

Seymour Public Schools Curriculum

Grade One Physical Education Curriculum

Most object-control skills, locomotor skills, knowledge and activity skill objectives are taught in a “Spiral” fashion. Steps in the teaching/learning progression are introduced and/or reviewed in several lessons per grade. Each lesson is dedicated to instruction in a particular skill as well as a personal/social skill component of good sportsmanship.

The fitness objectives do not “spiral”, but instead are focused on helping students achieve grade level standards through a variety of exercises.

Each lesson will consist of:

- **Objective:** The lesson objective will describe the desired student performance.
- **Instruction/Demonstration:** Based on research, instruction will be provided to motivate students, clearly explain the lesson’s objectives, and maximize student practice and review the day’s work.
- **Practice:** Maximizing time on task, students will apply and rehearse what was just explained and demonstrated. All students will be provided with equal amounts of practice, so activities do not eliminate less-skilled students.
- **Review:** Students will recall what they just learned.
- **Assessments:** Rubrics are used as a pretest and/or posttest to provide information on how well students are mastering the content taught and whether students are progressing through the steps taught by achieving grade level benchmarks.
- **Follow-up (as needed):** After assessing student application of the skills during the activity, the students will be provided with additional time on task as needed.

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Elementary Physical Education Teachers

**Melissa Drozd
Carol Perez**

Physical Education Philosophy

Physical education is an integral part of our educational process. Our program contributes significantly to the optimal development of each student, and it is designed to promote a healthy lifestyle through a multi-disciplinary approach.

The physically educated person is:

- Physically conditioned for life's demands
- Motivated to be physically active
- Skilled in health-enhancing physical activities
- Prepared for citizenship
- Safely equipped

Instruction is based on clearly stated outcomes.

Physical Education Learner Goal

All students will develop physical skills in sports and recreational activities; develop physical fitness; acquire knowledge and appreciation of sports and physical activity as lifetime recreational activities; and demonstrate attributes of good sportsmanship. Differentiation, modifications and accommodations are used based on the needs of each student.

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Grade One Physical Education

Motor Skills

August/September (5 Days)

| SUBTOPIC | DAYS | LESSON/ASSESSMENT | CT STANDARD | SOURCE |
|------------------|------|---|---|--------------------------------------|
| Locomotor Skills | 5 | Use of Space; Formations; Safety; Personal and Social Skills; Locomotion Activities Reinforce walk, run, hop, jump, gallop, slide, skip, and leap; Tag games; Freeze games; Review basic movement/formation vocabulary: forward, backwards, right to left; sides, up, down, around, circle, and line formations, etc. | 9.1; 9.2; 10.3; 11.1; 12.1; 12.2; 13.1-13.4; 14.1 | EPEC K-5; Teacher-created activities |

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Motor Skills / Physical Activity

October (5 Days)

| SUBTOPIC | DAYS | LESSON/ASSESSMENT | CT STANDARD | SOURCE |
|---|------|--|---|--------------------------------------|
| Locomotor Skills / Aerobic Activity/ Fitness Activity | 5 | Use of Space; Formations; Safety; Personal and Social Skills; Locomotion Activities; Aerobic and Fitness activities Review kicking skills/passing, dribbling Kicks a stationary/moving ball; Tag games; Freeze games; Lead-up soccer activities and games. | 9.1; 9.2; 10.3; 11.1; 12.1; 12.2; 13.1-13.4; 14.1 | EPEC K-5; Teacher-created activities |

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Motor Skills / Physical Activity / Physical Fitness

November/December (6 Days)

| SUBTOPIC | DAYS | LESSON/ASSESSMENT | CT STANDARD | SOURCE |
|---|------|--|--|--------------------------------------|
| Locomotor Skills / Aerobic Activity/ Fitness Activity/ Object Control Skills | 6 | Use of Space; Formations; Safety; Personal and Social Skills; Locomotion Activities; Aerobic and Fitness activities Review Soccer/passing and dribbling skills; Tag games; Freeze games; Lead-up soccer/kicking games. | 9.1; 9.2; 9.3; 9.4; 9.5; 10.3; 11.1; 12.1; 12.2; 13.1-13.4; 14.1 | EPEC K-5; Teacher-created activities |

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Motor Skills / Physical Activity / Physical Fitness

