

Chautauqua Lake Central School District Physical Education Plan

Committee Members:

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Pursuant to Section of the Education Law and in accordance with Section 135.4

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SCHOOL DISTRICT

DEMOGRAPHIC INFO

Enrollment Summary for 2015-2016

GRADES	JUN	1ST	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN
	2015	DAY										
ELEMENTARY												
PK	36	36	36	36	36	37	37	38	38	38	38	38
KINDERGARTEN	58	43	45	45	44	45	45	45	45	44	43	43
1ST GRADE	50	55	56	56	56	56	57	57	57	57	58	58
2ND GRADE	55	53	53	54	55	56	56	56	56	54	53	53
3RD GRADE	57	55	54	55	53	54	55	54	54	53	53	53
4TH GRADE	50	54	54	54	54	54	52	50	50	50	51	51
5TH GRADE	48	54	53	53	51	51	51	49	49	50	50	50
6TH GRADE	57	46	47	47	47	47	47	47	47	47	47	47
CLCS BOCES	5	8	8	8	8	8	8	8	8	8	8	8
<i>SUB TOTAL ELEM</i>	416	404	406	408	404	408	408	404	404	401	401	401
SECONDARY												
7TH GRADE	73	94	93	92	94	94	92	90	88	88	89	89
8TH GRADE	70	74	77	76	75	75	75	76	76	76	76	76
9TH GRADE	84	70	69	67	69	69	69	69	70	70	70	70
10TH GRADE	90	84	85	84	84	84	84	84	84	85	85	85
11TH GRADE	78	88	87	87	86	85	85	84	84	84	83	83
12TH GRADE	60	75	75	74	74	74	73	72	72	72	72	72
CLCS BOCES	17	20	20	20	20	20	20	20	20	20	20	20
<i>SUB TOTAL SECONDARY</i>	472	505	506	500	502	501	498	495	494	495	495	495

TOTAL ALL	888	909	912	908	906	909	906	899	898	896	896	896
OTHER PUB.ED.	0	0	0	0	0	0	0	0	0	0	0	0
BOCES K-12	11	7	7	7	7	7	7	7	7	7	7	7
PRIV. RES. PLCMT.	1	0	0	0	0	0	0	0	0	0	0	0
ALT. ED.	6	8	8	8	8	8	8	8	8	8	8	8
HOME SCHOOL	16	19	19	19	19	20	20	20	20	21	21	21
AMISH	60	60	71	71	71	71	71	71	71	71	71	71
NON-PUBLIC SCHOOLS												
Bethal Baptist												
Lakeview Waits Corners	2	2	2	2	2	2	3	3	3	3	3	3
Amish	2	2	2	2	2	2	2	2	2	2	2	2
<i>SUB TOTAL</i>	98	98	109	109	109	110	111	111	111	112	112	112
GRAND TOTAL ALL	986	1007	1021	1017	1015	1019	1017	1010	1009	1008	1008	1008

Enrollment Summary for 2016-2017

GRADES	JUN	1ST	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN
	2016	DAY										
ELEMENTARY												
PK	38	39	39	38	38	38	38	38	36	36	36	36
KINDERGARTEN	43	47	47	48	48	50	50	50	50	50	50	50
1ST GRADE	58	42	39	39	39	39	39	39	39	38	38	38
2ND GRADE	53	56	56	55	55	55	55	55	55	55	55	55
3RD GRADE	53	52	52	52	51	51	51	51	51	51	52	52
4TH GRADE	51	51	51	50	51	50	51	51	51	50	50	49
5TH GRADE	50	52	51	51	51	51	51	51	51	51	51	51
6TH GRADE	47	45	44	44	44	44	44	44	44	44	45	45
CLCS BOCES	8	8	8	8	8	8	8	8	8	8	8	8
SUB TOTAL ELEM	401	392	387	385	385	386	387	387	385	383	385	384
SECONDARY												
7TH GRADE	89	58	58	58	58	57	57	57	58	59	59	59
8TH GRADE	76	89	89	89	88	88	87	87	87	86	85	85
9TH GRADE	70	79	77	78	77	77	76	75	75	75	75	75
10TH GRADE	85	66	66	66	67	67	67	67	66	65	65	65
11TH GRADE	83	88	86	85	86	85	83	83	82	82	81	81
12TH GRADE	72	83	83	81	81	81	81	81	80	80	80	80

ELEMENTARY												
PK	36	33	32	33	33	34	34	34	34	31	31	29
KINDERGARTEN	50	44	45	45	44	44	44	44	44	44	44	43
1ST GRADE	38	49	49	49	49	49	48	48	47	47	47	47
2ND GRADE	55	38	39	39	39	39	38	38	38	38	38	38
3RD GRADE	52	57	56	56	56	56	56	56	56	56	56	56
4TH GRADE	49	51	50	50	49	49	48	48	48	48	48	48
5TH GRADE	51	49	49	49	48	49	49	51	51	51	51	49
6TH GRADE	45	51	49	49	49	49	49	49	49	49	49	49
<i>SUB TOTAL ELEM</i>	376	372	369	370	367	369	366	368	367	364	364	359
SECONDARY												
7TH GRADE	59	69	67	66	66	67	67	67	67	66	66	66
8TH GRADE	85	59	61	60	60	60	59	60	60	61	61	61
9TH GRADE	75	89	88	89	89	89	92	91	90	91	89	89
10TH GRADE	65	70	72	71	71	70	71	70	70	70	69	69
11TH GRADE	81	62	63	62	62	61	62	61	61	61	60	60
12TH GRADE	80	80	80	80	80	79	79	79	79	78	79	79
<i>SUB TOTAL SECONDARY</i>	445	429	431	428	428	426	430	428	427	427	424	424
TOTAL ALL	821	801	800	798	795	795	796	796	794	791	788	783
OUT OF DISTRICT STUDENTS	0	10	10	16	16	16	16	16	16	16	16	16
BOCES K-12	7	5	5	25	25	25	25	24	24	23	23	
PRIV. RES. PLCMT.	1	1	1	1	1	1	1	1	1	1	1	1
ALT. ED.	7	9	9	10	11	12	12	13	13	13	16	15

HOME SCHOOL	24	22	22	21	20	20	20	22	22	22	22	22
AMISH	71	71	71	71	71	71	71	71	71	71	71	71
NON-PUBLIC SCHOOLS												
Bethal Baptist	3	3	3	3	3	3	3	3	3	3	3	3
Lakeview Waits Corners	3	0	0	0	0	0	0	0	0	0	0	0
Amish												
<i>SUB TOTAL</i>	116	121	121	147	147	148	148	150	150	149	152	
GRAND TOTAL ALL	937	922	921	945	942	943	944	946	944	940	940	

LOCATION

MAP PICTURE

PHYSICAL EDUCATION PLAN

INTRODUCTION

Scientific research has shown that physical activity helps improve a child's mental alertness, academic performance, and readiness to learn; therefore, the Chautauqua Lake Central School District supports a well-designed and integrated physical education program.

