



Scope and Sequence Project

Magic Conch Shells

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Demographics

Location: Key West, Florida

Horace O'Bryant School – K-8



Key West High School



Town Population: 25,704

Horace O'Bryant Enrollment: 1,030

Key West High School Enrollment: 1,161

Ethnic Composition:

White 67 %

Hispanic 18 %

African American 11%

Two or more races 2%

Key West is a suburban beach town off of the mainland of Florida. With close proximity to the water and warm weather year round it is the perfect place to implement water sports and outdoor activities into physical education.

Mission Statement:

Our mission is stated as such, to give students the keys to start and run their own lives in the best, healthiest way possible. Physical education is a crucial aspect of a child's development. It not only promotes physical benefits, but cognitive, and affective benefits as well. Physical education promotes living healthy well balanced lives. Furthermore, it has direct correlations to success in all other content areas. An assortment of skill development, including gross and fine motor skills will be addressed, as well as health and wellness. The main areas of focus will be motor skill development, fitness, nutrition, and the dimensions of wellness.

Curricular Goals:

	K-5	6-8	9-12
Cognitive	PE 1- Students will identify and understand vocabulary words and concepts related to physical activity.	PE 1- Students will identify and describe proper technique used during super fundamental skills.	PE 1- Students will identify rules and strategies of various sports and activities.
	PE 2- Students will be able to identify the importance of physical activity.	PE 2- Students will understand the importance of physical fitness components.	PE 2- Students will be able to identify health and skill fitness components.
	HE 1- Students will identify various body parts and properly identify where they are located.	HE 1- Students will identify key components of safety.	HE 1- Students will identify key components of sexual education.
	HE 2- Students will identify proper ways to maintain good hygiene.	HE 2- Students will identify key components of safety.	HE 2- Students will identify various substances and their effects.
Affective	PE 1- Demonstrate ability to work with peers towards common goals.	PE 1- Students will value the importance of physical activity and lifelong fitness.	PE 1- Students will demonstrate good sportsmanship during competitive activities.
	PE 2- Students will enjoy physical activity with classmates.	PE 2- Students will enjoy the value of super fundamental skills.	PE 2- Students will find new fitness activities that they enjoy to promote a healthy lifestyle.
	HE 1- Students will value having good hygiene techniques throughout their lives.	HE 1- Students will enjoy learning ways to maintain balance through healthy relationships.	HE 1- Students will devote life to being healthy after high school.
	HE 2- Students will enjoy knowing how their body moves.	HE 2- Students will understand the importance of safety.	HE 2- Students will display maturity throughout discussions.
Psychomotor	PE 1- Students will demonstrate use of time, force, flow, levels, and direction through the use of games and activities.	PE 1- Students will perform super fundamental skills in a variety of activities.	PE 1- Students will demonstrate all health and skill fitness components.
	PE 2- Students will demonstrate locomotor and non-locomotor skills through use of activities.	PE 2- Students will participate in physical fitness activities.	PE 2- Students will participate in sport education teams.
	HE 1- Students will demonstrate where body parts are and how they move properly.	HE 1- Demonstrate safety procedures.	HE 1- Students will demonstrate knowledge of sexual education through various presentations.
	HE 2- Students will perform proper hygiene techniques.	HE 2- Students will move throughout classroom to designated dimensions, illustrating knowledge of dimensions of wellness.	HE 2- Students will demonstrate knowledge of various substances through presentations.

Content Areas

K-5 Physical Education:

Motor Skills: the coordination of muscles that involves the movement of muscles in order to perform a specific task. Some examples would be locomotor and non locomotor movements.

Manipulative Skills: skills that require an individual to use an object to complete a task that are fundamentals for various activities that can be performed throughout a lifetime. Throwing, catching, and striking are a few examples.

Fitness: the state of health and well-being that has many components and is essential for every human being. Some components of fitness would be cardiovascular, core, and stretching/flexibility.

Cooperative: strategy where individuals learn to work together despite having different backgrounds, talents, and understanding of the material. This incorporates sportsmanship, team-building, and communication.

Dance: a series of movements in time usually through the sound of music. Line dances, interpretive dance, and ballet are a few examples.

K-5 Health

Personal Health: a person's ability to take care of themselves and leading a healthy lifestyle. Examples are hygiene and physical activity.

