

# SHENENDEHOWA PHYSICAL EDUCATION



A quality program of physical education for children has a definite purpose, has long term goals and is developmentally appropriate. In essence, it makes a difference for children that last well beyond elementary, middle and high school.

In **Shenendehowa**, the Physical Education Program endeavors to guide students in positive directions, enabling them to develop competence and confidence in physical abilities. It is our belief that this competence and confidence will eventually culminate in a desire to participate regularly in physical activity because it has become an enjoyable part of their lives as children and young adults.

The philosophy of the Shenendehowa Physical Education Program is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity.

## PROFILE OF A PHYSICALLY EDUCATED SHENENDEHOWA GRADUATE IN CONJUNCTION WITH STATE AND NATIONAL STANDARDS:

- Will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.
- Will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.
- Will understand and be able to manage their personal and community resources.

## A PHYSICALLY EDUCATED GRADUATE WILL:

- Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.
- Demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
- Participate regularly in physical activity.
- Achieve and maintain a health-enhancing level of physical fitness.
- Exhibit responsible personal and social behavior that respects self and others in physical activity settings.
- Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

## WHAT THE RESEARCH SAYS:

- All children benefit from regular structured physical activity.
- Through daily activity, children can improve and maintain the health and quality of their lives.
- Greater amounts of physical activity produce greater health benefits.
- Physical activity improves mental health and is important for the health of muscles, bones, lungs and joints.
- Physical activity reduces stress, helps to control weight, and is a valuable use of leisure time.

(conclusions from the report of the Surgeon General of the United States 1996)

SURGEON GENERAL'S RECOMMENDATIONS FOR PHYSICAL ACTIVITY LEVELS ARE NOT BEING MET:

- Too many children are physically inactive; nearly half of young people ages 12-21 do not engage in physical activity on a regular basis
- Daily attendance in high school physical education classes dropped from 42% in 1991 to 29% in 1999.

OVERWEIGHT KIDS BECOME OVERWEIGHT ADULTS:

- Evidence suggests that childhood and overweight and associated health risks persist into adulthood.
- Overweight older kids even more likely to be overweight adults.

In this Document, the following language will be used to describe when each skill or element is presented.

**“T”** means to teach:

- ◆ Students will receive direct instruction and will have extended opportunities to practice and master the content, skills and strategies.

**“A”** means to assess:

- ◆ All students will be assessed, either formally or informally.

**“R”** means to reinforce review:

- ◆ Students need to be provided with opportunities for extended practice at higher-level applications where appropriate. Students are not necessarily assessed during reinforcement.

**I** means to introduce:

- ◆ Students need to be provided with activities and exposure to content, skills, and strategies but are not necessarily assessed. Students need to be provided with practice opportunities.

**Blanks mean:**

- ◆ Activity/skill is not offered at that particular grade level.

## Essential Understandings:

- Basic motor skills are necessary for participation in basketball
- Participation in basketball contributes to overall health and wellness
- Cooperation and teamwork are essential in the sport of basketball
- Basketball offers the opportunity to safely understand and respect difference of others

<b>Basketball</b>	<b>National Standards</b>	<b>NYS Standards</b>	<b>6</b>	<b>7</b>	<b>8</b>
Demonstrates and understands the proper dribbling form	1,2,5,6	1,2	T,R,A	T,R,A	T,R,A
Demonstrates and understands the proper passing technique	1,2,5,6	1,2	T,R	T,R	
Demonstrates and understands proper shooting technique	1,2,5,6	1,2	T,R,A	T,R,A	T,R,A
Demonstrates and understands proper lay-up technique	1,2,5,6	1,2	T,R	T,R,A	T,R,A
Understands basic individual and team strategies	5,6	1,2	I,T,R	T,R	T,R
Understands basic individual and team defensive and offensive strategies	1,2,5,6	1,2	I,T,R	T,R	T,R,A
Understands and respects differences of all ability levels	5,6	1,2	I,T,R	T,R	T,R
Understands and demonstrates basic safety concepts	1,2,5,6	1,2	T,R,A	T,R,A	T,R,A
Applies skills, strategies and rules to activities and games	1,2,5,6	1,2	T,R	T,R	T,R
Understands available local and school basketball opportunities	3,4	3	I	I	I

## Essential Understandings:

- Individual participation in cooperative games improves decision making, problem solving and team work.
- Participation in cooperative games contributes to overall health and well being.
- Cooperative games offer the opportunity to understand and respect differences among people.