MISSION STATEMENT

Chautauqua Lake Central School, in partnership with family and community, will provide the educational opportunities for all students to achieve their highest potential in a safe, caring environment and prepare them to live a just and enjoy life in a changing world.

PROGRAM GOALS AND OBJECTIVES

K-12 program goals and objectives are guided by the NYS Learning Standards.

NEW YORK STATE PHYSICAL EDUCATION LEARNING STANDARDS

STANDARD 1: PERSONAL HEALTH AND FITNESS

Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

Key Idea:

Students will be able to:

- Perform basic motor and manipulative skills. They will attain competency in a variety of physical activities and proficiency in a few select complex motor and sports activities.
- Design personal fitness programs to improve cardiorespiratory endurance, flexibility, muscular strength, endurance, and body composition.

GENERAL OBJECTIVES

Physical Education is a sequential educational program based on physical activities undertaken in an active, caring, supportive, and non-threatening atmosphere in which every student is challenged and successful. The goal of physical education is to develop physically literate individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. As the result of a quality K-12 physical education experience, students will be able to:

PSYCHOMOTOR OBJECTIVES

- perform movement patterns effectively (NYS 1)
- engage in physical activities that improve and maintain agility, flexibility, coordination, strength, and general physical fitness (NYS 1)
- engage in activities that develop physical, mental, social, and emotional well-being (NYS 1)
- follows rules in games and sports (NYS 2)
- demonstrate an understanding of techniques in sports (NYS 2)
- follow safety principles in all activities (NYS 2)
- manage personal and community resources (NYS 3)

COGNITIVE OBJECTIVES

- explain the role of improving and maintaining strength, flexibility, and endurance (NYS 1)
- explain the role of physical activity in maintaining and improving emotional and physical health (NYS 1)
- explain safety aspects involved in physical activity (NYS 2)
- explain basic skills and rules involved in games and sports (NYS 1)
- explain fundamental movement patterns (NYS 1)
- list the personal and community resources available to them (NYS 3)

AFFECTIVE OBJECTIVES

- have desirable attitudes toward physical fitness (NYS 1)
- have confidence in their abilities (NYS 1)
- value the role of physical activity in promoting, maintaining, and improving emotional and physical health (NYS 1)
- have understanding of differences in abilities and performance (NYS 1)

- appreciate the strategies and techniques of game play (NYS 1)
- appreciate the need for rules and cooperation (NYS 2)
- value the safety of all participants during activity (NYS 2)
- value the availability of community and personal resources (NYS 3)

REQUIRED INSTRUCTION

DISTRICT REQUIREMENTS

All students in K-12 must attend and participate in a physical education program. Individual medical certificates of limitations must indicate the area of the program in which the pupil may participate. School district plans must indicate steps to be taken to ensure that each pupil meets the requirement for participation in their physical education program.

CHAUTAUQUA LAKE ELEMENTARY (K-6)

- All pupils in grades K-3 shall attend and participate in physical education on a daily basis.
- All pupils in grades 4-6 shall attend and participate in physical education not less than three times per week.
- Grades K-3 are required to have daily physical education for a minimum total of 120 minutes per week.
- Grades 4-6 are required to have physical education three days per week for a minimum total of 120 minutes per week.

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CHAUTAUQUA LAKE MIDDLE/HIGH SCHOOL (7-12)

- Students entering grade 9 until graduation must earn the equivalent of two units of credit in physical education to be eligible to receive a diploma.

- $\frac{1}{2}$ credits are earned per year for a total of four years (grades 9-12). This accumulates to 2 units of credit necessary to receive a diploma.
- All pupils in grades 7-12 shall attend and participate in physical education for not less than three times per week in one semester, and not less than two times per week in the other semester.
- Currently in grades 7-12 students participate in 40 minute long PE classes, rotating on an AB schedule.

K-2 Scope and Sequence

FALL

UNIT	SKILLS	ACTIVITIES/GAMES
General/Personal Space/Listening Cues	<ul style="list-style-type: none"> ● Spatial Awareness 	<ul style="list-style-type: none"> ● “Hula Hoop Twister” ● “The Three Little Pigs” ● “Mr. Tape”
Locomotor Skills	<ul style="list-style-type: none"> ● Skipping ● Galloping ● Hopping ● Jumping ● Running ● Pathways (zig-zag, curved, straight) ● Dodging/Chasing ● Leaping ● Sliding 	<ul style="list-style-type: none"> ● “What kind of animal are you?” (pathways, spatial awareness) ● “Locomotor Spelling” ● Relays ● Locomotor Assessment ● Tag ● Warm-up Activities ● “Pirate’s Treasure” ● “Up/down Cones” ● “Pirate’s Cove” ● “Hula Hoop Twister”
Throwing and Catching	<ul style="list-style-type: none"> ● Overhand/Underhand Throwing ● Stepping with correct foot ● Follow through ● Shoulder turn (T, tuck, and follow through) ● Grip ● Eyes on the ball ● Arms extended ● Catch with Hands ● Give with balls (bend with elbows) 	<ul style="list-style-type: none"> ● Assessment Sheets ● Partner Throwing and Catching ● “Go Fetch” ● Target Practice