January (4 Days)

| SUBTOPIC | DAYS | LESSON/ASSESSMENT | CT STANDARD | SOURCE |
|---|------|--|--|--------------------------------------|
| Locomotor Skills / Aerobic Activity/ Fitness Activity/ Object Control Skills | 4 | Use of Space; Formations; Safety; Personal and Social Skills; Locomotion Activities; Aerobic and Fitness activities Rhythm/Tumbling Activities; Rolling, catching and throwing balls; Lead-up activities to target and bowling activities; Tag games; Freeze games; Working with partners; | 9.1; 9.2; 9.3; 9.4; 9.5; 10.3; 11.1; 12.1; 12.2; 13.1-13.4; 14.1 | EPEC K-5; Teacher-created activities |

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Motor Skills / Physical Activity

February / March (6 Days)

| SUBTOPIC | DAYS | LESSON/ASSESSMENT | CT STANDARD | SOURCE |
|---|------|--|--|--------------------------------------|
| Locomotor Skills / Aerobic Activity/ Fitness Activity/ Object Control Skills | 6 | <p>Use of Space; Formations; Safety; Personal and Social Skills; Locomotion Activities; Aerobic and Fitness activities; Object Control</p> <p>Reinforce and review individual / partner throwing and catching skills such as: Catch fly balls; Overhand throw; Underhand Throw; Hand Dribble; Introduce chest and bounce passes; Tag games; Freeze games; Passing and dribbling ball; Target activities-individual toss/catch to a specific target;</p> | 9.1; 9.2; 9.3; 9.4; 9.5; 10.3; 11.1; 12.1; 12.2; 13.1-13.4; 14.1 | EPEC K-5; Teacher-created activities |

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Motor Skills / Physical Activity

April/May (6 Days)

| SUBTOPIC | DAYS | LESSON/ASSESSMENT | CT STANDARD | SOURCE |
|---|------|---|--|--------------------------------------|
| Locomotor Skills / Aerobic Activity/ Fitness Activity/ Object Control Skills | 6 | <p>Use of Space; Formations; Safety; Personal and Social Skills; Locomotion Activities; Aerobic and Fitness activities; Object Control</p> <p>Relay races; Lead-up volleyball activities and skills; Toss/catch skills; Overhand throw; Underhand Strike; Underhand Throw; Tag games; Freeze games</p> | 9.1; 9.2; 9.3; 9.4; 9.5; 10.3; 11.1; 12.1; 12.2; 13.1-13.4; 14.1 | EPEC K-5; Teacher-created activities |

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Grade One Physical Education

Motor Skills / Physical Activity

June (2 Days)

| SUBTOPIC | DAYS | LESSON/ASSESSMENT | CT STANDARD | SOURCE |
|---|------|--|--|--------------------------------------|
| Locomotor Skills / Aerobic Activity/ Fitness Activity/ Object Control Skills | 2 | Use of Space; Formations; Safety; Personal and Social Skills; Locomotion Activities; Aerobic and Fitness activities; Object Control Relay races; Reinforce Ball handling / Kicking Skills; Tag games; Freeze games; Independent choice | 9.1; 9.2; 9.3; 9.4; 9.5; 10.3; 11.1; 12.1; 12.2; 13.1-13.4; 14.1 | EPEC K-5; Teacher-created activities |

*NOTE: Use of playscape area and fields may be used.

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| Grade: Grade one | Subject: Physical Education |
| CSDE Standard | Connecticut Content Standard 9: Motor Skill Performance |
| Enduring Understanding | The intent of this standard is development of the physical skills needed to enjoy participation in physical activities. Mastering movement fundamentals establishes a foundation to facilitate continued motor skill acquisition and gives students the capacity for successful and advanced levels of performance to further the likelihood of participation on a daily basis. |
| Essential Questions | Essential question: What different ways can the body move given a specific purpose? |
| Content Standards: | Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities. (NASPE Standard 1; Connecticut Content Standard 9) |
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| Performance Expectations (Student outcomes) | <p>E 9.1 Students will demonstrate developmentally mature form in the fundamental movement skills in the fundamental movement skills: locomotor and nonlocomotor and manipulative, in a closed environment (skills in isolation)</p> <p>E9.2 Demonstrate simple applications combining locomotor, nonlocomotor and manipulative skills to participate in developmentally appropriate movement and fitness activities.</p> <p>E9.3 Explore and adapt fundamental movement skills in a variety of dynamic environments</p> <p>E9.4 Acquire beginning skills for a few specialized movement forms</p> <p>E9.5 Participate in a variety of modified games, developmentally appropriate tasks, activities, creative movement,</p> |