<b>Cooperative Games</b>	<b>National Standards</b>	<b>NYS Standards</b>	<b>6</b>	<b>7</b>	<b>8</b>
Effectively conquer, using team work, communication, trust, skills, etc. a challenge or adventure activity	5,6	1	I,T	I,T	I,T
Follow safety guidelines and rules of the activity	5	2	I,T,R	I,T,R	I,T,R
Have an understanding of the fear, comfort and growth zone	5,6	1,2	I,T	I,T,R	I,T,R
Demonstrates leadership roles	5	1	A	A	A
Positive social interaction	5	1	I,T,R	I,T,R	I,T,R
Create full value contract	5	1	I,T,R	I,T,R	I,T,R
Improve decision making, initiative and individual contribution in a group setting	5	1	A	A	A

## Essential Understandings:

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<b>Cross Country Running</b>	<b>National Standards</b>	<b>NYS Standards</b>	<b>6</b>	<b>7</b>	<b>8</b>
Develop appropriate form	2,3,4	1,2	I	T	R
Understand concept of pace	2,3,4	1,2	I	T	R
Develops understanding of warm-up and cool down concepts	2,3,4	1,2	I	T	R
Understands cross country teams concepts (pack running, drafting)	2,5,6,7	1	I	T	R
Understands cross country meet scoring	2	1	I	T	R
Understands and demonstrates knowledge of content in the form of a written quiz	2,7	1,2	I,A	T,A	R,A

## Essential Understandings:

- Basic motor skills four rhythm and sequential movement are necessary for participation in dance
- Understands and applies appropriate social behavior required to be successful in a dance environment
- Dance and rhythmic movement offer the opportunity to better develop self-expression and improve self-efficiency

Dance	National Standards	NYS Standards	6	7	8
Understand and demonstrate basic rhythm	1	1,2,3		T,R	T,R
Demonstrates sequential movement	1,2	1,2,3		T,R,A	T,R,A
Works cooperatively with others	1,2	5,6		R	R
Demonstrates proper social interaction	1,2	5,6		R,A	R,A
Displays effort to successfully perform movement	2	4,5,6		T,R,A	T,R,A
Understands unit objectives and realizes the importance of dance	1,2	4,5,6		T,R	T,R
Understands the need and benefit of leaving comfort zone	1,2	4,5,6		T,R	T,R
Recognizes there are local opportunities in the community	3	4,6		I	I

## Essential Understandings:

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Field Hockey	National Standards	NYS Standards	6	7	8
Demonstrates appropriate hand placement on stick	2	1,2	I	T,R	T,R
Develop dribbling skills	2,5,6,7	1,2	I	T,R,A	T,R
Develop fielding/receiving skills	2,5,6,7	1,2	I	T,R	T,R
Develop passing skills	2,5,6,7	1,2	I	T,R	T,R,A
Develop tackling skills	2,5,6,7	1,2	I	T,R	T,R
Applies dribbling skills in game	1,2,5,6,7	1,2	N/A	I,T	T,R
Applies fielding skills in a game	1,2,5,6,7	1,2	N/A	I,T	T,R
Applies passing skills in a game	1,2,5,6,7	1,2	N/A	I,T	T,R
Applies tackling skills in a game	1,2,5,6,7	1,2	N/A	I,T	T,R
Applies defensive skills in a game	1,2,5,6,7	1,2	N/A	I,T	T,R
Applies offensive skills in a game	1,2,5,6,7	1,2	N/A	I,T	T,R
Knowledge, rules, safety	2,7	1,2,3	I,A	A	A
Applies spatial awareness	2,5,6,7	1,2	N/A	I,T	T,R

## Essential Understandings:

- Students will understand the 5 basic fitness components and how each relate to the physical fitness tests (cardiovascular endurance, muscular strength, muscular endurance, agility and flexibility)
- Students will set and reset personal goals as they relate to each testing component and their individual performance
- Students will understand how physical fitness related to the development of a healthy mind set and lifestyle