	<ul style="list-style-type: none"> ● Move to the ball (move feet) 	
Baseline Fitness	<ul style="list-style-type: none"> ● Curl-ups ● Flexed arm hang ● Push-ups ● Pacer (just for familiarity) ● Flexibility ● Timed 400 meter 	<ul style="list-style-type: none"> ● Stations ● Assessments using Fitnessgram and Presidential Physical Fitness
Soccer	<ul style="list-style-type: none"> ● Striking the ball ● Passing ● Dribbling ● Two-handed throw in ● Boundaries ● Differences in Offense and Defense ● Spacing 	<ul style="list-style-type: none"> ● Relays ● Partner passing ● Circle Passing ● Shooting Game – if you shoot and score you become the new goalie ● Modified Game ● Assessment
Volleyball	<ul style="list-style-type: none"> ● Forearm Passing ● Set ● Boundaries ● Volley 	<ul style="list-style-type: none"> ● Balloon Games ● Partner Passing ● Partner Setting ● “Clean your Room”
Tag Games	<ul style="list-style-type: none"> ● Dodging ● Chasing ● Spatial Awareness ● Following Directions 	<ul style="list-style-type: none"> ● “See Ya Later Alligator” ● Flag Tag ● Hula Hoop Tag ● Line Tag ● Tunnel Tag ● “What time is it Mr. Fox?” ● Sharks and Minnows

Holiday Games	<ul style="list-style-type: none"> ● Running ● Dodging ● Chasing ● Fun ● Character Development ● Sportsmanship 	<ul style="list-style-type: none"> ● Turkey Dinner Tag ● Turkey Round-up
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K-2 Scope and Sequence

WINTER

UNIT	SKILLS	ACTIVITIES/GAMES
Basketball	<ul style="list-style-type: none"> ● Dribbling ● Chest Passing ● Bounce Passing ● Overhead Passing ● Shooting Form ● Ball-handling ● Basic Defensive Positioning (bent knees, palms up, arms extended) 	<ul style="list-style-type: none"> ● Dribble Tag ● Partner Passing ● Partner Form Shooting ● Relays ● Stations ● Assessments
Holiday Games	<ul style="list-style-type: none"> ● Running ● Dodging ● Chasing ● Fun ● Character Development ● Sportsmanship 	<ul style="list-style-type: none"> ● Grinch Tag ● Santa’s Little Helpers (Gauntlet) ● “Holiday Gift Exchange”

Racquet Sports/Table Tennis	<ul style="list-style-type: none"> ● Basic Grip ● Basic Swing ● Spatial Awareness ● Proper Equipment Use ● Modified Underhand Serve 	<ul style="list-style-type: none"> ● Volley count ● Self volley
Bowling/Four Square	<ul style="list-style-type: none"> ● Grip ● Approach ● Release ● Follow through ● Pin Setting ● Bowling Etiquette/Safety ● Counting Pins ● Strikes, Spares, Gutter Ball, Turkey 	<ul style="list-style-type: none"> ● Practice ● Consecutive Bowling (start with 1 pin)
Gymnastics	<ul style="list-style-type: none"> ● Balances (static and dynamic) ● Rolls ● Body Positions ● Animal Walks 	<ul style="list-style-type: none"> ● Relays ● Stations ● Practice Time
Speed Stacking	<ul style="list-style-type: none"> ● 3 stack ● 6 stack ● 12 stack ● 3-3-3 stack ● 3-6-3 stack ● Cycle ● Eye-hand coordination ● Using both hands (ambidextrous) 	<ul style="list-style-type: none"> ● Fitness games ● Up/Down Stacks ● Relays ● Timing Games ● Practice Time ● Creative Building

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K-2 Scope and Sequence

SPRING

UNIT	SKILLS	ACTIVITIES/GAMES
Cooperative Games	<ul style="list-style-type: none"> ● Teamwork ● Strategy ● Cooperation ● Sportsmanship ● Cognitive Learning Skills ● Adaptation ● Coordination ● Balance 	<ul style="list-style-type: none"> ● Scooter Ships ● Driving Games ● Message in a Bottle ● Obstacle Course ● Mission Impossible
Dance	<ul style="list-style-type: none"> ● Body Parts ● Directional Cues ● Following Directions ● Teamwork 	<ul style="list-style-type: none"> ● Hokey Pokey ● Basic Square Dancing ● Simon says to Music
Fitness	<ul style="list-style-type: none"> ● Curl-ups ● Flexed arm hang ● Push-ups ● Pacer (just for familiarity) ● Flexibility 	<ul style="list-style-type: none"> ● Stations ● Assessments using Fitnessgram and Presidential Physical Fitness

	<ul style="list-style-type: none"> ● Timed 400 meter 	
T-ball	<ul style="list-style-type: none"> ● Base running ● Grip ● Swing ● Catching ● Fielding ● Stance ● Basic Rules 	<ul style="list-style-type: none"> ● Modified game ● Batting Practice off a T ● Fielding Practice
Track and Field	<ul style="list-style-type: none"> ● Sprinting ● Pacing ● Teamwork ● Communication ● Jumping ● Footwork ● Lanes ● Softball Throw 	<ul style="list-style-type: none"> ● 50 yard dash ● 100 yard dash ● 400 m ● Long jump ● Short relay ● High Jump (no bar)

3-5 Scope and Sequence

FALL

UNIT	SKILLS	ACTIVITIES/GAMES
Locomotor Skills	<ul style="list-style-type: none"> ● Skipping ● Galloping ● Hopping ● Jumping 	<ul style="list-style-type: none"> ● Relays ● Locomotor Assessment ● Tag ● Warm-up Activities

	<ul style="list-style-type: none"> ● Running ● Pathways (zig-zag, curved, straight) ● Dodging/Chasing ● Leaping ● Sliding 	<ul style="list-style-type: none"> ● “Pirate’s Treasure” ● “Up/down Cones” ● “Pirate’s Cove” ● “Hula Hoop Twister”
Throwing and Catching	<ul style="list-style-type: none"> ● Overhand Throwing ● Stepping with correct foot ● Follow through ● Shoulder turn (T, tuck, and follow through) ● Grip ● Eyes on the ball ● Arms extended ● Catch with Hands ● Give with balls (bend with elbows) ● Move to the ball (move feet) 	<ul style="list-style-type: none"> ● Assessment Sheets ● Partner Throwing and Catching ● “Go Fetch” ● Target Practice ● Stations <ul style="list-style-type: none"> - Target practice - “Go Fetch” - Football Throw - Sit-ups with medicine balls - Agility Slides while catching
Baseline Fitness	<ul style="list-style-type: none"> ● Curl-ups ● Flexed arm hang ● Push-ups ● Pacer ● Flexibility ● Mile Run ● Shuttle Run 	<ul style="list-style-type: none"> ● Stations ● Assessments using Fitnessgram and Presidential Physical Fitness
Soccer	<ul style="list-style-type: none"> ● Striking the ball 	<ul style="list-style-type: none"> ● Relays

