

# SPORTS CURRICULUM FALL 2022-2023

A COMPREHENSIVE GUIDE

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# THE TEAM BEHIND THE TEAM

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# WHAT TO KNOW

Inside this updated resource guide you'll find curriculums covering all Sport Offerings:

1. All curriculums are hyperlinked & categorized by grade range for your convenience.

Carefully read & review curriculums before making activity selections.

2. All lesson plans/activities should be modified to comply with health & safety guidelines.





## HEALTH AND SAFETY

Highly encourage all to watch the Sports Safety Training on the Portal.

1. The use of outdoor space for activities should be maximized when inclement weather is not a factor.
2. All individuals must wash their hands and/or use hand sanitizer consistently throughout the activity session, including but not limited to the beginning and end of each session. This includes disinfecting all equipment before, during and after use.
3. Staff should discourage participants from hand-to-hand contact such as handshakes, high-fives, fist bumps & hugs.

# WHAT IS THE RISK?

## LOWER RISK:

- Greatest ability to maintain physical distance and/or be conducted individual
- Greatest ability to avoid touching of shared equipment
- Examples Include: Corn hole, Golf, Handball, Individual Cooking, Low-Impact Fitness Exercises, Singles Tennis, Ultimate Frisbee, Yoga

## MODERATE RISK:

- Limited ability to maintain physical distance and/or be done individually
- Limited ability to avoid touching of shared equipment
- Examples include: Badminton, Baseball, BMX Bike Racing, Gymnastics, Kickball, Doubles Tennis, Flag Football, Non-Contact Lacrosse or Floor Hockey, Soccer, Track & Field

## HIGHER RISK:

- Least ability to maintain physical distance and/or be done individually
- Least ability to avoid touching of shared equipment
- Examples include: Basketball, Competitive Cheer & Group Dance, Martial Arts, Rugby, Shared Cooking, Volleyball





## TIPS AND TOOLS

Classroom Management

Routines & Rules

Building Positive Discipline

Preventing Injuries During Physical Activity.

Heat Index Protocols

Order Sports Equipment



# FRAME WORK OVERVIEW

Each month you are expected to continue to expose participants to  
**career options in sports**

September: Leadership - Coaches

October: Team Work - Event Coordinator

November: Diversity - Sports Journalism

December: Sportsmanship - Sports Medicine

January: Unity - Statistician

February: Leadership - Coaches

March: Team Work - Event Coordinator

April: Diversity - Sports Journalism

May: Sportsmanship - Sports Medicine

June: Unity - Athletic Trainers



# SEPTEMBER AND FEB. FRAME WORK

Each month you are expected to continue to expose participants to **career options in sports and exercise their ability to act as that role**

## September: Leadership - Coaches

An athletics coach works with athletes or teams to help players grow their skills and abilities in their chosen sport. They may work with amateur, high school, college or professional teams. Coaches and their assistants are responsible for motivating their teams to perform their best. They monitor competitors and develop strategies to help a team win. Coaches and assistants create training schedules, advise about practice methods and assess players' physical and mental well-being and provide support as necessary.

50 Coaches: Including John Wooden, Vince Lombardi, and Pat Summitt

# OCTOBER AND MARCH FRAME WORK

Each month you are expected to continue to expose participants to **career options in sports and exercise their ability to act as that role**

## October: Team Work - Event Coordinators

n event coordinator or planner in the sports industry coordinates all aspects of a sporting event. They work closely with people in security, ticketing, concession stands and other event extras to ensure the event runs smoothly. If the sporting event is being televised, the event coordinator is responsible for ensuring television viewers have a positive experience.

Job Profile: Use this link to talk about all aspects of the positions from salary, to pros and cons of the positions. Then have participants help coordinate an event/activity/game at the school.