<b>Fitness Testing</b>	<b>National Standards</b>	<b>NYS Standards</b>	<b>6</b>	<b>7</b>	<b>8</b>
Understand 5 individual tests and the rules that apply for each	1,2,4,5,6	1	I,T,A	T,A	T,A
Understand how each event is scored and the resulting fitness level that they are at	1,2,4,5,6	1	I,T,A	T,A	T,A
Demonstrate ability and knowledge to better their performance in the physical education environment	1,2,4,5,6	1,2	I,T	T,R	T,R
Demonstrate ability and knowledge to better their performance outside the physical education environment	1,2,3,4,5,6	1,2,3	I,T	T,R	T,R
Understand N.Y.S. Learning Standards and how they relate to fitness testing and development of healthy lifestyle	6	1,2,3	I	T,R	T,R,A
Understand National Learning Standards and how they relate to fitness testing and development of healthy lifestyle	6	1,2,3	I	T,R	T,R,A
Understand 5 fitness components and demonstrate ability to participate in related activities that apply to each	1,2,3,4,5,6	1,2,3	I,T	T,R,A	T,R,A

**Essential Understandings:**

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Flag Football	National Standards	NYS Standards	6	7	8
Grip	2	1,2	T	T,R	R
Passing	2,5,6,7	1,2	T	T,R	R
Catching	2,5,6,7	1,2	T	T,R	R
Punting	2,5,6,7	1,2	I	T	R
Pass patterns	2,5,6,7	1,2	T	T,R	R,A
Dodging	2,5,6,7	1,2	N/A	N/A	I,T
Defensive positioning	2,5,6,7	1,2	I	T	T,R
Hand off and pitches	2,5,6,7	1,2	I	T	R
Skill of playing Quarterback			I	T	R
Pass Receiver in game			I	T	R
Skills of Center			I	T	R
Offensive strategies in game	1,2,5,6,7	1,2	I	T	R
Rules	2,5	1,2			
Knowledge, rules, safety, skill, technique	2,7	1,2,3	I	T	R

## Essential Understandings:

- Basic motor skills are necessary for participation in floor hockey
- Understands and applies the rules and strategies of floor hockey
- Participation in floor hockey contributes to physical fitness and wellness
- Cooperation is essential in floor hockey
- Physical activity offers the opportunity to understand and respect differences among people

<b>Floor Hockey - Boys</b>	<b>National Standards</b>	<b>NYS Standards</b>	<b>6</b>	<b>7</b>	<b>8</b>
Effectively stick handles pass, shoot and receive	1,2	1	T,R,A	R,A	R,A
Execute basic offensive and defensive strategies of the game	1,2	1	I,T,R	T,R	T,R
Follow safety guidelines and rules of the sport	5	2,3	T	R	R
Demonstrates proper goalie stance	1,2	1	T	R	R
Communicates that there are opportunities outside of school to play	3,6	3	I	T	T
Identify parts of the stick and grip	2		T,A	R,A	R,A
Can properly put on goalie equipment	2		I	T	T

## Essential Understandings:

- Basic motor skills are necessary for participation in gymnastics
- Participation in gymnastics enhance physical fitness and wellness
- Moving on apparatus is fun and challenging
- Gymnastics allows for individual participation at a variety of levels

<b>Gymnastics</b>	<b>National Standards</b>	<b>NYS Standards</b>	<b>6</b>	<b>7</b>	<b>8</b>
Demonstrates basic technique on a variety of rolls	1,2	1,2	T,R,A	T,R,A	T,R,A
Balance in a variety of positions and equipment	1,2	1,2	T,R,A	T,R,A	T,R,A
Balance with partners using counter-balance	1,2,5	1,2	T,R,A	T,R,A	T,R,A
Demonstrates the ability to jump and land safely in a variety of environments	1,2	1,2	T,R,A	T,R,A	T,R,A
Properly performs and inverted move	1,2	1,2	T,R,A	T,R,A	T,R,A
Demonstrate correct mounts and dismounts	1,2	1,2	T,R,A	T,R,A	T,R,A
Follow safety guidelines and rules	1,2,5,6	2	T,R	T,R	T,R
Demonstrate sequence involving roll, balance and jump, etc.	1,2,4	1,2	A	A	A
Understands opportunity for participation in school or local events	3				

## Essential Understandings:

- Basic motor skills are necessary for participation in team sports.
- Understand and apply the rules and strategies of team sports.
- Participation in team sports contribute to physical fitness and wellness.
- Cooperation is essential in team sports.
- Physical activities offer the opportunity to understand and respect the differences among people.

