

WINTER 2023

SPORTS

CURRICULUM



RESOURCE GUIDE

**TABLE OF  
CONTENTS**

**WHAT TO KNOW**

**TIPS & TOOLS**

**CHECKLIST**

**MINUTE TO WIN IT CHALLENGE**

**GRADES K-2**

**GRADES 3-5**

**GRADES 6-8**

**GRADES 9-12**



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

**WINTER 2023  
RESOURCE GUIDE**

**QUESTIONS?  
CONTACT US!**



**SPORTSANDWELLNESSDEPT@NEWYORKEDGE.ORG**

**WINTER 2023  
RESOURCE GUIDE**

## 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.



WINTER 2023  
RESOURCE GUIDE

**TIPS & TOOLS**

**CLASSROOM MANAGEMENT**

**ROUTINES & RULES**

**BUILDING POSITIVE DISCIPLINE**

**PREVENTING INJURIES DURING PHYSICAL ACTIVITY**

**HEAT INDEX PROTOCOLS**

**ORDERING SPORTS EQUIPMENT**



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

**WINTER 2023  
RESOURCE GUIDE**

# 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



WINTER 2023

# GRADES

# K-2



RESOURCE GUIDE

**GRADES K-2**

**INSTANT ACTIVITIES**

**LOCOMOTOR SKILLS**

**MOVEMENT EXPLORATION GAMES**

**PARACHUTE GAMES**

**PERSONAL & SOCIAL RESPONSIBILITY GAMES**

**SEL GAMES**

**TAG GAMES**

**WINTER WONDERLAND GAMES**

**YOGA & MINDFULNESS**



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

**WINTER 2023  
RESOURCE GUIDE**

WINTER 2023

# GRADES 3-5



RESOURCE GUIDE

**GRADES 3-5**

**BASKETBALL**

**FENCING**

**FITNESS**

**FLOOR HOCKEY**

**INVASION GAMES**

**INSTANT ACTIVITIES**

**JUMPING ROPE**

**NETBALL**

**NINJA WARRIOR**

**PERSONAL & SOCIAL RESPONSIBILITY GAMES**

**RUGBY**

**TABLE TENNIS**

**YOGA & MINDFULNESS**



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

**WINTER 2023  
RESOURCE GUIDE**

WINTER 2023

# GRADES

# 6-8



RESOURCE GUIDE

**GRADES 6-8**

**ADVENTURE CHALLENGES**

**BADMINTON**

**BASKETBALL**

**CRICKET**

**CURLING**

**FENCING**

**FLOOR HOCKEY**

**NETBALL**

**PICKLEBALL**

**SPIKEBALL**

**TABLE TENNIS**

**TEAM HANDBALL**

**ULTIMATE FRISBEE**

**VOLLEYBALL**



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

**WINTER 2023  
RESOURCE GUIDE**

WINTER 2023

# GRADES 9-12



RESOURCE GUIDE

**GRADES 9-12**

**BADMINTON**

**BASKETBALL**

**CRICKET**

**CURLING**

**FENCING**

**FITNESS**

**FLOOR HOCKEY**

**PICKLEBALL**

**RUGBY**

**SPIKEBALL**

**TABLE TENNIS**

**TEAM HANDBALL**

**ULTIMATE FRISBEE**

**VOLLEYBALL**



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

**WINTER 2023  
RESOURCE GUIDE**

WINTER 2023

# MINUTE TO WIN IT CHALLENGE



RESOURCE GUIDE

**MINUTE TO WIN IT CHALLENGE**

**MINUTE TO WIN IT CHALLENGES ARE DESIGNED TO BE A SAFE PLACE FOR KIDS TO EXPERIENCE & UNDERSTAND GROWTH MINDSET.**

**CHALLENGE #1: INCORPORATE MINUTE TO WIN IT CHALLENGES INTO YOUR DAILY LESSONS THROUGHOUT SEASON 2. USE THE RESOURCES BELOW FOR ACTIVITY IDEAS.**

**RESOURCE 1**

**RESOURCE 2**

**RESOURCE 3**

**WINTER 2023 RESOURCE GUIDE**



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

**MINUTE TO WIN IT  
CHALLENGE**

**CHALLENGE #2: AFTER PARTICIPATING IN A VARIETY OF CHALLENGES  
THROUGHOUT SEASON 2, PARTICIPANTS WILL CREATE THEIR OWN  
MINUTE TO WIN IT GAMES USING EQUIPMENT & SUPPLIES FOUND IN  
YOUR GYM OR CLASSROOM.**

**CHALLENGE #3: PARTICIPANTS DEVELOP LEADERSHIP SKILLS BY  
DEMONSTRATING & TEACHING THE CLASS HOW TO PLAY THE GAME  
THEY CREATED.**



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

**WINTER 2023  
RESOURCE GUIDE**

**MINUTE TO WIN IT CHALLENGE**

**CHALLENGE #4: VOTE! VOTE! VOTE! PARTICIPANTS USE THEIR VOICE TO VOTE FOR THE TOP 3 CREATED MINUTE TO WIN IT GAMES. VOTING WILL BE BASED ON CREATIVENESS, ENJOYMENT LEVEL & REPLAY VALUE.**

**CHALLENGE #5: EACH SITE WILL SUBMIT THEIR TOP 3 CHOICES TO THE SPORTS & WELLNESS DEPT TO BE ENTERED INTO AN ORGANIZATION WIDE CONTEST.**

**MORE DETAILS TO BE SHARED IN SEASON 2!**



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

**WINTER 2023 RESOURCE GUIDE**