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| | dance and play. | |
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| Strategies/Modes (examples) | Materials/Resources (examples) | Assessments (examples) |
| <p>Gallop Hop Horizontal Jump Run Skip Slide Vertical Jump Walk</p> | <p>Jump rope Hoops Cones Floor markers</p> | <p>Students will:</p> <ol style="list-style-type: none"> 1. Jumps over a long rope that is swaying. 2. Repeats basic rhythmic patterns as demonstrated. 3. Demonstrates a variety of locomotor skills while moving (e.g., skipping, jumping). 4. Travels and stops in a balance. 5. Performs a rocking motion, log roll, and egg roll. 6. Travels on a combination of body parts (e.g., crab walk on hands and feet). 7. Listens and physically responds to directions with regard to motor skill performance. 8. Develops a basic movement vocabulary (e.g., space awareness, locomotor skills, non-manipulative, manipulative). |

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| Grade: Grade one | Subject: Physical Education |
| CSDE Standard | <u>Connecticut Content Standard 9: Object-Control Skills</u> |
| Enduring Understanding | The intent of this standard is development of the physical skills needed to enjoy participation in physical activities. Mastering movement fundamentals establishes a foundation to facilitate continued motor skill acquisition and gives students the capacity for successful and advanced levels of performance to further the likelihood of participation on a daily basis. |
| Essential Questions | Essential question: What different ways can the body move given a specific purpose? |
| Content Standards: | Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities. (NASPE Standard 1; Connecticut Content Standard 9) |
| Performance Expectations (Student outcomes) | <p>E 9.1 Students will demonstrate developmentally mature form in the fundamental movement skills in the fundamental movement skills: locomotor and nonlocomotor and manipulative, in a closed environment (skills in isolation)</p> <p>E9.2 Demonstrate simple applications combining locomotor, nonlocomotor and manipulative skills to participate in developmentally appropriate movement and fitness activities.</p> <p>E9.3 Explore and adapt fundamental movement skills in a variety of dynamic environments</p> |

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| | <p>E9.4 Acquire beginning skills for a few specialized movement forms</p> <p>E9.5 Participate in a variety of modified games, developmentally appropriate tasks, activities, creative movement, dance and play.</p> | |
| <p>Strategies/Modes (examples)</p> <p>Catch Fly Balls Catch Rolling Balls Foot Dribble Hand Dribble Instep Kick Overhand Throw Underhand Strike Underhand Throw Chest Pass Bounce Pass</p> | <p>Materials/Resources (examples)</p> <p>Variety of balls Bean Bags Balloons Targets</p> | <p>Assessments (examples)</p> <p>Students will:</p> <ol style="list-style-type: none"> 1. Moves a ball with his or her feet 2. Kicks a stationary ball 3. Dribbles using his or her right or left hand 4. Throws an object, using an underhand motion with limited body movement 5. Bounces and catches an 8" ball with a partner and by themselves 6. Volleys a balloon, using his or her hands or a paddle |

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| Grade: Grade one | Subject: Physical Education |
| CSDE Standard | Content Standard 10: Applying Concepts and Strategies |
| Enduring Understanding | The intent of this standard is facilitation of learners' ability to use cognitive information to understand and enhance motor skill acquisition and performance. It enhances the ability to use the mind to control or direct one's performance. This includes the application of concepts from disciplines such as motor learning and development, sport psychology and sociobiology, and biomechanics and exercise physiology. |
| Essential Questions | Essential question: How can I move effectively and efficiently? |
| Content Standards: | Students will demonstrate an understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities. (NASPE Standard 2; Connecticut Content Standard 10) |
| Performance Expectations (Student outcomes) | <p>E10.1 Demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that occur in movement</p> <p>E10.2 Recognize critical performance skill elements in self and others using movement vocabulary</p> <p>E10.3 Demonstrate knowledge of rules, safety practices and procedures of specific outcomes</p> |

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| Strategies/Modes (examples) | Materials/Resources (examples) | Assessments (examples) |
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| Beneficial Effects of Physical Activity Body Parts/Planes/Actions Use of Space | Hoops Ropes Cones | Students will: 1. Demonstrates an awareness of personal space during tag games 2. Performs various activities requiring body management (e.g., moving on apparatus, tag games) |