Lacrosse	National Standards	NYS Standards	6	7	8
Hand placement/stick	2	1,2	T	R	R
Develop the skill of catching			I	T,A	R,A
Develop the skill of throwing			I	T,A	R,A
Develop the skill of scooping			I,A	T	R
Develop the skill of cradling			I	T,A	R,A
Applies presented skills in game	1,2,5,6,7	1,2	I	T	R
Applies defensive strategies in a game	1,2,5,6,7	1,2	I	T	R
Applies offensive strategies in a game	1,2,5,6,7	1,2	I	T	R
Understands and applies rules in game	1,2,5,6,7	1,2	I	T	R
Demonstrates safety rules	5	2	I	T	R
Demonstrates knowledge and understanding of rules, safety and skill technique through a written quiz	2,7	1,2,3	I,A	T,A	R,A

## Essential Understandings:

- Basic motor skills are necessary for participation in team sports.
- Understand and apply the rules and strategies of team sports.
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<b>Soccer</b>	<b>National Standards</b>	<b>NYS Standards</b>	<b>6</b>	<b>7</b>	<b>8</b>
Develop dribbling skills using inside and outside of foot	2,5,6,7	1,2	T	R	R,A
Develop passing skill while moving	2,5,6,7	1,2	T	R	R,A
Develop shooting skill	2,5,6,7	1,2	T	R	R,A
Develop receiving skills while moving	2,5,6,7	1,2	T	R	R,A
Develop throw in skill	2,5,6,7	1,2	I	T	R,A
Understands goal keeper responsibilities	2,5,6,7	1,2	I	T	R
Applies defensive strategies in a game			I	T	R
Applies offensive strategies in a game			I	T	R
Understands and applies rules in game			I	T	R
Demonstrates safety skills			T	R	R
Demonstrates knowledge and understanding of rules, safety and skill technique through a written quiz	2,7	1,2,3	T,A	R,A	R,A

## Essential Understandings:

- Basic motor skills are necessary for participation in team sports.
- Understands and applies the rules and strategies of team sports.
- Participation in team sports contribute to physical fitness and wellness.
- Cooperation is essential in team sports.
- Physical activities offer the opportunity to understand and respect the differences among people.

<b>Softball</b>	<b>National Standards</b>	<b>NYS Standards</b>	<b>6</b>	<b>7</b>	<b>8</b>
Develop the skill of throw/grip (mechanics and accuracy)	2,5,6,7	1,2	T	R	R
Develop the skill of catching	2,5,6,7	1,2	T	R	R
Develop the skill of fielding (ground balls, fly balls)	2,5,6,7	1,2	I	T	R
Develop the skill of batting (mechanics and hitting a pitched ball)	2,5,6,7	1,2	I	T	R
Develop the skill of base running	2,5,6,7	1,2	I	T	R
Applies skills in game	1,2,5,6,7	1,2	I	T	R
Demonstrates safety skills	5	2	T	R	R
Demonstrates knowledge and understanding of rules, safety, and skill technique through a written quiz	2,7	1,2,3	I,A	T,A	R,A

## Essential Understandings:

- Basic motor skills are necessary for participation in Speedball
- Understands and applies the rules and strategies of Speedball
- Participation in Speedball contributes to overall health and well being
- Cooperation is essential in Speedball
- Speedball offers the opportunity to understand and respect difference among people

<b>Speedball</b>	<b>National Standards</b>	<b>NYS Standards</b>	<b>6</b>	<b>7</b>	<b>8</b>
Demonstrates ability to dribble	1,2	1,2	I,T	T,R	T,R
Demonstrates ability to pass/receive	1,2	1,2	I,T,A	T,R	T,R,A
Demonstrates ability to shoot	1,2	1,2	I,T	T,R	T,R
Demonstrates ability to understand rules, strategies and position sin game like situation	1,2,5,6	1,2	I,T	T,R	T,R,A
Demonstrates ability to participate safely according to guidelines	5,6	1,2	I,T	T,R	T,R
Demonstrates ability to perform variety of lifts	1,2	1,2	I,T	T,R,A	T,R,A
Demonstrates ability to work with others productively in a game like situation	5,6	1,2	I,T	T,R	T,R
Goal keeping responsibilities	1,2	1,2	I,T	T,R	T,R

## Essential Understandings:

- Understands and applies the rules and strategies of the sport
- Understands and applies the rules and strategies of team sports
- Participation in team sports contributes to physical fitness and wellness
- Cooperation is essential in team sports
- Physical activity offers the opportunity to understand and respect difference among people

<b>Team Handball</b>	<b>National Standards</b>	<b>NYS Standards</b>	<b>6</b>	<b>7</b>	<b>8</b>
Effectively pass, catch, dribble and shoot	1,2	1,2	T,R,A	R,A	R,A
Understands and demonstrates safety guidelines and rules of the sport	5	2	I,T,R,A	R,A	R,A
Understands and demonstrates basic offensive and defensive strategies of the game	1,2	1,2	I,T,R,A	T,R,A	T,R,A
Demonstrates ability to work together as a team	6	1,2	I,T	R	R
Students will understand there is a higher level of play	6	3	T	T	T