Safety: condition where an individual reduces the risk of being in danger or it is unlikely to cause injury. Ways to practice safety are to not talk to strangers, know what to do in an emergency, and knowing 911.

Nutrition: process of providing and/or obtaining food necessary for health and growth. Knowing the food groups and what foods are healthy are a couple examples.

6-8 Physical Education:

Fitnessgram: The Fitnessgram is a comprehensive fitness assessment. It is used to test the cardiovascular, muscular endurance, muscular strength, flexibility, and body composition components of the students.

Superfundamental Skills: This Content Area addresses components used in competitive sports to improve individual performance, such as throwing and catching.

Golf: Golf is an individual sport that is played in an open field area. It requires a small hard ball with a set of golf clubs, with the objective being to try and hit the ball into a small circular hole in the lowest amount of strokes possible.

Aquatics: The Content Area of aquatics covers the basics of swimming along with different activities that include physical objects/boards.

Yard Games: The yard games addressed in this curriculum are Corn hole, Can Jam, Horseshoes, Bocci Ball, and Spike Ball. These are games that require two teams with two teammates and engage teamwork and strategy.

6-8 Health:

Safety: This Content Area covers a variety of different ways that safety plays an important role that influences personal health.

Nutrition: This Content Area addresses different aspects of healthy eating and choices.

Dimensions of Wellness: These units cover different facets of health and wellness and ways to improve overall health.

9-12 Physical Education:

Individual Sports: A section focused on sports played individually aimed at becoming lifelong activities. Examples are bowling, archery and cycling.

Team Sports: A section focused on the rules strategies and gameplay of various team sports as well as cooperation and sportsmanship. Examples are basketball, softball and soccer.

Racket Sports- A section focused on the rules, strategies and gameplay of the main five racquet sports both played individually and with a partner. Examples are tennis, pickleball and badminton.

Adventure- A section focused on nonstandard forms of teaching in order to get students out of their comfort zones and build cooperation, teamwork and bonds with classmates. Examples ice breakers, obstacle course and rock climbing.

Water Sports- A section focused on various individual and team activities done in the water as another location for exercise. Examples are crew, water polo and surfing.

9-12 Health:

Drugs/Alcohol- A section focused on various drugs and alcohol and their effects on the body. Examples are club drugs, recreational drugs and addiction/recovery.

Sex Education- A section focused on teaching students all aspects of appropriate and safe sexual behaviors as well as consequences arriving from irresponsibility. Examples are relationships, safe sex, and child care.

Drivers Education- A section focused on educating students on road safety and preparing them from their drivers and boating test/permit. Examples include road signs, road test and car maintenance.

K-5 Scope and Sequence

		K	1	2	3	4	5
Motor Skills							
Locomotor							
	Walking	1					
	Running	1					
	Skipping		1				
	Galloping		1				
	Jumping			1			
	Leaping			1			
Non-locomotor							
	Bending	1					
	Pushing	1					
	Pulling	1					
	Twisting			1			
	Turning			1			
	Spinning			1			
Shapes							
	Straight		1				
	Curved		1				
	Wide		1				
	Narrow		1				
	Tall		1				
	Short		1				
Pathways							
	Straight	1					
	Forward/Backward	1					
	Zigzag			1			
	Curved			1			
Planes							
	High	1					
	Middle	1					
	Low	1					
PE Content Area 1 Totals		10	8	7	0	0	0

Manipulative Skills							
Throwing							
	Proper Technique			1			
	Overhand/Underhand			1			
	Stationary Targets			1			
	Moving Targets				1		
Catching							
	Using Two Hands		1				
	Tracking the Ball		1				
	Using a Glove				1		
Striking							
	Proper Technique			1			
	Using a Tee				1		
	Using a Bat				1		
	Moving Object					1	

	Using a Racket						1
Rolling							
	Proper Technique				1		
	Using Targets					1	
	Bowling						1
Kicking							
	Proper Technique			1			
	Stationary Targets			1			
	Moving Targets					1	
	Soccer						1
PE Content Area 2 Totals		0	2	6	5	3	3

Fitness							
Upper Body							
	Push Ups						1
	Pull Ups						1
Lower Body							
	Jumping			1			
	Leaping			1			
	Squats					1	
Core							
	Sit-Ups					1	
	Crunches					1	
	Planks						1
	Six Inches						1
Stretching							
	Static		1				
	Dynamic			1			
	Yoga				1		
Cardio							
	Walking	1					
	Running	1					
	Swimming			1			
	Heart Rate					1	
PE Content Area 3 Totals		2	1	4	1	4	4