	<ul style="list-style-type: none"> ● Passing ● Dribbling ● Two-handed throw in ● Boundaries ● Differences in Offense and Defense ● Spacing ● Strategies ● Positioning ● Goal Tending 	<ul style="list-style-type: none"> ● Partner passing ● Circle Passing ● Shooting Game – if you shoot and score you become the new goalie ● Modified Games ● Assessment
Volleyball	<ul style="list-style-type: none"> ● Forearm Passing ● Set ● Boundaries ● Volley ● Positioning ● Underhand/Overhand Serving ● Score keeping ● Basic Rules ● Bump, Set, Spike (5th) 	<ul style="list-style-type: none"> ● Balloon Games (3rd) ● Partner Passing ● Partner Setting ● “Clean your Room” ● Modified Games ● Modified Serving Games ● Assessment
Tag Games	<ul style="list-style-type: none"> ● Dodging ● Chasing ● Spatial Awareness ● Following Directions 	<ul style="list-style-type: none"> ● “See Ya Later Alligator” ● Flag Tag ● Hula Hoop Tag ● Line Tag ● Tunnel Tag ● “What time is it Mr. Fox?” ● Sharks and Minnows

Holiday Games	<ul style="list-style-type: none"> ● Running ● Dodging ● Chasing ● Fun ● Character Development ● Sportsmanship 	<ul style="list-style-type: none"> ● Turkey Dinner Tag ● Turkey Round-up
Striking	<ul style="list-style-type: none"> ● Timing ● Moving to the ball ● Kicking with the laces 	<ul style="list-style-type: none"> ● Kickball ● Soccer ● Speedball
Swimming	<ul style="list-style-type: none"> ● Freestyle ● Breast Stroke ● Back Crawl ● Elementary Back Stroke ● Side Stroke ● Tread water 	<ul style="list-style-type: none"> ● Relays ● Animal Ball (5th) ● Assessments

3-5 Scope and Sequence

WINTER

UNIT	SKILLS	ACTIVITIES/GAMES
Basketball	<ul style="list-style-type: none"> ● Dribbling ● Chest Passing ● Bounce Passing 	<ul style="list-style-type: none"> ● Dribble Tag ● Partner Passing ● Partner Form Shooting

	<ul style="list-style-type: none"> ● Overhead Passing ● Shooting Form ● Ball-handling ● Basic Defensive Positioning (bent knees, palms up, arms extended) ● Boxing out ● Outlet Pass ● Positions ● Jump Ball (start of game) 	<ul style="list-style-type: none"> ● Relays ● Stations ● Assessments
Holiday Games	<ul style="list-style-type: none"> ● Running ● Dodging ● Chasing ● Fun ● Character Development ● Sportsmanship 	<ul style="list-style-type: none"> ● Grinch Tag ● Santa's Little Helpers (Gauntlet) ● "Holiday Gift Exchange"
Racquet Sports/Table Tennis	<ul style="list-style-type: none"> ● Basic Grip ● Basic Swing ● Spatial Awareness ● Proper Equipment Use ● Modified Underhand Serve ● Volleying ● Basic Scoring ● Overhead Shot ● Basic Boundaries ● Strategy 	<ul style="list-style-type: none"> ● Volley count ● Self volley ● Modified Game Play
Bowling/Four Square	<ul style="list-style-type: none"> ● Grip 	<ul style="list-style-type: none"> ● Practice

	<ul style="list-style-type: none"> ● Approach ● Release ● Follow through ● Pin Setting ● Bowling Etiquette/Safety ● Counting Pins ● Strikes, Spares, Gutter Ball, Turkey ● Keeping Score 	<ul style="list-style-type: none"> ● Consecutive Bowling (start with 1 pin) ● Game
Gymnastics	<ul style="list-style-type: none"> ● Balances (static and dynamic) ● Rolls ● Body Positions ● Animal Walks ● Turns ● Supports 	<ul style="list-style-type: none"> ● Relays ● Stations ● Practice Time ● Routine
Speed Stacking	<ul style="list-style-type: none"> ● 3 stack ● 6 stack ● 12 stack ● 3-3-3 stack ● 3-6-3 stack ● Cycle ● Eye-hand coordination ● Using both hands (ambidextrous) 	<ul style="list-style-type: none"> ● Fitness games ● Up/Down Stacks ● Relays ● Timing Games ● Practice Time ● Creative Building
International Wrestling	<ul style="list-style-type: none"> ● Balance ● Sportsmanship ● Following Rules 	<ul style="list-style-type: none"> ● 100 Dollar Note ● Tug of War ● Sumo Wrestling

	<ul style="list-style-type: none"> ● Agility ● Strategy ● Upper and Lower Body Strength 	<ul style="list-style-type: none"> ● The Puddle ● Persian Wrestling ● Line Wrestling ● Canadian Wrestling of the Lumberjack
Speedball	<ul style="list-style-type: none"> ● Dribbling ● Passing (feet and hands) ● Shooting (feet and hands) ● Basic kicking ● Teamwork ● Goal tending ● Rules ● Scoring 	<ul style="list-style-type: none"> ● Speedball
Swimming	<ul style="list-style-type: none"> ● Freestyle ● Breast Stroke ● Back Crawl ● Elementary Back Stroke ● Side Stroke ● Tread water 	<ul style="list-style-type: none"> ● Relays ● Animal Ball (5th) ● Assessments

