

PHYSICAL EDUCATION

Every student is required, by law, to participate in physical education. If a student requires a special and/or adaptive physical education program, he/she should notify the guidance counselor and the physical education teacher as soon as possible. A note from the student's physician is also required when participating in a special and/or adaptive program.

In order to receive credit in physical education all students must be prepared and participate in class unless the student has a legal medical excuse. Illegal excuses include not having proper clothing to participate in class or an unexcused absence from class. If a student is not prepared for physical education class and does not have a legal excuse to not participate, he/she must make up the class(es) that they were unprepared for or receive an incomplete until it is made up. Any student with an illegal excuse in physical education class may not participate in any extracurricular sports team practices or games for that day. If the class(es) are not made up by the end of the school year the student will not receive credit in physical education. Any classes that need making up can be done during study halls, or before or after school. Please remember, in order for your son/daughter to be evaluated properly and fairly they must participate in class. Please note that this is only for illegal excuses, not legal excuses such as absence from school, music lessons, field trips and/or class functions; etc.

In grades 5 – 8 students are required to change clothing for physical education classes. All students should have a change of shirt, sweatpants or shorts, white socks, a towel, deodorant and sneakers or rubber molded cleats (nonscrew in cleats) for the outdoors when participating in physical education class. Please keep in mind that in order for your son/daughter to perform their best in class and for their own safety we are asking that they wear sneakers that fit properly and are secure on their feet (no sneakers that have laces that are not tightly secured or clog sneakers or sneakers that do not support the foot.)

If a student must be excused from physical education class for less than a week due to minor injuries or upon returning to school following an illness, the student must deliver a note from the parent/guardian to the school nurse before reporting to their homeroom for that day.

If a student must be excused from physical education class for more than a week, that student must deliver a note from his/her physician that describes the student's medical problem, to the school nurse. This note should also include any types of adaptive or modified activities the students can perform while on their medical excuse. When a student has fully recovered from their illness or injury, a written statement from the doctor is necessary to allow the student to once again participate in physical education class.

Physical Education Units

- 1) Presidential Physical Fitness Test (Fall)
- 2) Soccer
- 3) Volleyball
- 4) Basketball
- 5) Elementary P.E. – scooter unit Secondary P.E. – goal setting unit
- 6) Badminton
(elementary can have cooperative games unit intermingled into this unit)
- 7) Indoor Games
- 8) Speedball
- 9) Softball/Baseball (kickball)
- 10) Conditioning
- 11) Track & Field
- 12) Frisbee Games (lifetime sports)
 - a. Ultimate Frisbee
 - b. Frisbee Golf
 - c. Tip-it
- 13) Presidential Physical Fitness Test (Spring)

Units we could add:

- a. Golf/Tennis – would need tennis courts and an extra instructor to work with students
- b. Football (flag football)
- c. Team handball

Wyoming Central School – Physical Education Scope And Sequence

Key

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A – Designates the grade(s) when the contact is applied in varying contexts.

R – Designates the grade(s) when the contact is reinforced. At this time, students review proper form and strive to improve skills and knowledge.

NASPE Standard 1 – The students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities. NYSED in Physical Education - Standard 1 – Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

