

## Rush-Henrietta Central School District Physical Education Curriculum for Grades K-12

Concept(s)	Content	Topic	Activities	Grade Level				
		(Assessment category)		K-2	3-5	6-8	9	10-12
<b>Basic Movement</b>								
Standard 1	Body Awareness Body/Space Effort/Relationships	Dance and aesthetic activities	Gymnastics Dance(ethnic, square, country/line, ballroom, swing, traditional, creative)	X X	X X		X	X
Standard 1	Chasing/Fleeing/ Dodging/running Standard 1	Locomotor Skills	Games	X X	X			
Standard 1	Dribbling/Kicking/ Throwing/Catching/ Volleying/Striking Standard 1	Manipulative Skills	Games Object Skills (ball, racquet, etc.)	X	X	X		
<b>Physical Fitness</b>								
Standard 1	Cardiovascular Endurance Muscular Endurance Muscular Strength Skill Technique	Personal Performance Activities	Personal Fitness Track & Field Wrestling Resistance Training Aerobics Tae-Bo/Self Defense	X X	X X	X X X X X X	X X X X X X	X X X X X X
Standard 1	Skill technique	Flexibility	Warm-up/Stretch	X	X	X	X	X
<b>Cooperation</b>								
Standard 2	Teamwork	Adventure Activities (Project Adventure)	Tag Games/parachute Games of strategy Problem Solving Low/high Elements	X	X X	X X X	X X X	X X X
Standard 1	Skill Technique	Aquatics	Basic Swim, Water Safety Water Games Lifeguard Cert Scuba Synchronized Swim Water Fitness Diving				X X	X X X X X X
Standard 3	*on/off campus (accessing community resources)	Outdoor Activities	*Orienteering/Hiking *Canoeing/Kayaking/ *Sailing *Fishing *Winter Sports *Horseback Riding	X	X	X  X	X  X	X X X X X X
<b>Sports/Athletics</b>								
Standard 1	Skill Technique Game strategies	Net and Wall Sports	Handball Volleyball Tennis Badminton Table Tennis		X X X X X	X X X X X	X X X X X	X X X X X
Standard 1	Skill Technique Game strategies	Goal Sports	Basketball Floor Hockey Football Lacrosse Soccer Team Handball Ultimate Frisbee		X X X X X	X X X X X	X X X X X X X	X X X X X X X
Standard 1	Skill Technique Game strategies	Target Sports	Archery *Golf *Bowling Horseshoes		X X	X  X	X  X X	X X X X
Standard 1	Skill Technique Game strategies	Striking/Fielding Sports	Softball Cricket Tetherball Mat Ball	X	X	X  X	X  X	X X  X