# NOVEMBER AND APRIL FRAME WORK

Each month you are expected to continue to expose participants to **career options in sports and exercise their ability to act as that role**

## November: Team Work - Sports Journalism

n event coordinator or planner in the sports industry coordinates all aspects of a sporting event. They work closely with people in security, ticketing, concession stands and other event extras to ensure the event runs smoothly. If the sporting event is being televised, the event coordinator is responsible for ensuring television viewers have a positive experience.

Top sports journalists: Use this link to expose participants to different to different voices in Sports Journalism.

# DECEMBER AND MAY FRAME WORK

Each month you are expected to continue to expose participants to **career options in sports and exercise their ability to act as that role**

## December: Sportsmanship - Sports Medicine

A sports physician treats athletes suffering from a sports injury. They may work with an athlete on an ongoing basis or respond to an emergency if a player gets injured during a game. Sports physicians treat sprains, concussions, fractures and other injuries to body parts, like the shoulders, hands and feet. They use tests to diagnose patients' illnesses and injuries and develop treatment plans for patient rehabilitation. They also advise patients about health, nutrition and exercise. Sports physicians may work for professional teams or treat individual athletes.

Job Profile: Use this link to talk about all aspects of the positions from salary, to pros and cons of the positions and what schooling is needed to achieve the title.



# JANUARY AND JUNE FRAME WORK

Each month you are expected to continue to expose participants to **career options in sports and exercise their ability to act as that role**

## January: Sportsmanship - Statistician

A sports statistician, also known as a “sports analyst,” uses data to assess the chances for a range of outcomes. They collect, monitor and analyze complex data sets for players, teams and leagues. Their analyses help teams decide whether to recruit or trade athletes and place certain players in their lineups. Sports statisticians typically work for college or professional teams.

Job Profile: Use this link to talk about all aspects of the positions from salary, to pros and cons of the positions and what schooling is needed to achieve the title.

Activities: Use this link for helpful activities in Middle School statistics

# SPORTS GRADES K-2

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# GRADES K-2

1. Instant Activities
2. Locomotor Skills
3. Movement Exploration
4. Parachute Games
5. Personal & Social
6. Responsibility
7. Rugby
8. Soccer
9. SEL Games
10. Tag Games
11. Special Olympics
12. Young Athletes
13. Volleyball
14. Winter Wonderland
15. Yoga & Mindfulness





# SPORTS GRADES 3-5

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# GRADES 3-5

1. Basketball A / B / C
2. Baseball
3. Fencing
4. Field Day
5. Fitness
6. Flag Football
7. Floor Hockey
8. Her Time to Play (Basketball,
9. Health, SEL).
10. Inclusive Youth Leadership
11. Invasion Games
12. Instant Activities
13. Jumping Rope
14. Lacrosse
15. Ninja Warrior
16. Personal & Social Responsibility
17. Rugby
18. Soccer
19. Tennis
20. Unified Sports
21. Yoga & Mindfulness





# SPORTS GRADES 6-8

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# GRADES 6-8

1. Adventure Challenges
2. Badminton
3. Basketball
4. Cricket
5. Curling
6. Fencing
7. Flag Football
8. Floor Hockey
9. Her Time to Play (Basketball, Health, SEL)

10. Inclusive Youth Leadership
11. Lacrosse
12. Rugby
13. Soccer
14. Softball
15. Spike-ball
16. Table Tennis
17. Team Handball
18. Tennis
19. Ultimate Frisbee
20. Unified Sports
21. Volleyball





# SPORTS GRADES 9-12

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# GRADES 9-12

1. Badminton
2. Basketball
3. Cricket
4. Curling
5. Fencing
6. Fitness
7. Floor Hockey
8. Her Time to Play  
(Basketball,  
Health, SEL).

9. Inclusive Youth Leadership
10. Lacrosse
11. Rugby
12. Soccer
13. Softball
14. Spike-ball
15. Table Tennis
16. Team Handball
17. Tennis
18. Ultimate Frisbee
19. Unified Sports
20. Volleyball