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| Grade: Grade one | Subject: Physical Education |
| CSDE Standard | Content Standard 11: Engaging in Physical Activity |
| Enduring Understanding | <p>The intent of this standard is the establishment of patterns of regular participation in meaningful physical activity. This standard connects what is done in the physical education class with the lives of students outside the classroom. Although participation within the physical education class is important, what the student does outside the physical education class is crucial to developing an active, healthy lifestyle that has the potential to help prevent a variety of problems among future generations of adults. Students make use of the skills and knowledge learned in physical education class as they engage in regular physical activity outside the physical education class. They demonstrate effective self-management skills that enable them to participate in physical activity on a regular basis.</p> |
| Essential Questions | Essential question: What can I do to be physically active and why is this important? |
| Content Standards: | Students will participate regularly in physical activity. (NASPE Standard 3; Connecticut Content Standard 11) |
| Performance Expectations (Student outcomes) | <p>E11.1 Engage in a variety of moderate to vigorous developmentally appropriate physical activities on a regular basis</p> <p>E.11.2 Demonstrate an understanding of a variety of movements and how they affect the body</p> <p>E11.3 Apply the understanding of physical activities concepts to developing movement sequences and game strategies</p> <p>E11.4 Engage in appropriate and physical activity during and outside of school that promotes the development and</p> |

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| | improvement of physical fitness level. | |
| Strategies/Modes (examples) | Materials/Resources (examples) | Assessments (examples) |
| Aerobic Activity / Fitness Activity | Stop watches Pedometer Aerobic videos Pull-up bars Cones Ropes Hoops Parachute Scooters | Students will: <ol style="list-style-type: none"> 1. Recognizes changes in heart rate during exercise and rest 2. Sustains moderate physical activity during a forty-minute class period 3. Demonstrates jumping and landing safely (e.g., with knees bent) 4. Lists some of the tasks that are used to evaluate health-related fitness (e.g., curl-ups, push-ups, running, stretching) 5. Explores fitness challenges and purposefully practices tasks to gain greater success |

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| Grade: Grade one | Subject: Physical Education |
| CSDE Standard | Content Standard 12: Physical Fitness |
| Enduring Understanding | <p>The intent of this standard is the development of students' knowledge, skills and willingness to accept responsibility for personal fitness, leading to an active, healthy lifestyle. Students develop higher levels of basic fitness and physical competence as needed for many work situations and active leisure participation. Health-related fitness components include cardio respiratory endurance, muscular strength and endurance, flexibility and body composition.</p> |
| Essential Questions | <p>Essential question: Why is it important to be physically fit and how can I stay physically fit?</p> |
| Content Standards: | <p>Students will achieve and maintain a health-enhancing level of physical fitness. (NASPE Standard 4; Connecticut Content Standard 12)</p> |
| Performance Expectations (Student outcomes) | <p>E12.1 Demonstrate understanding of the relationship between activities and physical fitness components (e.g. cardio respiratory endurance, muscular strength and endurance, flexibility, nutritional status and body composition)</p> <p>E12.2 Recognize physiological indicators (e.g. heart rate, body temperature, perspiration, thirst) of exercise during and after physical activity</p> <p>E12.3 Understand the results of formal fitness testing and correctly associate these results with overall physical fitness,</p> |

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| | nutritional levels and personal status E12.4 Maintain a wellness log including exercise and food intake for a set period of time | |
| Strategies/Modes (examples) Hip Flexibility / Low Back Flexibility | Materials/Resources (examples) Balance Beam Rhythm Bands | Assessments (examples) Students will: <ol style="list-style-type: none"> 1. Performs a two-foot stand on a balance beam 2. Performs a single-leg stork stand 3. Demonstrates a variety of standing motor patterns (balance skills, motor pattern learning skills) 4. Demonstrates a step-hop pattern 5. Demonstrates large-muscle coordination in locomotor and non-locomotor skills |

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| Grade: Grade one | Subject: Physical Education |
| CSDE Standard | Content Standard 13: Responsible Behavior |
| Enduring Understanding | The intent of this standard is the achievement of self-initiated behaviors that promote personal and group success in activity settings. These include safe practices, adherence to rules and procedures, etiquette, cooperation and teamwork, ethical behavior and positive social interaction. Key to this standard is developing respect for individual similarities and differences through positive interaction among participants in physical activity. Similarities and differences include characteristics of culture, ethnicity, motor performance, disabilities, physical characteristics (e.g., strength, size, shape), gender, age, race and socioeconomic status. |
| Essential Questions | Essential question: How do I interact with others during physical activity? |
| Content Standards: | Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings. (NASPE Standard 5; Connecticut Content Standard 13) |
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| Performance Expectations (Student outcomes) | E13.1 Understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and demonstrate etiquette and good sportsmanship in a variety of physical settings E13.2 Work independently or cooperatively and productively with partners or in small groups to complete assigned tasks. |

