

SPRING 2023

SPORTS

CURRICULUM



RESOURCE GUIDE

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**THIS IS A LINK FRIENDLY
RESOURCE. CLICK AROUND TO
EXPLORE FURTHER.**

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**QUESTIONS?
CONTACT US!**



SPORTSANDWELLNESSDEPT@NEWYORKEDGE.ORG

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WHAT TO KNOW

Inside this updated curriculum resource guide, you'll find curricula covering a variety of sports & physical activities:

1. Find your appropriate **Grade Level**.

2. Click on a sport or physical activity that you plan to implement.

3. This will open up an **external curriculum**.

4. Review critical areas such as equipment needed, standards, rules, cues & activities before implementing a lesson plan.

5. Print out & follow the **daily lesson plans** within each curriculum. If you plan to make any modifications to the lesson, please use this **lesson plan template** to make your changes.



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TIPS & TOOLS

CLASSROOM MANAGEMENT

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ORDERING SPORTS EQUIPMENT



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CHECKLIST

PRE-ACTIVITY CHECKLIST:

- Space/Area is checked for its safety
- NYE Approved Lesson Plan is printed
- Materials are cleaned/prepped

DURING ACTIVITY CHECKLIST:

- Sanitation of hands/materials
- Exposure to **theme/career**
- SEL introduction** conversation
- Recap of past lesson
- Participants in **leadership positions**
- Proper use of **water breaks** (at least 2)
- Positive** reinforcement
- Opportunities for **critical thinking**
- SEL reflection** question
- Recap of learning
- Talk about **plans for next class**
- Sanitation of hands/materials



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GRADES

K-2



RESOURCE GUIDE

GRADES K-2

New! FIELD DAY

New! FOOT SKILLS

MOVEMENT EXPLORATION GAMES

PARACHUTE GAMES

PERSONAL & SOCIAL RESPONSIBILITY GAMES

New! SPACE & SCIENCE

TAG GAMES

New! VOLLEYING & STRIKING

YOGA & MINDFULNESS



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GRADES

3-5

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GRADES 3-5

BASKETBALL

New! PICKLEBALL

New! SOCCER

PERSONAL & SOCIAL RESPONSIBILITY GAMES

New! BAT & BALL GAMES

New! FIELD DAY

RUGBY

FITNESS

TABLE TENNIS

INVASION GAMES

New! TRACK & FIELD

JUMPING ROPE

YOGA & MINDFULNESS

New! LACROSSE



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GRADES

6-8

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GRADES 6-8

ADVENTURE CHALLENGES

BADMINTON

New! BASEBALL

BASKETBALL

CRICKET

FENCING

NETBALL

PICKLEBALL

New! SOCCER

New! SOFTBALL

TABLE TENNIS

New! TRACK & FIELD

ULTIMATE FRISBEE

New! VOLLEYBALL



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GRADES 9-12



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GRADES 9-12

BADMINTON

New! BASEBALL

BASKETBALL

CRICKET

FENCING

FITNESS

PICKLEBALL

RUGBY

New! SOCCER

New! SOFTBALL

TABLE TENNIS

New! TRACK & FIELD

ULTIMATE FRISBEE

New! VOLLEYBALL



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