3-5 Scope and Sequence

SPRING

UNIT	SKILLS	ACTIVITIES/GAMES
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Cooperative Games	<ul style="list-style-type: none"> ● Teamwork ● Strategy ● Cooperation ● Sportsmanship ● Cognitive Learning Skills ● Adaptation ● Coordination ● Balance 	<ul style="list-style-type: none"> ● Scooter Ships ● Driving Games ● Message in a Bottle ● Obstacle Course ● Mission Impossible
Dance	<ul style="list-style-type: none"> ● Body Parts ● Directional Cues ● Following Directions ● Teamwork 	<ul style="list-style-type: none"> ● Hokey Pokey ● Basic Square Dancing ● Simon says to Music
Fitness	<ul style="list-style-type: none"> ● Curl-ups ● Flexed arm hang ● Push-ups ● Pacer (just for familiarity) ● Flexibility ● Timed 400 meter 	<ul style="list-style-type: none"> ● Stations ● Assessments using Fitnessgram and Presidential Physical Fitness
T-ball	<ul style="list-style-type: none"> ● Base running ● Grip ● Swing ● Catching ● Fielding ● Stance 	<ul style="list-style-type: none"> ● Modified game ● Batting Practice off a T ● Fielding Practice

	<ul style="list-style-type: none"> ● Basic Rules 	
Track and Field	<ul style="list-style-type: none"> ● Sprinting ● Pacing ● Teamwork ● Communication ● Jumping ● Footwork ● Lanes ● Softball Throw 	<ul style="list-style-type: none"> ● 50 yard dash ● 100 yard dash ● 400 m ● Long jump ● Short relay ● High Jump (no bar)
Ultimate Frisbee	<ul style="list-style-type: none"> ● Throwing ● Catching (while moving) ● Basic Rules ● Spacial Awareness ● Scoring 	<ul style="list-style-type: none"> ● “Go Fetch” ● Partner Passing and Catching ● Game
Swimming	<ul style="list-style-type: none"> ● Freestyle ● Breast Stroke ● Back Crawl ● Elementary Back Stroke ● Side Stroke ● Tread water 	<ul style="list-style-type: none"> ● Relays ● Animal Ball (5th) ● Assessments

6-8 Scope and Sequence

FALL

UNIT	SKILLS	ACTIVITIES/GAMES
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Baseline Fitness	<ul style="list-style-type: none"> ● Curl-ups ● Flexed arm hang ● Push-ups ● Pacer ● Flexibility ● Mile Run ● Shuttle Run ● Pull-ups 	<ul style="list-style-type: none"> ● Stations ● Assessments using Fitnessgram and Presidential Physical Fitness
Soccer	<ul style="list-style-type: none"> ● Striking the ball ● Passing ● Dribbling ● Two-handed throw in ● Boundaries ● Differences in Offense and Defense ● Spacing ● Strategies ● Positioning 	<ul style="list-style-type: none"> ● Relays ● Partner passing ● Circle Passing ● Shooting Game – if you shoot and score you become the new goalie ● Game Activity ● Sideline Soccer ● 4 Corner Soccer ● Assessment
Volleyball	<ul style="list-style-type: none"> ● Forearm Passing ● Set ● Boundaries ● Volley ● Positioning ● Underhand/Overhand Serving ● Score keeping ● Basic Rules 	<ul style="list-style-type: none"> ● Partner Passing ● Partner Setting ● Serving ● Serve Receive ● Drills ● Tournament Play ● Assessment

	<ul style="list-style-type: none"> ● Bump, Set, Spike 	
Tag Games	<ul style="list-style-type: none"> ● Dodging ● Chasing ● Spatial Awareness ● Following Directions 	<ul style="list-style-type: none"> ● “See Ya Later Alligator” ● Flag Tag ● Hula Hoop Tag ● Line Tag ● Tunnel Tag ● Sharks and Minnows
Holiday Games (6 th grade only)	<ul style="list-style-type: none"> ● Running ● Dodging ● Chasing ● Fun ● Character Development ● Sportsmanship 	<ul style="list-style-type: none"> ● Turkey Dinner Tag ● Turkey Round-up
Striking	<ul style="list-style-type: none"> ● Timing ● Moving to the ball ● Kicking with the laces 	<ul style="list-style-type: none"> ● Kickball ● Soccer ● Speedball
Swimming	<ul style="list-style-type: none"> ● Freestyle ● Breast Stroke ● Back Crawl ● Elementary Back Stroke ● Side Stroke ● Tread water 	<ul style="list-style-type: none"> ● Relays ● Water Polo ● Animal Ball ● Brick Ball ● Assessments

	<ul style="list-style-type: none"> ● Starts ● Diving 	
Tennis	<ul style="list-style-type: none"> ● Grip ● Forehand Swing ● Backhand Swing ● Overhead Serve ● Boundaries ● Rules ● Score Keeping 	<ul style="list-style-type: none"> ● Volley ● Serving Practice ● Serve Receive ● Doubles Play ● Ladder Tournament ● Assessments
Flag Football	<ul style="list-style-type: none"> ● Grip ● Throwing and Catching ● Route Running ● Rules ● Boundaries ● Sportsmanship ● Score Keeping ● Positions ● Offense/Defense ● Flag Pulling 	<ul style="list-style-type: none"> ● Flag Football

6-8 Scope and Sequence

WINTER

UNIT	SKILLS	ACTIVITIES/GAMES
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Basketball	<ul style="list-style-type: none"> ● Dribbling ● Chest Passing ● Bounce Passing ● Overhead Passing ● Shooting Form ● Ball-handling ● Basic Defensive Positioning (bent knees, palms up, arms extended) ● Boxing out ● Outlet Pass ● Positions ● Jump Ball (start of game) ● Filling Lanes ● Score Keeping 	<ul style="list-style-type: none"> ● Dribble Tag ● Partner Passing ● Partner Form Shooting ● Relays ● Stations ● Games ● Tournaments ● 11 man drill ● Foul shooting ● Knockout ● Dribble Tag ● Lay-up Lines ● Assessments
Racquet Sports/Table Tennis	<ul style="list-style-type: none"> ● Grip ● Swing ● Spatial Awareness ● Proper Equipment Use ● Underhand Serve <ul style="list-style-type: none"> - Short - Long ● Volleying ● Scoring ● Overhead Shot ● Boundaries ● Strategy 	<ul style="list-style-type: none"> ● Volley count ● Game Play ● Doubles Tournament ● Skill Practice

