

**New Paltz Central School District  
Physical Education  
6-8**

<b>Time</b>	<b>Essential Questions/Content</b>	<b>Skills</b>	<b>Assessments</b>
1 week	<b><u>Pillo Polo</u></b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>-----</li> <li>• Duties of offense and defense</li> <li>• Hand/eye coordination</li> <li>• Kinesthetic awareness</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate basic skills: <ul style="list-style-type: none"> <li>○ Dribbling</li> <li>○ Trapping</li> <li>○ Passing</li> <li>○ Shooting with sticks</li> </ul> </li> <li>• Understand concepts of duties of offense and defense</li> </ul>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul>
2-3 weeks	<b><u>Track and Field</u></b> <ul style="list-style-type: none"> <li>• How can track help me keep physically fit?</li> <li>•</li> <li>-----</li> <li>• Cardiovascular endurance</li> <li>• Running, jumping, throwing</li> <li>• Warm-ups</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate basic skills: <ul style="list-style-type: none"> <li>○ Distance running</li> <li>○ Sprinting</li> <li>○ Jumping</li> <li>○ Throwing</li> </ul> </li> <li>• Complete proper warm-up</li> <li>• Use proper landing form</li> </ul>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul>
3 weeks	<b><u>Bowling</u></b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>-----</li> <li>• Scoring</li> <li>• Bowling etiquette</li> <li>• Proper form</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate correct grip, footwork, and delivery</li> <li>• Understand rules and scoring</li> </ul>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul>

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4 weeks	<b><u>Football</u></b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>-----</li> <li>• Basic football skills</li> <li>• Physical fitness</li> <li>• Team work</li> <li>• General knowledge of football (rules)</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate basic football skills: <ul style="list-style-type: none"> <li>○ Punt</li> <li>○ Pass</li> <li>○ Kick</li> <li>○ Defensive coverage (making cuts to get open, etc.)</li> </ul> </li> <li>• Throw a football for accuracy and distance to receivers</li> </ul>	<ul style="list-style-type: none"> <li>• Quiz</li> <li>•</li> </ul>
4 weeks	<b><u>Physical Fitness Preparation and Testing</u></b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>-----</li> <li>• Physical fitness goals/plan</li> <li>• Proper form and technique for exercises</li> <li>• Physical fitness charts</li> <li>• Warm-ups</li> </ul>	<ul style="list-style-type: none"> <li>• Read and interpret physical fitness charts</li> <li>• Demonstrate proper form and technique for sit-ups, mile run, sit and reach, and pull-ups/arm hang</li> <li>• Understand the importance of warm-ups</li> <li>• Compare physical fitness scores to the standard scores for gender and age</li> <li>• Set physical fitness goals</li> </ul>	<ul style="list-style-type: none"> <li>• Personal fitness plan</li> <li>• Sit up test</li> <li>• Sit and reach test</li> <li>• Mile run</li> <li>• Pull-up/flexed arm hang test</li> </ul>

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3 weeks	<b><u>Ultimate Frisbee</u></b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul> <p>-----</p> <ul style="list-style-type: none"> <li>• Ultimate Frisbee skills</li> <li>• Ultimate Frisbee strategies</li> <li>• Rules of the game</li> </ul>	<ul style="list-style-type: none"> <li>• Throw and catch the Frisbee</li> <li>• Demonstrate an understanding of the rules during game play</li> <li>• Develop leadership skills</li> <li>• Work cooperatively with own teammates as well as competitors</li> <li>• Demonstrate offensive and defensive fundamentals and strategies</li> <li>• Follow the “when in doubt, shoot it out” rule of the thumb for disagreed calls</li> </ul>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul>
3-4 weeks	<b><u>Softball/Wiffleball</u></b> <ul style="list-style-type: none"> <li>• How can softball/wiffleball improve my eye/hand coordination?</li> <li>• How can softball/wiffleball help me improve my physical fitness?</li> </ul> <p>-----</p> <ul style="list-style-type: none"> <li>• Softball/wiffleball skills and strategies</li> <li>• Conditioning</li> <li>• Eye/hand coordination</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate basic softball/wiffleball skills: <ul style="list-style-type: none"> <li>○ throw</li> <li>○ catch</li> <li>○ strike</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul>

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2 weeks	<b><u>Fitness Stations (Strength)</u></b> <ul style="list-style-type: none"> <li>• How can exercise help me improve my physical fitness?</li> <li>• -----</li> <li>• Muscle groups</li> <li>• Muscle strength and endurance</li> <li>• Correct form</li> <li>• Relationship between muscle and metabolism</li> <li>• Body composition</li> </ul>	<ul style="list-style-type: none"> <li>• Apply knowledge of muscle groups to specific exercises to strengthen these groups</li> <li>• Demonstrate ability to perform exercises with correct form</li> <li>• Understand relationship between muscle and metabolism</li> <li>• Understand how weight training can improve body composition</li> <li>• Breathe while performing exercises</li> <li>• Control excentric and concentric movements</li> <li>• Safely perform exercises</li> </ul>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul>
3 weeks	<b><u>Badminton</u></b> <ul style="list-style-type: none"> <li>•</li> <li>• -----</li> <li>• Eye/hand coordination</li> <li>• Introduction to a racquet sport</li> <li>• Badminton as an Olympic sport</li> </ul>	<ul style="list-style-type: none"> <li>• Develop court awareness (be careful when swinging racquet in close proximity to other people)</li> <li>• Understand rules and scoring</li> <li>• Demonstrate basic skills: <ul style="list-style-type: none"> <li>○ Serving</li> <li>○ Forehand and backhand</li> <li>○ Lob and smash</li> <li>○ Drop shot and clear</li> <li>○ Strategy of doubles play</li> </ul> </li> <li>• Exhibit control during play</li> <li>• Substitute into play at correct time</li> </ul>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul>

