

Unit	Activities/Lessons	Knowledge	Skills:	Assessment	Standards (NYS / National)
Fitness Testing	Pacer Test, Sit-ups, Push-ups, Sit & Reach, Turkey Trot Run	Muscular Strength Muscular Endurance Agility Cardiovascular Endurance Flexibility	Running Jumping Stretching Strength	Presidential Fitness Challenge Fitnessgram	1B – 4,5 2A – 1 3A Fitness Activities
Punt, Pass and Kick	Punting Passing Kicking	Spiral Grip Tee Laces Follow Through 1-2 Sequence	Passing Punting Kicking	Punt, Pass and Kick Testing (Competition)	1A – 2,3 2B – 2,4 3A – 1 Personal Performance
Football	Passing Catching Route Running Ultimate Football End Zone Football Football “Garbage”	Terminology Completed Pass Incomplete Pass Touchdown Opportunities to Play	Throwing Catching Running Blocking	Teacher Observation Quiz Skill Tests Game Observation	1A – 1,2,3,6 2A – 2,3,4,5 3A – 2 Team Passing Sports

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Soccer	Kicking Passing Dribbling Shooting Rules & Penalties Offensive Strategies Defensive Strategies	Terminology Goalkeeper Goal Kick Handball Defense Forward Goalie Box Opportunities to play	Shooting Passing Trapping Dribbling Goalkeeping	Teacher Observation Quiz Skill Tests Game Observation Peer Assessment	1A – 1,2,3,6 2A – 2,3,4,5 3A – 2 Team Passing Sports
Cooperative Games	Capture the Flag PinBall Dodge Mission Possible	Terminology Strategies Teamwork Fair Play Rules Problem Solving	Running Dodging Throwing Agility Communication	Teacher Observation Game Observation	1A - 3 2A-2 2B-2
Volleyball	Drills: Serve Set Spike Bump. Rotation Scoring Rules	Terminology Serve Set Spike Bump Net Rotation Overhand Underhand	Serve Set Bump Hand / Eye Coordination	Teacher Observation Quiz Skill Tests Peer Assessment Team Tournament	1A – 1,2,3,6 2A – 2,3,4,5 3A – 2 Team Passing Sports

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Softball	Drills: Fielding Batting Rules Scoring Game Play	Pitch Base Path Outfield In Field Opportunities to Play	Fielding Batting Hand/Eye Coordination	Teacher Observation Quiz Skill Tests	1A – 1,3 2A – 2 Striking/Fielding Sports
Track & Field	50 Yard Dash 75 Yard Dash 100 Yard Dash Softball Throw Standing Long Jump 4 X 100 Relay 800 Meter Run	Sprint Distance Standing Start Baton Handoff	Running Throwing Jumping	Teacher Observation Timing (Track Meet Qualification)	1B –3,4,5 2A – 1 2B – 1 3A – 1 Personal Performance
Golf	Grip Stance Club Selection Swing Follow Through Putting Etiquette	Terminology Swing Putt Chip Drive Types of Clubs	Striking Hand/Eye Coordination Swing	Teacher Observation Quiz Skill Tests	1A – 3 2A – 2 2B – 2 3A – 2 Target Sports
Floor Hockey	Drills: Stickhandling Passing Shooting Goaltending Penalties	Terminology Rules Positions Face-off Opportunities to Play	Stickhandling Passing Shooting Goaltending	Teacher Observation Quiz Skill Test Game Observation	1A - 1,2,3,6 2A - 2,3,4,5 3A -2 Team Passing Sport

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Bowling	Grip Release Follow Through 1 Pin Practice 3 Pin Practice	Foul Alley Strike Spare Turkey Open Frame	Rolling Manipulative Skills Target Skills Aiming	Teacher Observation Quiz Game Score (Individual)	1A – 3 2A 3A – 1,2 Target Sports
Mat Ball	Game Play	Rules Strategies	Kicking Running Catching Throwing	Teacher Observation Game Score	1A-1,2 2A-1,2 Striking / Fielding Sports
Team Handball	Drills: Passing, Shooting Goalkeeping Game Play	Rules Shooting line Three Steps Three Seconds Positioning	Passing Catching Shooting Goalkeeping	Teacher Observation Game Observation	1A - 1,2,3,6 2A - 2,3,4,5 3A -2 Team Passing Sport
Gymnastics	Stations: Tumbling, Vaulting, Beam, Parallel Bars	Safety Rules Routines Spotting	Balance Coordination Body Awareness Strength	Teacher Observation Skills Test Quiz	1B –3,4,5 2A – 1 2B – 1 3A – 1 Personal Performance

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Basketball	Drills: Dribbling Passing Shooting Rebounding Scoring Games	Terminology Lay-up Foul shot Fouls Positions Opportunities to Play	Dribbling Bounce Pass Chest Pass Shooting Lay-ups	Teacher Observation Game Observation Peer Assessment Skill Test (21, Around the World)	1A - 1,2,3,6 2A - 2,3,4,5 3A - 2 Team Passing Sport