GRADE	K	1	2	3	4	5	6	7	8
Locomotor Skills									
Walking	I	R	R	R	R	R	R	R	R
Running	I	R	R	R	R	R	R	R	R
Galloping	I	R	R	R	R	R	R	R	R
Side-Sliding	I	IA	R	R	R	R	R	R	R
Hopping	I	IA	R	R	R	R	R	R	R
Skipping	I	IA	R	R	R	R	R	R	R
Leaping	I	IA	R	R	R	R	R	R	R
Chasing & Fleeing	I	IA	IA	R	R	R	R	R	R
Body Management									
Balancing	I	IA	A	A	A	A	R	R	R
Jumping/Landing	I	IA	A	R	R	R	R	R	R
Weight Transfer	I	I	A	A	A	A	R	R	R
Manipulatives									
Hand Dribbling	I	IA	IA	A	A	A	R	R	R
Foot Dribbling	I	IA	IA	A	A	A	R	R	R
Foot Passing	I	IA	IA	A	A	A	R	R	R
Trapping	I	IA	IA	A	A	A	R	R	R
Volleying	I	I	I	IA	IA	IA	R	R	R
Striking With Short-Handled Implements	I	I	I	IA	IA	IA	R	R	R
Striking With Long-Handled Implements				I	IA	IA	R	R	R
Kicking	I	IA	IA	A	A	A	R	R	R
Catching	I	IA	IA	A	A	A	R	R	R
Throwing	I	IA	IA	A	A	A	R	R	R
Bouncing	I	IA	IA	A	A	A	R	R	R
Rolling	I	IA	IA	A	A	A			

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Standard 1 (cont.)									
GRADE	K	1	2	3	4	5	6	7	8
Rhythms & Movement									
Jump Rope (individual)	I	IA	IA	A	A	R	R	R	R
Jump Rope (long rope)			I	IA	IA	R	R	R	R
Jump Rope (Double Dutch)					I	IA	IA	R	R
Paddle/Racket Activities									
Badminton	I	IA	IA	R	R	R	R	R	R
Table Tennis					I	IA	R	R	R
Team Activities									
Basketball	I	IA	IA	R	R	R	R	R	R
Volleyball	I	IA	IA	R	R	R	R	R	R
Soccer	I	IA	IA	R	R	R	R	R	R
Kickball	I	IA	R	R	R	R	R	R	R
Softball				I	IA	R	R	R	R
Speedball				I	IA	R	R	R	R
Ultimate Frisbee				I	IA	R	R	R	R
Disc Golf				I	IA	R	R	R	R
Football				I	IA	R	R	R	R
Fitness									
Circuits	I	IA	IA	R	R	R	R	R	R
Plyometrics						I	R	R	R
Cross Training								I	IA
Cooperatives									
Small Groups	I	IA	A	A	A	A	R	R	R
Large Groups	I	IA	A	A	A	A	R	R	R

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NASPE Standard 2 – Demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities. NYSED in Physical Education - Standard 1 – Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

GRADE	K	1	2	3	4	5	6	7	8
Uses information from a variety of sources to guide and improve performance.							I	A	A
Demonstrates knowledge to develop an activity plan.								I	IA
Reaction Time	I	IA	IA	A	A	A	A	A	A
Agility			I	A	A	A	A	A	A
Coordination	I	IA	A	A	A	A	A	A	A
Explosive Power				I	I	IA	A	A	A
Speed			I	A	A	A	A	A	A
Offense			I	IA	A	A	A	A	A
Defense			I	IA	A	A	A	A	A
Transition from offense to defense.					I	IA	A	A	A
Force	I	A	A	A	A	A	A	A	A
Inertia							I	A	A
Opposition	I	A	A	A	A	A	A	A	A
Aerobic and Anaerobic Exercise				I	A	A	A	A	A
Rotary Movement	I	A	A	A	A	A	A	A	A
Spatial Awareness									
Personal Space	I	A	A	R	R	R	R	R	R
General Space	I	A	A	R	R	R	R	R	R
Boundaries	I	A	A	R	R	R	R	R	R
Levels of Movement	I	I	A	R	R				
Directions	I	I	A	R	R	R	R	R	R
Effort									
Speed/Tempo	I	A	A	R	R	R	R	R	R
Force	I	I	A	A	A	A	R	R	R

