Southern Cayuga Central School District - Curriculum Map

Subject: Physical Education 7-10 School Year: 2023-2024

Title or Topics	Essential Questions &	Content Skills	Major Assessments	Time Frame
w/ NYS Standards	Vocabulary	(Activities to cover Essential Questions)	(Tests, Project, etc.)	
Soccer	• What are the rules, skills,		Exit tickets	6 lessons
Standard 1 - Personal Health	and game strategies	Footwork:		
and Fitness	involved in soccer?			
		Foundation		
Students will have the	· How does teamwork			
necessary knowledge and	and sportsmanship affect	Push and pull		
skills to establish and	game play?			
maintain physical fitness,		Side roll		
participate in physical	· How does	Side for		
activity, and maintain	participation in soccer	Behind the leg		
personal health.	improve physical fitness?	Benniq the leg		
		Heel ston		
Standard 2 - A Safe and	Vocabulary:	Heel stop		
Healthy Environment		I i a		
	Anticipate	Inside Step-over		
Students will acquire the	Calculate			
knowledge and ability	Collaborate	Outside step-over		
necessary to create and	Determination			
maintain a safe and healthy	Dialogue	Cut-backs		
environment.	Dynamic			
	Evaluate	Juggling		
Standard 3 - Resource	Reflection			
Management		Control:		
Students will understand and		Sprint dribble		
be able to manage their		Sprint directe		
personal		Inside foot trap		
		mside root trap		
		Solo of foot trop		
		Sole of foot trap		
		0.4:1.66.44		
		Outside of foot trap		

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		
		20		
		Top Gun		
		Cross the grid		
		7 ball soccer		
Football	What are the rules,	Running with ball	Exit tickets	6 lessons
Standard 1 - Personal Health	skills, and game strategies	Holding (placekicks)		
and Fitness	involved in flag football?	Ball exchange		
Standard 2 - A Safe and	· How does teamwork	Lateral pass Man coverage		
Healthy Environment	and sportsmanship affect	Punting		
Healthy Environment	game play?	Passing		
Standard 3 - Resource	game play!	Receiving		
Management	· How does	Placekicking		
Wanagement	participation in flag	Blocking		
	football improve physical	Using blocks		
	fitness?	Pass Patterns		
	ntness:	Plays from scrimmage		
	Vocabulary:	Rules of the game		
	Vocabulary.	Positions and responsibilities		
	Anticipate	Terminology		
	Calculate	Terminology		
	Collaborate	Activities:		
	Determination	20's		
	Dialogue	1 v 1 punting and kick offs		
	Dynamic	Pass pattern stations		
	Establish	4 down football		
	Evaluate	Small sided flag football		
	Reflection			
Field hockey	• What are the rules,		Exit tickets	3 lessons
Standard 1 - Personal Health	skills, and game strategies	Grip and carry	1	- 3.22
and Fitness	involved in flag football?	Stick safety		

Standard 2 - A Safe and	How does teamwork	Basic dribble	
Healthy Environment	and sportsmanship affect	Stopping	
G. 1 12 P	game play?	Goalkeeping	
Standard 3 - Resource	177 1	Drive	
Management	• How does	Scoop	
	participation in flag	Flick	
	football improve physical	Rules	
	fitness?	Terminology	
	37 1 1	A	
	Vocabulary:	Activities:	
	Anticipate	Gate dribble	
	Calculate	Chase	
	Collaborate	Top gun	
	Determination	Small sided games	
	Dialogue		
	Dynamic		
	Evaluate		
	Reflection		
Fitness	What strategies and		3-6 lessons
Standard 1 - Personal Health	resources can I use to	Safety/spotting tech.	
and Fitness	maintain an active	Equipment	
	lifestyle?	Lifting techniques	
Standard 2 - A Safe and	How can I use the	Rope jumping	
Healthy Environment	principles of training in	Plyometric	
	developing my fitness	Personalized program	
Standard 3 - Resource	plan?	Access of community resources	
Management	What training strategies	•	
	can I use to improve	Activities:	
	/maintain each health	Chest workout	
	related component of	Leg workout	
	fitness?	Back workout	
	How do my nutritional	Physio Ball workout	
	choices affect my fitness	Core workout	
	goal?	Cardio options	
	What are the necessary	Card workout	
	steps in designing an		
	effective health and fitness		
	plan?		
	Vocabulary:		

Volleyball	Anticipate Calculate Collaborate Determination Dynamic Evaluate Reflection What are the rules,	Витр	6 Lessons
Standard 1 - Personal Health and Fitness Standard 2 - A Safe and Healthy Environment Standard 3 - Resource Management	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	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	

Basketball	What are the rules,	Shooting:	6 lessons
Standard 1 - Personal Health		l -	0 16220112
	skills, and game strategies	Lay-ups	
and Fitness	involved in basketball?	Confidence	
		Mechanics	
Standard 2 - A Safe and	How does teamwork	Concentration	
Healthy Environment	and sportsmanship affect	Decision-making	
	game play?		
Standard 3 - Resource		Passing/catching:	
Management	How does	Catching technique	
	participation in basketball	Overhead pass	
	improve physical fitness?	Chest pass	
		Bounce pass	
	Vocabulary:	Faking	
		Touch-pass	
	Anticipate	Reading defenders	
	Calculate		
	Collaborate	Moves:	
	Determination		
	Dialogue	Perimeter:	
	Dynamic	hesitation	
	Evaluate	crossover	
	Reflection	spin	
		Inside out dribble	
		Organization:	
		0.8020	
		Come to ball	
		Jump stop	
		Pivoting	
		Triple-threat	
		Pivot/protect	
		Pivot/protect	
		Rebounding	
		Defense:	
		Deterise:	
		Contontino	
		Contesting	
		Basic technique	
		You-man-ball	