Cooperative							
Sportmanship							
	Personal Responsibility	1					
	Working with Others	1					
	Accepting Feedback		1				
Communication							
	Verbal	1					
	Non-Verbal		1				
	Body Language		1				
Safety							
	Rules	1					
	Procedures	1					
	Spatial Awareness			1			
	Proper Equipment			1			
Offensive Strategies							
	Varying Speeds					1	

	Varying Directions					1	
	Fakes						1
Defensive Strategies							
	Changing Body Shape				1		
	Changing Body Angle				1		
	Varying Speeds					1	
PE Content Area 4 Totals		5	3	2	2	3	1

Dance							
Elements							
	Body			1			
	Action			1			
	Space			1			
	Time				1		
	Energy				1		
Creative Dance							
	Tempo					1	
	Rythm					1	
	Force					1	
	Power						1
	Speed						1
	Relationships						1
Explorative Dance							
	Directions				1		
	Levels				1		
	Patterns				1		
	Personal Space						1
	Partner/Group Dance						1
Square Dance							
	Side Step				1		
	Heel Touch				1		
	Grapevine					1	
	Promenade					1	
Line dances							
	Cha Cha Slide				1		
	Cotton Eye Joe				1		
	Macarena					1	
	Electric Slide					1	
	Cupid Shuffle						1
	Wobble						1
PE Content Area 5 Totals		0	0	3	9	7	7

Personal Health							
Hygiene							
	Germs	1					
	Hand Washing	1					
	Tooth Brushing	1					
	Bathing Regularly		1				
	Deodorant Use		1				
Body Systems							
	Skeletal		1				
	Digestive		1				

	Circulatory				1		
	Muscular				1		
	Respiratory						1
	Reproductive						1
Physical Activity							
	Importance	1					
	Activity Time	1					
Skin Care							
	Using Sunscreen					1	
	Sun Safety					1	
	Self Check for Abnormalities						1
Bullying							
	Identifying Bullying			1			
	Types			1			
	What to do if you Witness				1		
	Standing Up for Others						1
	Respecting Peers						1
HE Content Area 1 Totals		5	4	2	3	2	5

Safety							
Emergency Contacts							
	911 (Police, Fire)	1					
	Know Their First Name		1				
	Know Their Phone Number		1				
	Know Their Address		1				
Stranger, Danger							
	Be Cautious	1					
	Know Your Surroundings	1					
	Don't Go Anywhere Alone	1					
	Never Take Anything From	1					
Transportation Safety							
	Wearing a Seat Belt			1			
	Sitting in the Proper Seat			1			
	Wearing a Helmet on a Bike			1			
	Wearing a Life Preserver			1			
First Aid							
	Band-Aid Use		1				
	Cleaning Cuts		1				
	Who to Contact		1				
Fire Safety							
	Stop, Drop, and Roll	1					
	Fire Escape Route (School)	1					
	Emergency Home Plan			1			
	Don't Mess with Matches/Lighters			1			
	Fire Extinguisher Location/Use					1	
	Fire Protocol					1	
HE Content Area 2 Totals		7	6	6	0	2	0

Nutrition							
Foods							
	Healthy			1			
	Unhealthy/Junk			1			

	Fast Food			1			
	Proper Care				1		
	Checking Expirations				1		
Food Groups							
	Fruits		1				
	Vegetables		1				
	Dairy		1				
	Meats		1				
	Grains		1				
Food Labels							
	How to Read Them						1
	Importance						1
	Serving Sizes						1
Nutrient Classes							
	Carbohydrates					1	
	Fats					1	
	Proteins					1	
	Sugar					1	
Decision Making							
	When to Eat				1		
	Snacking				1		
	Hydration				1		
HE Content Area 3 Totals		0	5	3	5	4	3

Physical Education Total Offerings	17	14	22	17	17	15
Health Education Total Offerings	12	15	11	8	8	8