Bowling/Four Square	<ul style="list-style-type: none"> ● Grip ● Approach ● Release ● Follow through ● Pin Setting ● Bowling Etiquette/Safety ● Counting Pins ● Strikes, Spares, Gutter Ball, Turkey ● Keeping Score 	<ul style="list-style-type: none"> ● Practice ● Consecutive Bowling (start with 1 pin) ● Game
Gymnastics	<ul style="list-style-type: none"> ● Balances (static and dynamic) ● Rolls ● Body Positions ● Turns ● Supports ● Tri-pod ● Head/Hand Stands ● Cartwheel ● Round-off 	<ul style="list-style-type: none"> ● Relays ● Stations ● Practice Time ● Routine
Speed Stacking (6 th)	<ul style="list-style-type: none"> ● 3 stack ● 6 stack ● 12 stack ● 3-3-3 stack ● 3-6-3 stack ● Cycle ● Eye-hand coordination 	<ul style="list-style-type: none"> ● Fitness games ● Up/Down Stacks ● Relays ● Timing Games ● Practice Time ● Creative Building

	<ul style="list-style-type: none"> ● Using both hands (ambidextrous) 	
International Wrestling	<ul style="list-style-type: none"> ● Balance ● Sportsmanship ● Following Rules ● Agility ● Strategy ● Upper and Lower Body Strength 	<ul style="list-style-type: none"> ● 100 Dollar Note ● Tug of War ● Sumo Wrestling ● The Puddle ● Persian Wrestling ● Line Wrestling ● Canadian Wrestling of the Lumberjack
Speedball	<ul style="list-style-type: none"> ● Dribbling ● Passing (feet and hands) ● Shooting (feet and hands) ● Basic kicking ● Teamwork ● Goal tending ● Rules ● Scoring 	<ul style="list-style-type: none"> ● Speedball
Swimming (6 th)	<ul style="list-style-type: none"> ● Freestyle ● Breast Stroke ● Back Crawl ● Elementary Back Stroke ● Side Stroke ● Tread water 	<ul style="list-style-type: none"> ● Relays ● Animal Ball (5th) ● Assessments

6-8 Scope and Sequence

SPRING

UNIT	SKILLS	ACTIVITIES/GAMES
Cooperative Games	<ul style="list-style-type: none">● Teamwork● Strategy● Cooperation● Sportsmanship● Cognitive Learning Skills● Adaptation● Coordination● Balance	<ul style="list-style-type: none">● Scooter Ships● Driving Games● Message in a Bottle● Obstacle Course● Mission Impossible
Dance	<ul style="list-style-type: none">● Body Parts● Directional Cues● Following Directions● Teamwork	<ul style="list-style-type: none">● Square Dancing● Cotton-eyed Joe● Electric Slide● Line Dance
Fitness	<ul style="list-style-type: none">● Curl-ups● Flexed arm hang● Push-ups● Pacer (just for familiarity)● Flexibility● Mile Run● Pull-ups	<ul style="list-style-type: none">● Stations● Assessments using Fitnessgram and Presidential Physical Fitness

Softball	<ul style="list-style-type: none"> ● Base running ● Grip ● Swing ● Catching ● Fielding ● Stance ● Rules ● Positions ● Keeping Score ● Ball relays 	<ul style="list-style-type: none"> ● Modified game ● Batting Practice ● Fielding Practice ● Ball relay practice
Track and Field	<ul style="list-style-type: none"> ● Sprinting ● Pacing ● Teamwork ● Communication ● Jumping ● Footwork ● Lanes ● Softball Throw 	<ul style="list-style-type: none"> ● 50 yard dash ● 100 yard dash ● 200 m ● 400 m ● 800 m ● Long jump ● 400 relay ● High Jump ● Shot ● Discus ● Javelin (6th)
Ultimate Frisbee	<ul style="list-style-type: none"> ● Throwing ● Catching (while moving) ● Basic Rules ● Spacial Awareness ● Scoring 	<ul style="list-style-type: none"> ● “Go Fetch” ● Partner Passing and Catching ● Game

Swimming	<ul style="list-style-type: none"> ● Freestyle ● Breast Stroke ● Back Crawl ● Elementary Back Stroke ● Side Stroke ● Tread water ● Water Safety 	<ul style="list-style-type: none"> ● Relays ● Animal Ball ● Brick Ball ● Water Polo ● Water Baseball ● Stride Jump ● Rescue ● Assessments
Recreational Games	<ul style="list-style-type: none"> ● Rules ● Teamwork ● Definitions ● Strategy ● Score Keeping 	<ul style="list-style-type: none"> ● Bocce ● Ladder Ball ● Kan Jam ● Frisbee Golf ● Corn Hole ● Washer Toss

9-12 Scope and Sequence

FALL

UNIT	SKILLS	ACTIVITIES/GAMES
Baseline Fitness	<ul style="list-style-type: none"> ● Curl-ups ● Flexed arm hang ● Push-ups ● Pacer ● Flexibility 	<ul style="list-style-type: none"> ● Stations ● Assessments using Fitness-gram Physical Fitness Testing

	<ul style="list-style-type: none"> ● Mile Run ● Shuttle Run ● Pull-ups 	
Soccer	<ul style="list-style-type: none"> ● Striking the ball ● Passing ● Dribbling ● Two-handed throw in ● Boundaries ● Differences in Offense and Defense ● Spacing ● Strategies ● Positioning 	<ul style="list-style-type: none"> ● Relays ● Partner passing ● Circle Passing ● Shooting Game – if you shoot and score you become the new goalie ● Game Activity ● Sideline Soccer ● 4 Corner Soccer ● Assessment
Football	<ul style="list-style-type: none"> ● Grip ● Throwing and Catching ● Route Running ● Rules ● Boundaries ● Sportsmanship ● Score Keeping ● Positions ● Offense/Defense ● Flag Pulling 	<ul style="list-style-type: none"> ● Razzle Dazzle ● Ultimate Football ● Flag Football
Volleyball	<ul style="list-style-type: none"> ● Forearm Passing ● Set 	<ul style="list-style-type: none"> ● Partner Passing ● Partner Setting