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5 weeks	<b><u>Basketball</u></b> <ul style="list-style-type: none"> <li>How can basketball help improve my physical fitness?</li> <li>-----</li> <li>Basic basketball skills</li> <li>Teamwork/cooperation</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate basic skills: <ul style="list-style-type: none"> <li>Dribbling (left hand, right hand, cross-over)</li> <li>Shooting (lay-up, foul shots)</li> <li>Passing</li> <li>Defense</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Skills tests: <ul style="list-style-type: none"> <li>Dribbling (6<sup>th</sup> grade)</li> <li>Foul shots (7<sup>th</sup> grade)</li> <li>Lay-ups (8<sup>th</sup> grade)</li> </ul> </li> <li>Quiz</li> </ul>
2 weeks	<b><u>Capture the Flag</u></b> <ul style="list-style-type: none"> <li></li> <li></li> <li>-----</li> <li>Cooperation involved in a team game</li> <li>Game rules and strategy</li> <li>Running</li> </ul>	<ul style="list-style-type: none"> <li>Understand rules of the game</li> <li>Demonstrate team work</li> </ul>	<ul style="list-style-type: none"> <li></li> <li></li> </ul>
4-5 weeks	<b><u>Lacrosse</u></b> <ul style="list-style-type: none"> <li>How can lacrosse help improve my physical fitness?</li> <li>-----</li> <li>Conditioning</li> <li>Eye/hand coordination</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate basic skills: <ul style="list-style-type: none"> <li>Stick handling</li> <li>Throwing</li> <li>Catching</li> <li>Defensive skills</li> <li>Passing</li> </ul> </li> <li>Follow the rules of the game</li> </ul>	<ul style="list-style-type: none"> <li></li> <li></li> </ul>

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3 weeks	<b><u>Tennis</u></b> <ul style="list-style-type: none"> <li>How can playing tennis help me keep physically fit?</li> <li>-----</li> <li>Introduction to the benefits of participation in a racquet sport</li> <li>Hand/eye coordination</li> </ul>	<ul style="list-style-type: none"> <li>Understand rules and scoring (modified to middle school student ability with use of “advanced” courts)</li> <li>Demonstrate basic skills: <ul style="list-style-type: none"> <li>Serving</li> <li>Forehand and backhand</li> <li>Lob and overhead</li> <li>Drop shot</li> <li>Passing shot</li> <li>Strategy of doubles play</li> </ul> </li> <li>Develop court awareness</li> </ul>	<ul style="list-style-type: none"> <li></li> <li></li> </ul>
4 weeks	<b><u>Volleyball</u></b> <ul style="list-style-type: none"> <li>How can playing volleyball help improve my physical fitness?</li> <li>-----</li> <li>Cardiovascular fitness</li> <li>Body control (kinesthetic awareness)</li> <li>Basic skills and strategies</li> </ul>	<ul style="list-style-type: none"> <li>Understand rules and rotation</li> <li>Find pulse, get target heart rate, and understand basis for aerobic exercise</li> <li>Demonstrate basic skills: <ul style="list-style-type: none"> <li>Serve underhand and overhand</li> <li>Forearm (to target)</li> <li>Line drills to target</li> <li>Set</li> <li>Shuttle drills</li> <li>Spike (8<sup>th</sup> grade focus)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Volleyball assessment</li> <li>Quiz</li> </ul>
4-5 weeks	<b><u>Zone Football</u></b> <ul style="list-style-type: none"> <li></li> <li>-----</li> <li>Conditioning</li> <li>Rules of the game</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate basic skills: <ul style="list-style-type: none"> <li>Throwing</li> <li>Catching</li> <li>Running</li> <li>Defensive skills</li> </ul> </li> <li>Referee games</li> <li>Understand and respect rules</li> </ul>	<ul style="list-style-type: none"> <li></li> <li></li> </ul>

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3 weeks	<b><u>Soccer</u></b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>-----</li> <li>• Foot/eye skills</li> <li>• Conditioning</li> <li>• Field sense</li> <li>• Individual and team</li> <li>• Soccer skills</li> <li>• Basic rules</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate basic soccer skills: <ul style="list-style-type: none"> <li>○ Dribble</li> <li>○ Trap</li> <li>○ Passing</li> <li>○ Shot selection</li> <li>○ Throw in</li> <li>○ Switching fields</li> <li>○ Goal keeping</li> </ul> </li> <li>• Understand basic rules: <ul style="list-style-type: none"> <li>○ Corner kick</li> <li>○ Throw in</li> <li>○ Penalty kick</li> <li>○ Kick off</li> </ul> </li> <li>• Understand scoring</li> </ul>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul>
4-5 weeks	<b><u>Floor Hockey</u></b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>-----</li> <li>• Conditioning</li> <li>• Hand/eye coordination</li> <li>• Basic skills</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate basic floor hockey skills: <ul style="list-style-type: none"> <li>○ Stick handling</li> <li>○ Goalie skills</li> <li>○ Defensive skills</li> </ul> </li> <li>• Follow safety rules</li> </ul>	<ul style="list-style-type: none"> <li>• Quiz</li> </ul>