



ALBANY AREA YMCA
HOMESCHOOL P.E. PROGRAM

CURRICULUM GUIDE

The Albany Area YMCA Homeschool P.E. program provides a quality Christian-based course that is convenient and creative. The program offers age-appropriate opportunities and experiences to enhance the child's spiritual, physical, social, intellectual and emotional growth.

Session I: September 2015 – December 2015

Session II: January 2016 – April 2016

Tuesday & Thursday sessions

10:00 a.m. –11:00 a.m.

The President's Fitness Challenge will be included in this year's curriculum. A base-line of fitness will be taken at the start of the program in September, a mid-year evaluation in December 2015 and again in January at the start of Session II. Final testing will be completed in April 2016 with appropriate certificate of completion.

Lesson outline for Session I:

President's Fitness Test

Swimming

Soccer

Flag Football

Volleyball

Lesson outline for Session II:

President's Fitness Test

Basketball

Track & Field

Tennis

Kickball

End of Session II to include:

Final testing for President's Fitness Test certificates and Field Day event.

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Session I:

September 1 – December 17

President's Fitness Challenge **Introduction and Testing**

This testing will assess 3 components of fitness:
Strength, cardiovascular and flexibility.

Week 1: September 1 & 3

Begin with introduction to fitness tests, practice and complete test for base-line fitness.

- 1) Partial curl-ups – Objective: to measure abdominal strength / endurance by maximum number of curl-ups.
- 2) Endurance Run/Walk – Objective: to measure heart/lung endurance by fastest time to cover a designated distance (1/4 mile to 1 mile depending on age).
- 3) Right angle push-ups –Objective: to measure upper body strength/endurance by maximum number of push-ups completed.
- 4) Sit and reach – Objective: to measure flexibility of lower back and hamstrings.

Swimming

September 8 – 24

Sessions based on American Red Cross curriculum.

Report card assessment will be distributed on the last day of swimming session.

Week 2: September 8 & 10

Swim test – Objective: determine level of swimming ability based on 25 meter swim.

General introduction to swim strokes – each of the following sessions will be based on the swim test and level of curriculum to be followed.

Week 3: September 15 & 17

Swim strokes and lap swim will be based on level of skill and technique.

Week 4: September 22 & 24

Swim strokes and lap swim will be based on level of skill and technique.

Report card with skills check-list will be distributed to parents on September 24th.

President's Fitness Challenge

Week 5: September 29 & October 1

Each component of fitness challenge will be the focus of this week's activities: strength, cardiovascular and flexibility.

Soccer

October 6 – October 22

Lessons will be based on soccer techniques and skills to include:
Dribbling, passing, and shooting.

Week 6: October 6 & 8

Introduction to soccer with general rules and player set up.
Skill focus will be on dribbling technique and dribbling drills.

Week 7: October 13 & 15

Skill focus will be based on passing and shooting techniques and drills.

Week 8: October 20 & 22

Participants will have an opportunity to put skills into practice with game time.

Presidential Fitness Challenge

Week 9: October 27 & October 29

Each component of fitness challenge will be focus of this week's activities: strength, cardiovascular and flexibility.

Flag Football

November 3 – November 19

Lessons will be based on flag football techniques and skills to include:
Flag pull, catching & passing, and offense & defense skills.

Week 10: November 3 & 5

Introduction to flag football with general rules and player set up.
Skill focus will be on flag pull and passing.

Week 11: November 10 & 12

Skill focus this week will be on catching with offensive & defensive techniques and drills.

Week 12: November 17 & 19

Participants will have an opportunity to put skills into practice with game time.

No classes Week of November 24 & 26

Volleyball

December 1 -10

Lessons will be based on volleyball techniques and skills to include:
Serving, bumping/hitting, and setting.

Week 13: December 1 & 3

Introduction to volleyball with general rules and player set up.
Skill focus will include all techniques of serving, bumping / hitting and setting.

Week 14: December 8 & 10

Lesson focus will be on skill review and game play.

Presidential Fitness Challenge

Week 15: December 15 & 17

Fitness testing as outlined in Week 1:
First re-test of Fitness testing protocol.

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Session II:

January 5 – April 21

Presidential Fitness Testing

This testing will assess 3 components of fitness:
Strength, cardiovascular and flexibility.

Week 1: January 5 & 7

Begin with introduction to fitness tests, practice and complete test for Session II base-line fitness.

- 1) Partial curl-ups – Objective: to measure abdominal strength / endurance by maximum number of curl-ups.
- 2) Endurance Run/Walk – Objective: to measure heart/lung endurance by fastest time to cover a designated distance (1/4 mile to 1 mile depending on age).
- 3) Right angle push-ups –Objective: to measure upper body strength/endurance by maximum number of push-ups completed.
- 4) Sit and reach – Objective: to measure flexibility of lower back and hamstrings.

Basketball

January 12 - 28

Lessons will be based on basketball techniques and skills to include:
Dribbling, shooting and passing.

Week 2: January 12 & 14

Introduction to basketball general rules and player set up.
Skill focus will be on dribbling techniques, passing techniques and corresponding drills.

Week 3: January 19 & 21

Skill focus will be on field goals with lay-up, jump shot and free throw techniques and drills.

Week 4: January 26 & 28

Lesson focus will be on skill review and game play.

President's Fitness Challenge

Week 5: February 2 & 4

Each component of fitness challenge will be focus of this week's activities:
strength, cardiovascular and flexibility.

Track & Field

February 9 – February 25

Lessons will be based on various track and field events to include:
Running technique, long jump, triple jump, Shot Put/discus, and sprinting.

Week 6: February 9 & 11

Introduction to track and field event activities.

Skill focus will be on running technique on track and field areas.

Week 7: February 16 & 18

Skill focus this week will be on the Shot Put and discus events (note: will be using Frisbees and soft weighted balls to focus on the technique only) and on sprinting technique for the 50 and 100 yard dashes.

Week 8: February 23 & 25

Skill focus this week will be on the technique for relay track events.

Presidential Fitness Challenge

Week 9: March 1 & 3

Each component of fitness challenge will be focus of this week's activities:
strength, cardiovascular and flexibility.

Tennis

March 8 - March 24

Lessons will be based on tennis techniques and skills to include:
Serving, passing, and stroke techniques.

Week 10: March 8 & 10

Introduction to tennis with general rules and player set up.

Skill focus will be on hand / eye coordination, racket grip and easy volley drills.

Week 11: March 15 & 17

Skill focus this week will be on serving techniques and forehand stroke drills.

Week 12: March 22 & 24

Participants will have an opportunity to put skills into practice with game time.

No classes Week of March 29 & 31

Kickball

April 5 - 14

Lessons will be based on kickball skills to include:
Kicking, passing, and infield / outfield positions.

Week 13: April 5 & 7

Introduction to kickball with general rules and player set up.
Skill focus will include infield and outfield positions with drills in various positions. Skills practice in kicking and passing will include technique and game strategy.

Week 14: April 12 & 14

Lesson focus will be on skill review and game play.

Presidential Fitness Challenge – Final Testing

Week 15: April 19 & 21

April 19: Final testing for President's Fitness Challenge with Certificate of Completion and final results.

April 21: Field Day event!