STRATFORD PUBLIC SCHOOLS

Physical Education

Curriculum Scope and Sequence

	Concept/Units	Application - Students will:
HIGH SCHOOL	Archery	• Explain all safety regulations of the sport. • Understand and apply terminology and scoring. • Demonstrate the appropriate steps of shooting.
	Baseball/Wiffleball	• Students will demonstrate and teach correct form to hold a bat. • Students will demonstrate and be able to explain proper throwing technique. • Students will demonstrate and be able to explain proper fielding and catching technique. • Students will be able to keep score and apply rules/safety. • To respect teammates and opponents. • Recognize benefits of working together to achieve a common goal. • To understand how force is applied.
	Basketball	• Demonstrate and explain correct shooting form. • Demonstrate and explain proper passing technique. • Demonstrate and explain proper ball handling technique. • Keep score and apply rules/safety. • Respect teammates and opponents. • Recognize benefits of working together to achieve a common goal.
	Bocce/Lawn Bowling	• Understand the history of bocce/lawn bowling, the governing body of bocce – United States Bocce Federation. • Demonstrate the basic rules of bocce/lawn bowling. • Demonstrate the tactics and strategies in bocce/lawn bowling. • Demonstrate bocce/lawn bowling etiquette and common courtesies associated with playing bocce/lawn bowling. • Demonstrate basic/fundamental throwing techniques in bocce/lawn bowling.
	Bowling	• Demonstrate proper bowling technique and etiquette while participating in a game setting. • Develop an understanding of how the rules and skills are properly incorporated in a bowling game. • Demonstrate mathematical calculation of scores and calculating bowling averages.

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Dance	• Demonstrate and teach Heads and Side. • Demonstrate and be able to explain who their "partner" is. • Demonstrate and be able to explain two steps in the Achy Breaky Heart. • Recognize benefits of working together to achieve a common goal. • To understand how following the beat or rhythm of songs enables us to dance. • Combine skills in dances to create their own dance and teach it to another cooperative group.
Eclipse Ball	• Demonstrate and teach correct form to hold a paddle. • Demonstrate and be able to explain proper serving techniques. • Demonstrate and be able to explain proper forehand. • Keep score and apply rules/safety. • Respect teammates and opponents. • Recognize benefits of working together to achieve a common goal. • To understand how top spin is applied.
Flag Football	• Demonstrate and explain three pass patterns at or above goal standards. • Adapt football game to meet the needs of the entire class or students' participating in the activity. • Pass a football at a proficient level from a distance of 20 yards to a target.
Floor Hockey	• Demonstrate stick handling skills in the team game of hockey. • Keep score and apply rules/safety. • Demonstrate respect for teammates and opponents. • Recognize and articulate the benefits of working together to achieve a common goal. • Demonstrate how to apply force and impart force, power and weight transfer.
Golf	• Understand the history of golf, the governing body of amateur golf – the USGA, career opportunities in golf and the basic rules of golf. • Understand and demonstrate golf etiquette and common courtesies associated with playing golf. • Demonstrate swing techniques including putter (putting), short game (irons) and long game (driving).

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Juggling/Manipulative	• Demonstrate understanding of history, safety concerns, and formation of the cascade and reverse cascade patterns. • Identify performance steps needing improvement in the self-assessment and track improvement for each trial. • Perform the two scarf cascade. • Practice perseverance. • Set goals before the completion of each assessment. • Distinguish the timing of each manipulative.
Jump Rope	• Choose a proper length jump rope for them to use. • Demonstrate jumping rope using the single bounce and the double bounce methods. • Keep jump rope moving when transitioning from a forward jump to a backward jump using a side swing. • Demonstrate the single bounce and the double bounce methods while incorporating various footwork skills.
Line Dancing	• Understand and apply the terminology associated with line dancing. • Warm up properly before dancing. • Demonstrate and perform the Alley Cat. • Demonstrate and perform the Electric Slide. • Demonstrate and perform the Cotton Eyed Joe. • Demonstrate and perform the Cupid Shuffle. • Demonstrate and perform the Cha Cha Slide. • Demonstrate and perform the Dutchess. • Demonstrate and perform the Macarena. • Demonstrate and perform following the beat or rhythm of songs. • Combine skills in dances to create their own dance and teach it to another cooperative group.
Net Games	• Demonstrate appropriate skills in a game situation. • Use proper etiquette and terminology associated with the net game.

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Orienteering	- Establish an individual pace. - Develop an understanding of how to use a compass. - Demonstrate navigational skills. - Demonstrate their understanding of how to read a map.
Pedometers	- Identify and practice the proper use and care while performing with a pedometer. - Use Math concepts to complete different assignments with the pedometer. - Use English skills to complete assignments with the pedometer. - Identify the health value of a pedometer and relate its use to lifestyle choices.
Personal Fitness – Weights	- Use fitness concepts to achieve and maintain a health-enhancing level of physical fitness. - Track progress though charting daily sets/reps/weight. - Demonstrate proper form and execution while weight training. - Feel confident participating in weight room and/or private fitness center. - Develop interpersonal skills and exhibit positive character traits when training with a partner.
Physical Fitness	- Explain the importance of training and practice as it pertains to learning a new skill. - Demonstrate and teach three key components when performing the right angle push-up. - Demonstrate and teach three key components to successfully completely the PACER Test. - Demonstrate their level of cardiovascular fitness via the PACER assessment. - Demonstrate their level of flexibility via the Sit and Reach assessment. - Demonstrate upper body strength via the Push-Up assessment. - Demonstrate abdominal strength via the Curl-Up assessment.

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Concept/Units	Application - Students will:
Soccer	- Understand and appreciate the history of soccer. - Understand and apply the proper warm-up and stretching exercises for used for a soccer unit. - Learn to work together and respect individual differences and abilities. - Understand and incorporate game terminology. - Understand and apply offensive and defensive skills and strategies of soccer. - Identify and use rules for SAFETY at all times. - Improve social awareness and communication within diversity.
Softball	- Understand and appreciate the history of softball and the different "types" of each game leading up to what we have today. - Understand and apply the proper warm-up and stretching exercises for used for a soccer unit. - Work together and respect individual differences and abilities. - Understand and apply the offensive and defensive skills and strategies of softball. - Understand and apply the rules of softball to game play and drills. - Understand and apply game terminology. - Identify and use rules for SAFETY at all times. - Improve offensive and defensive skills after different drills are provided. - Improve social awareness and communication within diversity.
Speedball	- perform basic soccer dribble and basketball passes - develop and demonstrate team strategies - demonstrate their understanding of the rules during game play
Tennis	- Demonstrate racket handling skill sin the game of tennis. - Keep score and apply rules of etiquette. - To respect partner and opponent. - Recognize benefits of working together to achieve a common goal. - Explain and demonstrate how force is applied. - Impart force, power and weight transfer.

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Concept/Units	Application - Students will:
Track and Field	• Explain the importance of training and practice as it pertains to learning a new skill. • Demonstrate and teach three key components when performing the shot putt. • Demonstrate and teach three key components to successfully completely the Long Jump. • Complete the 400m by the end of the unit.
Ultimate Games and Cooperative Games	• Demonstrate throwing and catching multiple objects. • Apply knowledge of strategy among peers. • Enhance cooperation for the completion of a common goal. • Improve their hand/eye/implement coordination skills. • Target their throwing with various objects. • Work with a team to develop a strategy to achieve the goal of the activity.