		Post Defense Strong side/weak side Verbal cues Activities: Active warm-up Dribble series- works on ball handling and lay-ups Follow the leader- works on shooting form in a competitive setting; incorporates conditioning 7 makes-works on shooting off a pass as well as rebounding and passing 1 V 1- works on efficient and effective dribbling -differentiated to skill level 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	
Aquatics Standard 1 - Personal Health and Fitness Standard 2 - A Safe and Healthy Environment Standard 3 - Resource Management	 Do students understand the concept of water safety? Do students understand that swimming is a lifelong cardiovascular activity? Are students able to competently demonstrate the five basic strokes with 	Safety Survival float prone Survival float supine Bobs Underwater swim Surface diving Diving (from deck) Treading Object retrieval Breast stroke Front crawl	10-12 lessons
	some level of proficiency?	Back crawl Elementary back stroke	

	Manalaulau.	Cide studie	
	Vocabulary:	Side stroke	
		Dolphin kick	
	Anticipate	Fitness swim	
	Calculate	Starts	
	Collaborate	Terminology	
	Determination	Tactics & strategies	
	Dialogue	Safety	
	Dynamic	Rules	
	Evaluate	Terminology	
	Reflection		
		Activities:	
		Water polo	
		Water baseball	
		Races	
		Snorkeling	
		Endurance swim	
		Aqua joggers	
		. , ,	
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	
	What tactics or	(orientation of the shuttle)	
	strategy do I need to know	Drop shot	
	to be successful in a game?	Clear to hoops	
	What social skills,	(underhand and over hand)	
	etiquette, and	(undernand and over hand)	
	sportsmanship do I need to	Games	
		Gailles	
	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 Dialogue Dynamic Evaluate Reflection		
Pickleball Standard 1 - Personal Health and Fitness Standard 2 - A Safe and Healthy Environment Standard 3 - Resource Management	 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 	Rules Serve Forehand/backhand Activities: Video of game play Games	2-3 lessons

	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		
New games	1. I am able to explain	Kan Jam	2-3 lessons
Standard 1 - Personal Health	benefits to learning	Spike ball	
and Fitness	outdoor games, for	Rules	
	recreation outside of		
Standard 2 - A Safe and Healthy Environment	school.		
	2. I understand and		
Standard 3 - Resource	follow safety rules for our		
Management	outdoor games activities.		
	3. I can define etiquette		
	and give examples in		
	relation to outdoor games.		
	4. I have learned the		
	rules to various outdoor		

	games such as kan jam and		
	spike ball.		
Broomball	What are the rules,	Broomball	1-2 lessons
	skills, and game strategies	-rules, safety, passing	
	involved in broomball?	scoring, dribbling	
	How do teamwork		
	and sportsmanship affect		
	game play?		
	How does		
	participation in broom ball		
	improve physical fitness?		
	Vocabulary:		
	Anticipato		
	Anticipate Calculate		
	Collaborate		
	Determination		
	Dialogue		
	Dynamic		
	Evaluate		
	Reflection		
Team handball	What are the rules,	-rules, safety, passing,	3 lessons
Standard 1 - Personal Health	skills, and game strategies	scoring, and goal keeping	
and Fitness	involved in team handball?	<i>5,</i> 5 1 5	
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:		
	Auticinata		
	Anticipate		

	Calculate Collaborate Determination Dialogue Dynamic Evaluate Reflection			
Tennis	What are the rules, skills, and game strategies	Fundamentals:		6 lessons
Standard 1 - Personal Health	involved in tennis?	Foot work		
and Fitness		Grip		
	How does teamwork and	Volley		
Standard 2 - A Safe and	sportsmanship affect game	Forehand		
Healthy Environment	play?	Backhand		
		Serving		
Standard 3 - Resource	How do tennis skills relate	Overhead		
Management	to other racket sports?	Positioning		
		Anticipation		
	How does participation in			
	tennis improve physical	Tactics/Strategies:		
	fitness?			
	Vocabulary:	Safety		
		Terminology		
	Anticipate	Rules		
	Calculate	Etiquette		
	Collaborate	Scoring		
	Determination	Activities :		
	Dialogue	Up Game		
	Dynamic	King/Queen of the court		
	Evaluate	Game play		
	Reflection			
Track and Field		Sprints	Mile run	4 lessons
	What are the rules, skills,	Discus		
Standard 1 - Personal Health	and events involved in	Running Long Jump		
and Fitness	track and field?	Shot-put		
		Distance Run		

Standard 2 - A Safe and	Have done we still settle .	High Lungs	
	How does participation	High Jump	
Healthy Environment	in track and field improve	Hurdles	
	physical fitness?	Starts	
Standard 3 - Resource	How do track and field		
Management	skills promote lifelong	Activities:	
	fitness?	4x100 relay	
	How does track and field	Mile run	
	enhance health?		
	Vocabulary:		
	Anticipate		
	Calculate		
	Collaborate		
	Determination		
	Dynamic		
	Evaluate		
	Reflection		
Lacrosse	What are the rules, skills,	Hand position	2-3 lessons
Standard 1 - Personal Health	and game strategies	Pick-up	
and Fitness	involved in Lacrosse?	Cradle	
		Shielding	
Standard 2 - A Safe and	How does teamwork and	Dodges	
Healthy Environment	sportsmanship affect game	Soft-toss	
	play?	Shooting	
Standard 3 - Resource		Face offs	
Management	How do lacrosse skills		
	relate to other team	Activities:	
	sports?	Top gun (face offs)	
		Eagles nest	
	How does participation in		
	lacrosse improve physical		
	fitness?		
	Vocabulary:		
	Anticipate		
	Calculate		
	Collaborate		

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

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