	<ul style="list-style-type: none"> ● Boundaries ● Volley ● Positioning ● Underhand/Overhand Serving ● Score keeping ● Basic Rules ● Bump, Set, Spike 	<ul style="list-style-type: none"> ● Serving ● Serve Receive ● Drills ● Tournament Play ● Assessment
Swimming	<ul style="list-style-type: none"> ● Freestyle ● Breast Stroke ● Back Crawl ● Elementary Back Stroke ● Side Stroke ● Tread water ● Starts ● Diving 	<ul style="list-style-type: none"> ● Relays ● Water Polo ● Animal Ball ● Brick Ball ● Assessments

9-12 Scope and Sequence

WINTER

UNIT	SKILLS	ACTIVITIES/GAMES
Basketball	<ul style="list-style-type: none"> ● Dribbling ● Chest Passing 	<ul style="list-style-type: none"> ● Dribble Tag ● Partner Passing

	<ul style="list-style-type: none"> ● Bounce Passing ● Overhead Passing ● Shooting Form ● Ball-handling ● Basic Defensive Positioning (bent knees, palms up, arms extended) ● Boxing out ● Outlet Pass ● Positions ● Jump Ball (start of game) ● Filling Lanes ● Score Keeping 	<ul style="list-style-type: none"> ● Partner Form Shooting ● Relays ● Stations ● Games ● Tournaments ● 11 man drill ● Foul shooting ● Knockout ● Dribble Tag ● Lay-up Lines ● Assessments
Swimming	<ul style="list-style-type: none"> ● Freestyle ● Breast Stroke ● Back Crawl ● Elementary Back Stroke ● Side Stroke ● Tread water 	<ul style="list-style-type: none"> ● Relays ● Animal Ball ● Pool Baseball ● Gutter ball ● Volleyball ● Assessments
Whiffle Ball	<ul style="list-style-type: none"> ● Player Positions ● Grip ● Stance ● Base Running ● Infield / Outfield Play 	<ul style="list-style-type: none"> ● Whiffle ball games
Team Games	<ul style="list-style-type: none"> ● Strategies ● Teamwork ● Cooperation 	<ul style="list-style-type: none"> ● Ultimate Four square ● Four Corner Soccer ● Speedball

	<ul style="list-style-type: none"> ● Safety 	<ul style="list-style-type: none"> ● Ultimate Frisbee ● Kickball
Floor Hockey	<ul style="list-style-type: none"> ● Grip ● Moving with the Ball ● Moving w/o the Ball ● Offensive / Defensive Positioning ● Ball Control ● Stick Control 	<ul style="list-style-type: none"> ● Floor hockey games
Weight Room	<ul style="list-style-type: none"> ● Etiquette / Safety ● Cardiovascular Endurance ● Aerobic vs. Anaerobic Exercise ● Reps vs. Sets ● Weight vs. Reps ● Form / Technique 	<ul style="list-style-type: none"> ● Cardio ● Strength training ● TRX band workouts ● Timed circuits
Barrel Ball	<ul style="list-style-type: none"> ● Dribbling ● Catching ● Throwing ● Shooting ● Passing ● Defensive footwork ● Defensive positioning 	<ul style="list-style-type: none"> ● Barrel Ball games

9-12 Scope and Sequence

SPRING

UNIT	SKILLS	ACTIVITIES/GAMES
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Cooperative Games	<ul style="list-style-type: none"> ● Teamwork ● Strategy ● Cooperation ● Sportsmanship ● Cognitive Learning Skills ● Adaptation ● Coordination ● Balance 	<ul style="list-style-type: none"> ● Scooter Ships ● Driving Games ● Message in a Bottle ● Obstacle Course ● Mission Impossible
Dance	<ul style="list-style-type: none"> ● Body Parts ● Directional Cues ● Following Directions ● Teamwork 	<ul style="list-style-type: none"> ● Just Dance ● Square Dance
Badminton / Table Tennis	<ul style="list-style-type: none"> ● Grip ● Swing ● Spatial Awareness ● Proper Equipment Use ● Underhand Serve <ul style="list-style-type: none"> - Short - Long ● Volleying ● Scoring ● Overhead Shot ● Boundaries ● Strategy 	<ul style="list-style-type: none"> ● Volley count ● Game Play ● Doubles Tournament ● Skill Practice

Fitness	<ul style="list-style-type: none"> ● Curl-ups ● Flexed arm hang ● Push-ups ● Pacer ● Flexibility ● Mile Run ● Pull-ups 	<ul style="list-style-type: none"> ● Stations ● Assessments using Fitnessgram Physical Fitness Testing
Softball	<ul style="list-style-type: none"> ● Base running ● Grip ● Swing ● Catching ● Fielding ● Stance ● Rules ● Positions ● Keeping Score ● Ball relays 	<ul style="list-style-type: none"> ● Modified game ● Batting Practice ● Fielding Practice ● Ball relay practice
Swimming	<ul style="list-style-type: none"> ● Freestyle ● Breast Stroke ● Back Crawl ● Elementary Back Stroke ● Side Stroke ● Tread water ● Water Safety 	<ul style="list-style-type: none"> ● Relays ● Animal Ball ● Brick Ball ● Water Polo ● Water Baseball ● Stride Jump ● Rescue ● Assessments

Tennis	<ul style="list-style-type: none"> ● Grip ● Forehand Swing ● Backhand Swing ● Overhead Serve ● Boundaries ● Rules ● Score Keeping 	<ul style="list-style-type: none"> ● Volley ● Serving Practice ● Serve Receive ● Doubles Play ● Ladder Tournament ● Assessments
Cricket (Tennis/Softball)	<ul style="list-style-type: none"> ● (See Softball) 	<ul style="list-style-type: none"> ● Player Rotation ● Game
Golf	<ul style="list-style-type: none"> ● Grip ● Swing motion ● Putting ● Chipping ● Driving ● Different equipment ● Rules ● Strategies ● Etiquette 	<ul style="list-style-type: none"> ● Putting challenges/putt-putt course ● Chip-n-a bucket ● Chipping challenge ● Driving challenge ● Mini 9 holes

PHYSICAL EDUCATION ELECTIVES

Weight room during DLL???????????

TITLE IX

“No person in the United States shall, on the basis of sex, be excluded from participation in, or denied the benefits of, or be subjected to discrimination under any educational program or activity receiving federal assistance.”

All Chautauqua Lake Central School programs meet the Federal Title IX guidelines.