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| | <p>E13.3 Demonstrate behaviors that are sensitive to individual differences (e.g., physical, gender, cultural/ethnic, social and emotional) that can affect group activities</p> <p>E13. 4 Develop skills needed for resolving conflicts peacefully</p> | |
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| Strategies/Modes (examples) | Materials/Resources (examples) | Assessments (examples) |
| <p>Compassion for others Cooperation Following Directions</p> <p>CSDE: 4.K-2.1 State guidelines and behavior for the safe use of equipment and apparatus.</p> <p>4.K-2.2 Identify appropriate behaviors for participating with others in physical activity.</p> <p>4.K-2.3 State reasons for safe and controlled movements.</p> <p>4.K-2.4 Share space and equipment with others in physical activity settings.</p> <p>4.K-2.5 Respond appropriately to reinforcement of classroom and activity specific rules.</p> <p>4.K-2.6 Stops activity when signaled to do so.</p> <p>4.K-2.7 Accept the feelings resulting from challenges, successes</p> | | <p>Students will:</p> <ol style="list-style-type: none"> 1. Participates in class activities willingly and enthusiastically 2. Follows game rules when playing with others. 3. Follows safety rules when playing with others and using sports equipment. 4. Shares and takes turns while participating in physical activities (e.g., using sports equipment) 5. Participates in class physical education activities with respect for the rights and feelings of others 6. Moves safely alone and when moving with others |

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| and failures in physical activity. | | |
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| Grade: Grade one | Subject: Physical Education |
| CSDE Standard | Content Standard 14: Benefits of Physical Activity |
| Enduring Understanding | The intent of this standard is development of an awareness of the intrinsic values and benefits of participation in physical activity that provides personal meaning. Physical activity provides opportunities for self-expression and social interaction and can be enjoyable, challenging and fun. These benefits develop self-confidence and promote a self-image, thereby enticing people to continue participation in activity throughout the life span. |
| Essential Questions | Essential question: How will physical activity help me now and in the future? |
| Content Standards: | Students will value physical activity for health enjoyment, challenge, self-expression, and/or social interaction. (NASPE Standard 6; Connecticut Content Standard 14) |
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| Performance Expectations (Student outcomes) | <p>E14.1 Express and identify feelings about participating in physical activity and begin to make choices based on those feelings.</p> <p>E14.2 Use physical activity as a means of self expression</p> <p>E14.3 Use physical activity as a positive opportunity for social and group interaction</p> <p>E14.4 Experience personal challenges through physical activities</p> |

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| Strategies/Modes (examples) | Materials/Resources (examples) | Assessments (examples) |
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| <p>Best Effort</p> <p>CSDE:</p> <p>6.K-2.1 Recognize that skill development requires practice.</p> <p>6.K-2.2 Recognize and acknowledge that many different feelings can result from participation in physical activity, (i.e., excitement, anger, frustration, joy, and anxiety.)</p> <p>6.K-2.3 Derive enjoyment through participation in physical activity either alone or with others.</p> <p>6.K-2.4 Appreciating the benefits that accompany cooperation and sharing.</p> <p>6.K-2.5 Utilize physical activity as a channel for imagination, self-expression and creativity.</p> <p>6.K-2.6 Look forward to new physical</p> | | <p>Students will:</p> <ol style="list-style-type: none"> 1. Enjoys participation in physical education activities individually 2. Enjoys participation in physical education activities in a group 3. Distinguishes between activities that are healthy and unhealthy 4. Explains why it is important to participate in healthy activities (e.g., walking or riding a bicycle instead of being driven in a car, playing games and sports instead of watching television) 5. Chooses healthy choices to participate in outside of school hours. 6. Establishes short-term class goals 7. Shows preferences among physical activities 8. Describes his or her level of perceived exertion after a physical activity (i.e., "high," "medium," or "low" energy output) 9. Describes how physical activity is |

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| | | both fun and good for you. |
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Resources

EPEC Exemplary Physical Education Curriculum Grades K-5

National Association for Sport and Physical Education (2004) Moving into the Future: National Standards for Physical Education

Physical Education - A Guide to K-12 Program Development <http://www.sde.ct.gov/sde/cwp/view.asp?a=2618&q=320982>

PE Central (<http://www.pecentral.org>)