6-8 Scope and Sequence

		6	7	8
Fitnessgram				
	Cardiovascular Fitness			
	Walking	1		
	Jogging	1		
	Running	1		
	Swimming		1	
	Pacer	1		
	Mile Run	1		
	Muscular Strength			
	Squats		1	
	Pushups		1	
	Pullups			1
	Bench Press			1
	Bicep Curls		1	
	Should Press		1	
	Muscular Endurance			
	Jumping Jacks	1		
	Planks		1	
	Mountain Climbers		1	
	Bench Press			1
	Sit Ups	1		
	Flexibility			
	Sit-and Reach	1		
	Trunk Lift	1		
	Shoulder Stretch			1
	Upper Body Stretch		1	
	Lower Body Stretch		1	
	Yoga			
	Warrior Poses			1
	Downward dog			1
	Staff Pose			1
	Conquered Breathing			1
PE Content Area 1 Totals		9	9	8

Superfundamental Skills				
	Kicking			
	Inside of Foot	1		
	Alignment	1		
	Accuracy	1		
	Different Objects	1		
	Throwing			
	Over hand throw	1		
	Under hand throw	1		
	Overhead pass	1		
	Accuracy	1		
	Technique	1		
	Striking			

	Baseball/Softball Swing		1	
	Raquet Serve		1	
	Striking w/Racquet		1	
	Golf Swing		1	
Catching				
	One hand	1		
	Two hand	1		
	Above waist	1		
	Under waist	1		
Jumping				
	One Leg	1		
	Both Leg	1		
	Fast	1		
	Distance	1		
	Jump Rope	1		
PE Content Area 2 Totals		18	4	0

Golf				
	Putting			
	Grip			1
	Posture			1
	Ball Alignment			1
	Swing Plane			1
	Distance Control			1
	Chipping			
	Grip			1
	Posture			1
	Ball Alignment			1
	Swing Plane			1
	Distance Control			1
	Follow Through			1
	Driving			
	Grip			1
	Posture			1
	Swing Plane			1
	Ball/Club Alignment			1
	Follow Through			1
	Irons			
	Grip			1
	Posture			1
	Swing Plane			1
	Club Selection			1
	Ball Alignment			1
	Follow Through			1
	Ettiqute			
	Rules			1
	Strategies			1
	Sportsmanship			1
PE Content Area 3 Totals		0	0	25

Aquatics				
	Swimming			

	Butterfly	1		
	Freestyle	1		
	Breast Stroke	1		
	Back Stroke	1		
Boogie Boarding				
	Balance		1	
	Kicking		1	
	Paddling		1	
	Turning		1	
	Stop/Pulling out		1	
Paddle Boarding				
	Board Transport		1	
	Stance/Grip		1	
	Getting Up		1	
	Forward Stroke		1	
	Turning		1	
Crew				
	Grip		1	
	Rigger Dips		1	
	360 Turn		1	
	Emergency Stop		1	
	Team Bulding		1	
Snorkeling				
	Breathing Technique			1
	Swimming w/Finns			1
	Conserving Energy			1
	Deep Water Dives			1
PE Content Area 4 Totals		4	15	4

Yardgames				
Corn Hole				
	Trajectory	1		
	Accuracy	1		
	Strategy	1		
	Team Work	1		
Can Jam				
	Accuracy		1	
	One Hand Coordination		1	
	Frisbee Throwing		1	
	Strategy		1	
	Team Work		1	
Bocci				
	Accuracy	1		
	Distance Control	1		
	Targeting/Tracking	1		
	Ball Rolling	1		
Horseshoes				
	Tracking			1
	One Hand Coordination			1
	Team Work			1
	Distance Control			1
Spikeball				

	Teamwork		1	
	Hand-Eye Coordination		1	
	Targeting		1	
	Tracking		1	
PE Content Area 5 Totals		8	9	4

Health (Safety)				
	Substance Use			
	Effects of Alcohol	1		
	Effects of Drugs	1		
	Prescription Drugs		1	
	Over Counter Drugs		1	
	Identify Prohibited	1		
	Identifying substance use	1		
	Water Safety			
	Tread Water	1		
	Buddy Safety	1		
	Life Jackets	1		
	CPR	1		
	Decision Making			
	Identify Peer Pressure		1	
	Look for alternatives		1	
	Considering		1	
	Evaluate/Reflect Results		1	
	Contraception			
	Abstinence			1
	Contraceptive Methods			1
	STIS			1
	Boating Safety			
	Identify Weather Reports			1
	Identify Required Safety			1
	Identify Boating Operations			1
	On Water Signals/ Traffic			1
	Understand Fuel			1
	On Water			1
HE Content Area 1 Totals		8	6	9