ADAPTED PHYSICAL EDUCATION

Adapted physical education (APE) is a specially designed program of developmental activities, games, sports, and rhythms suited to the interests, capabilities, and limitations of students with disabilities who may not safely or successfully engage in unrestricted participation in the activities of the regular physical program. The safety of students must be considered when planning and implementing APE programs. The Individuals with Disabilities Education Act requires that special education, including instruction in physical education, be provided at no cost to parents. AEP may be supplemented by related services, intramural sports, athletics, or other experiences that are not primarily instructional. However, these services cannot be provided in place of an APE program. An APE service must be identified in the student’s IEP.

INTEGRATED IN REGULAR CLASSES

- In grades K-6 at Chautauqua Lake Elementary special education classes are integrated into regular physical education class.
- The self-contained grades K-3 classroom comes to Physical Education with the grade level that meets the grade level of most of the students in the room.
- The self-contained grades 4-6 class comes to physical education with their grade level

ADAPTED CLASSES

In Chautauqua Lake Central School District modified physical education classes are offered. If a student's IEP specifies an adapted physical education class then one will be provided or offered by a consortium service.

USE OF CLASSROOM AIDES

Students in Chautauqua Lake Central School District who have a classroom aide or a 1:1 aide will also have that aide in physical education class. Their role in the classroom continues in the gymnasium.

ATTENDANCE POLICY

State Education Law permits legal absences or tardiness for the following reasons only: sickness, sickness or death in the family, impassable roads or weather, religious observance, quarantine, required to be in court, music lessons, attendance at health clinics, approved college visits, and military obligations. Absence or tardiness for any other reason is considered illegal. Parents are required to write a signed excuse to the school when a student returns after being tardy or absent. Temporary absence for a medical or dental appointment is excused providing the parents sends a note giving time for dismissal from school, approximate time for return and name of doctor or dentist. When possible, appointments should be made after school hours. At the high school level (9th-12th) students

are required to make up any PE class that is missed in order to receive credit towards their grade. Since PE is a participation based class, students will not be able to receive points if not in attendance. Various opportunities will be offered to make up the class.

CHAUTAUQUA LAKE ELEMENTARY (K-6)

MEDICAL NOTES

Students that cannot participate in class physically still participate cognitively by filling out an “On the Sidelines” sheet that follows along with class objectives. We also utilize a “Can Do List” and communicate with doctors in order to see what activities are appropriate for a student under their care to participate in.

PARENT NOTES

Parent notes are turned in to the school nurse. The school nurse advises physical education staff on limitations of the student. Parent notes are either followed up by a doctor’s note or the child is cleared to participate again. One parent note is accepted before a doctor’s note is required.

DRESSING FOR CLASS

Students are required to wear sneakers and comfortable clothing for physical education. This may or may not include changing for grades 5-6. Jewelry is not permitted in class.

CHAUTAUQUA LAKE MS/HS

The goal of Chautauqua Lake Middle/High School Physical Education is to promote 90-95% participation for all physical education students. To meet this expectation, students may not miss more than three (3) classes per marking period. Modifications will be made

as needed on a per student basis. A student who is medically excused for more than 1/3 of the physical education classes in a given quarter will be given a medical assignment to earn their grade for that marking period.

PARENT NOTES

Parent notes are turned in to the school nurse. The school nurse advises physical education staff on limitations of the student. Parent notes are either followed up by a doctor's note or the child is cleared to participate again. One parent note is accepted and must be signed by the school nurse before a doctor's note is required.

DRESSING FOR CLASS

Students are required to wear sneakers and bring a change of clothes appropriate for class. This includes but is not limited to gym shorts, t-shirts, sweatpants, sweatshirt, etc. Dressing for class is included as part of their grade and students will lose points if they are not prepared for class.

GRADING POLICY

CHAUTAUQUA LAKE ELEMENTARY SCHOOL

Grading is based on the three domains in physical education:

- **Cognitive** – Demonstrates Knowledge of Physical Education Concepts
- **Psychomotor** – Demonstrates Movement Skills
- **Affective** – Demonstrates Responsible Personal and Social Behavior

GRADES K-2

Rubrics will be used to assess. Each rubric has unit specific criteria that meet each of the three domains and is graded on a 1-4 scale shown below. *See Appendix A for example rubric.

GRADES 3-5

**These grades are graded on the same scale, but report cards reflect a percentage for grades 5 and 6 while grades 3 and 4 receive a number on the 1-4 scale.

- *Cognitive assessments will include SPARK Unit Tests and Goal setting activities.*

95-100% = 4

80-94% = 3

65-79% = 2

lower = 1

64 or

- *Psychomotor* assessments will include SPARK skill rubrics graded on the 1-4 scale shown below
- *Affective* assessments will consist of a daily grade students can earn out of 4 points based on coming to class prepared, participation, attitude, and behavior using the scale below

4 – Exceeds Expectations: This student consistently shows “skill,” “knowledge,” or “personal and social responsibility” that is beyond normal expectations.

3 – Meets Expectations: This student meets all of our expected learning outcomes. They meet the expected benchmarks for their grade level.

2 – Sometimes Meets Expectations: This student’s skill or knowledge is “work in progress.” They are in the process of mastering a particular skill or knowledge. In terms of “personal and social responsibility,” this student is on task at times, but not consistently.

1 – Doesn’t Meet Expectations: This student does not show the skill, knowledge, or personal and social responsibility that is expected at their grade level.

CHAUTAUQUA LAKE MS/HS

Grading is based on the three domains in physical education:

- Cognitive – Demonstrates knowledge of physical education concepts
- Psychomotor – Demonstrates movement skills
- Affective – Demonstrates responsible personal and social behavior

- Daily participation will be evaluated on a ten point rubric system
- Points will be accumulated and converted into a numerical average quarterly
- Starting in 9th grade a final average of 65 or better is required to receive ½ credit towards graduation requirements

Rubric Point System

10pts = 100%, 9pts = 90%, 8pts = 80%, 7pts = 70%, 6pts = 60%, 5pts = 50%, 4pts = 40%, 3pts = 30%, 2pts = 20%, 1pt = 10%

- **Proper attire – 2pts**
- **Affective Assessment – 2 pts**
- **Effort/Participation – 5 pts**
- **Exceeds expectation – 1 pt**