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NASPE Standard 2 – cont. NYSED Physical Education Standard 1 – cont.										
GRADE	K	1	2	3	4	5	6	7	8	
Relationships										
Body Parts	I	IA	A	A	R	R	R	R	R	
With Objects	I	IA	A	A	R	R	R	R	R	
With People	I	IA	A	A	R	R	R	R	R	
Concepts, Principles & Strategies										
Identifies elements of correct form for motor skills	I	A	A	R	R	R	R	R	R	
Uses feedback to improve performance	I	IA	A	A	R	R	R	R	R	
Uses knowledge of critical elements to give feedback to others.				I	A	A	A	A	A	
.Describes and demonstrates how skills learned in one physical activity can be transferred to another.					I	A	A	A	A	
Describes basic principles of training and how they improve fitness.				I	IA	IA	A	A	A	
Describes and applies strategies and tactics for mini-games.				I	IA	IA	A	A	A	

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NASPE Standard 3 – Participates regularly in physical activity. NYSED in Physical Education Standard 3 – Students understand and are able to manage their personal and community resources.										
GRADE	K	1	2	3	4	5	6	7	8	
Participates in a variety of activities outside of P.E., during school hours.	I	A	A	A	A	A	R	R	R	
Participates in a variety of activities outside of school.	I	A	A	A	A	A	R	R	R	
Monitors physical activity using a pedometer.	I	IA	IA	IA	A	A	R	R	R	
Accumulates a specific number of steps, using a pedometer, during a day.				I	A	A	R	R	R	
Analyzes consumer products/programs.							I	IA	IA	
Exercise Safety				I	IA	A	A	A	R	

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NASPE Standard 4 – Achieve and maintain health-enhancing level of fitness. NYSED in Physical Education Standard 1 – Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.										
GRADE	K	1	2	3	4	5	6	7	8	
Participates in a variety of activities that increase breathing and heart rate.	I	IA	A	A	A	R	R	R	R	
Sustains activity for increasingly longer periods of time throughout the year.	I	IA	A	A	A	A	R	R	R	
Explains the benefits of regular physical activity.			I	A	A	A	A	A	A	
Identifies strengths and weaknesses based of fitness assessment.				I	IA	A	A	A	A	
Demonstrates appropriate training principles when engaged in activity to improve fitness.				I	IA	IA	A	A	A	
Formulates meaningful personal fitness goals based on fitness assessment.				I	IA	A	A	A	A	
Demonstrates ability to monitor personal fitness program to meet own needs and goals.						I	A	A	A	

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NASPR Standard 5 – Exhibit responsible personal and social behavior that respects self and others in physical activity settings. NYSED in Physical Education Standard 2 – Students will acquire knowledge and ability necessary to create and maintain a safe and healthy environment.										
GRADE	K	1	2	3	4	5	6	7	8	
Demonstrates responsible personal/social behavior during Physical Education.	I	IA	IA	A	A	A	A	A	A	
Uses equipment safely.	I	IA	IA	A	A	A	R	R	R	
Demonstrates elements of appropriate conflict resolution during Physical Education.	I	IA	A	A	A	A	R	R	R	
Demonstrates ability to teach an activity or skill to others.				I	A	A	R	R	R	
Regularly encourages others and refrains from put-downs.			I	A	A	R	R	R	R	
Demonstrates cooperation skills.	I	IA	IA	IA	IA	A	R	R	R	
Able to accomplish group goals in both cooperative and competitive activities.				I	A	A	R	R	R	
Demonstrates self-direction, responsible behavior, and communication skills in Physical Education.			I	IA	A	R	R	R	R	
Participates in activity for personal enjoyment.	I	A	A	A	A	A	A	A	A	

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NASPE Standard 6 – Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. NYSED in Physical Education Standard 1 – Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. NYSED in Physical Education Standard 3 – Students understand and be able to manage personal and community resources.

GRADE	K	1	2	3	4	5	6	7	8
Tries new movements and skills.	I	IA	IA	IA	IA	IA	R	R	R
Persists if not successful on first try.	I	IA	IA	IA	IA	IA	R	R	R
Chooses to practice skills needing improvement.				I	A	A	A	A	A
Exhibits ways to use the body and movement to express self.	I	IA	IA	IA	IA	IA	R	R	R
Works with others to achieve common goal(s).			I	IA	IA	A	R	R	R