieval Breast stroke Front crawl Back crawl Elementary back stroke</p>		10-12 lessons

	<p>Vocabulary:</p> <p>Anticipate Calculate Collaborate Determination Dialogue Dynamic Evaluate Reflection</p>	<p>Side stroke Dolphin kick Fitness swim Starts Terminology Tactics & strategies Safety Rules Terminology</p> <p>Activities: Water polo Water baseball Races Snorkeling Endurance swim Aqua joggers</p>		
<p>Badminton</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 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? 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 	<p>Serve Clear Drop shot Smash Rules Doubles</p> <p>Activities: Video of game play Low serve (orientation of the shuttle) Drop shot Clear to hoops (underhand and over hand)</p> <p>Games</p>		5-6 lessons

	<p>game and enjoy badminton?</p> <ul style="list-style-type: none"> • 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 Dialogue Dynamic Evaluate Reflection</p>			
<p>Pickleball</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 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 • 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 	<p>Rules</p> <p>Serve</p> <p>Forehand/backhand</p> <p>Activities:</p> <p>Video of game play</p> <p>Games</p>		2-3 lessons

	<p>know to be successful in a game and enjoy badminton?</p> <ul style="list-style-type: none"> • 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>			
<p>New games</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>1. I am able to explain benefits to learning outdoor games, for recreation outside of school.</p> <p>2. I understand and follow safety rules for our outdoor games activities.</p> <p>3. I can define etiquette and give examples in relation to outdoor games.</p> <p>4. I have learned the rules to various outdoor</p>	<p>Kan Jam Spike ball Rules</p>		2-3 lessons

	games such as kan jam and spike ball.			
Broomball	<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? Vocabulary: Anticipate Calculate Collaborate Determination Dialogue Dynamic Evaluate Reflection	Broomball -rules, safety, passing scoring, dribbling		1-2 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: Anticipate	-rules, safety, passing, scoring, and goal keeping		3 lessons

	Calculate Collaborate Determination Dialogue Dynamic Evaluate Reflection			
Tennis 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 tennis? How does teamwork and sportsmanship affect game play? How do tennis skills relate to other racket sports? How does participation in tennis improve physical fitness? Vocabulary: Anticipate Calculate Collaborate Determination Dialogue Dynamic Evaluate Reflection	Fundamentals: Foot work Grip Volley Forehand Backhand Serving Overhead Positioning Anticipation Tactics/Strategies: Safety Terminology Rules Etiquette Scoring Activities : Up Game King/Queen of the court Game play		6 lessons
Track and Field Standard 1 - Personal Health and Fitness	What are the rules, skills, and events involved in track and field?	Sprints Discus Running Long Jump Shot-put Distance Run	Mile run	4 lessons

<p>Standard 2 - A Safe and Healthy Environment</p> <p>Standard 3 - Resource Management</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>Anticipate Calculate Collaborate Determination Dynamic Evaluate Reflection</p>	<p>High Jump Hurdles Starts</p> <p>Activities: 4x100 relay Mile run</p>		
<p>Lacrosse</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 Lacrosse?</p> <p>How does teamwork and sportsmanship affect game play?</p> <p>How do lacrosse skills relate to other team sports?</p> <p>How does participation in lacrosse improve physical fitness?</p> <p>Vocabulary:</p> <p>Anticipate Calculate Collaborate</p>	<p>Hand position Pick-up Cradle Shielding Dodges Soft-toss Shooting Face offs</p> <p>Activities: Top gun (face offs) Eagles nest</p>		2-3 lessons

	Determination Dialogue Dynamic Evaluate Reflection			
Ultimate ball/Frisbee 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 Ultimate? How does teamwork and sportsmanship affect game play? How do Ultimate skills relate to other team sports? How does participation in Ultimate improve physical fitness? Vocabulary: Anticipate Calculate Collaborate Determination Dialogue Dynamic Evaluate Reflection	rules safety passing scoring Activities: Bingo Games		2-3 lessons
Baseball/Softball Standard 1 - Personal Health and Fitness Standard 2 - A Safe and Healthy Environment	What are the rules, skills, and game strategies involved in baseball/softball?	Throwing Fielding Batting Bunting Base running Pitching Catching		5-6 lessons

Standard 3 - Resource Management	<p>How does teamwork and sportsmanship affect game play?</p> <p>How do baseball/softball skills relate to other team sports?</p> <p>How does participation in baseball/softball improve physical fitness?</p> <p>Vocabulary:</p> <p>Anticipate</p> <p>Calculate</p> <p>Collaborate</p> <p>Determination</p> <p>Dialogue</p> <p>Dynamic</p> <p>Evaluate</p> <p>Reflection</p>	<p>Tactics/Strategies:</p> <p>Safety</p> <p>Terminology</p> <p>Offensive strategies</p> <p>Defensive strategies</p> <p>Rules</p> <p>Scoring</p>		
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