## Essential Understandings:

- Individual sports allow for participation at various skill levels
- Basic motor skills are necessary for success in individual sports
- Understands and applies the rules and strategies of individual sports
- Individual sports contribute to overall health and wellness

<b>Track and Field</b>	<b>National Standards</b>	<b>NYS Standards</b>	<b>6</b>	<b>7</b>	<b>8</b>
Develop understanding and importance of 3 components of any track & field activity (warm up, activity, cool down)	1,2,4,5	1,2	I,T	R	R
Develop skills and form for sprinting	1,2,4,5	1,2	I,T	R	R
Develops understanding of roll start procedures	1,2,5,6	1,2	I,T	R	R
Develops skill and form for long jump	1,2,5,6	1,2	I,T	R	R
Develops skill and form for triple jump	1,2,5,6	1,2	I,T	R	R
Develops skill and form for high jump	1,2,5,6	1,2	I,T	R	R
Develops skill and form for shot put	1,2,5,6	1,2	I,T	R	R
Develops skill and form for hurdles	1,2,5,6	1,2	I,T	R	R
Develops skill and form for discus	1,2,5,6	1,2	I,T	R	R
Develops understanding of hand-offs and relays	1,2,5,6	1,2	I,T	T,R	R
Demonstrates and understands safety rules	5,6	1,2	T,R	R	R
Understands basic age appropriate success levels for each event	4,5,6	1,2	I,T	T,R	R
Understands local opportunities for community involvement	3,5	3	I	I	I

## Essential Understandings:

- Basic motor skills are necessary for participation in team sports.
- Understands and applies the rules and strategies of team sports
- Participation in team sports contributes to physical fitness and wellness
- Cooperation is essential in team sports
- Physical activity offers the opportunity to understand and respect differences among people

<b>Volleyball</b>	<b>National Standards</b>	<b>NYS Standards</b>	<b>6</b>	<b>7</b>	<b>8</b>
Ready Position	1,2	1	I	T	R
Forearm pass	1,2	1,2	I	T	R
Set	1,2	1,2	I	T	R
Underhand serve	1,2	1,2	I,A	T,A	R,A
Overhand serve	1,2	1,2	I	T	R,A
Understands and applies rules of the game	4,5,6,7	1,2	I,A	T,A	R,A
Applies presented skills in a game like set	1,2,5,6,7	1,2	I,T	T	R,A
Game etiquette	5,6,7	1,2	I,A	T,A	R,A
Serve receive	2,5	1,2	I	T	R
Offensive skills and strategies	1,2,5,6,7	1,2	I	T	R
Defensive skills and strategies	1,2,5,6,7	1,2	I	T	R
Safety skills	5	2	I	T	R

## Essential Understandings:

- Basic motor skills are necessary for success in wrestling
- Wrestling calls for individual success at various levels
- Understands and applies basic movements and strategies to successfully participate safely

<b>Wrestling</b>	<b>National Standards</b>	<b>NYS Standards</b>	<b>6</b>	<b>7</b>	<b>8</b>
Understands two basic starting position (referee and neutral)	1,2,5,6	1,2	I,T	T,R,A	T,R,A
Understands and applies 3 basic technical drills (spin, float, breakdown)	1,2,5,6	1,2	I,T	T,R,A	T,R,A
Understands basic scoring components	1,2,5,6	1,2	I,T	T,R,A	R,A
Understands and demonstrates basic breakdown	1,2,5,6	1,2	I,T	T,R	T,R
Understands and demonstrates basic takedown	1,2,5,6	1,2	I,T	T,R	T,R
Understands and demonstrates basic reversals	1,2,5,6	1,2	I,T	T,R	T,R
Understands and demonstrates basic escapes	1,2,5,6	1,2	I,T	T,R	T,R
Understands and demonstrates basic pinning combinations	1,2,5,6	1,2	I,T	T,R	T,R
Applies skills and strategies in a modified match like situation	1,2,5,6	1,2	I,T	T,R	T,R
Demonstrates knowledge and understanding of safety rules	1,2,5,6	1,2	I,T,A	T,R,A	T,R,A
Understands local and school opportunities in the sport of wrestling	3,4	3	I	I	I