(Health) Nutrition				
	Macronutrients			
	Identify Carbohydrates		1	
	Identify Fats		1	
	Identify Proteins		1	
	Understanding What		1	
	Micronutrients		1	
	Identify Vitamins		1	
	Identify Minerals		1	
	Understanding What		1	
	Calories			
	Understand Caloric			1
	Utilize Calorie Counters			1
	Identify Importance			1
	Label Reading			

	Daily Valuable	1		
	Identify Nutrients	1		
	Understand Ingredients	1		
Food Log Project				
	Set Goals			1
	Identify Real Life			1
	Incorporate Healthy			1
	Myplate.gov			1
HE Content Area 2 Totals		3	8	7

(Health) Dimensions of wellness				
	Social Wellness			
	Identify Healthy	1		
	Identify Healthy Support	1		
	Components of Healthy	1		
	Components of Friendship	1		
	Egg Drop Activity	1		
	Environmental Wellness			
	Identifying Stimulating		1	
	Identifying Differences in		1	
	Societys Impact on		1	
	Recycle/Trash Disposal		1	
	Environmental		1	
	Physical Wellness			
	Identify Physical Needs	1		
	Identify Healthy Habits	1		
	Identify Importance of	1		
	Emotional Wellness			
	Understanding Thoughts	1		
	Identifying Feelings	1		
	Identifying Behaviors	1		
	Occuptaional Wellness			
	Identifying Career Paths			1
	Identifying Enjoyable Work			1
	Balancing A Workload			1
	Time Management Project			1
HE Content Area 3 Totals		11	5	4

Physical Education Total Offerings		39	37	41
Health Education Total Offerings		22	19	20

9-12 Scope and Sequence

		9	10	11	12
Individual Sports					
Track					
	Technique	1			
	Starting	1			
	Pacing	1			
	Drafting	1			
Golf					
	Swing		1		
	Driving the Ball		1		
	Chipping		1		
	Putting			1	
	Sand Shots			1	
	Reading Greens			1	
	Round of Golf			1	
Bowling					
	Form			1	
	Choosing the right ball			1	
	Spin			1	
	Situational Techniques			1	
	Game of Bowling			1	
Archery					
	Stance				1
	Set Up				1
	Draw and Load				1
	Aim and Expand				1
	Release				1
	Tournament				1
Cycling					
	Gears		1		
	Breaking		1		
	Leaning Through Turns		1		
	Coasting Downhill		1		
PE Content Area 1 Totals		4	7	9	6
Team Sports					
Volleyball					
	Underhand Pass		1		
	Overhead Pass		1		
	Spike		1		
	Serve		1		
	Postions and Rotation			1	
	Blocking			1	
	Dig			1	
	Tournament			1	
Soccer					
	Dribbling	1			
	Passing	1			
	Shooting	1			

	Throw Ins	1			
	Positions	1			
	Penalty Kicks/Free Kicks	1			
	Tournament	1			
Basketball					
	Dribbling	1			
	Passing	1			
	Shooting	1			
	Layups	1			
	Free Throws	1			
	Positioning		1		
	Plays		1		
	Posting Up		1		
	Defense		1		
	Tournament		1		
Softball					
	Throwing			1	
	Catching			1	
	Hitting			1	
	Base Running			1	
	Postions			1	
	Fielding a Ground Ball			1	
	Game of Softball			1	
Football					
	Throwing				1
	Catching				1
	Running				1
	Kicking				1
	Postions				1
	Plays				1
	Tournament				1
PE Content Area 2 Totals		12	9	11	7

Adventure and Experiential Learning

Ice Breakers					
	Learning Names	1			
	Breaking Down Barriers	1			
	Beginning to Build Trust	1			
	Positivity	1			
Trust Activites					
	Minfield	1			
	Trust Fall	1			
	Positivity	1			
Obstacle Courses					
	Trust		1		
	Awareness		1		
	Critical Thinking		1		
	Strategy		1		
	Positivity		1		
Ropes Course					
	Trust				1
	Awareness				1

	Team Work				1
	Positivity				1
	Strategy				1
Rock Climbing					
	Trust				1
	Positivity				1
	Bodily Awareness				1
	Team Work				1
	Weight Distribution				1
PE Content Area 3 Totals		7	5	0	10

Racket Sports					
Ping Pong	Rules			1	
	Serving			1	
	Hitting			1	
	Trick Shots			1	
	Tournament			1	
Badminton					
	Rules	1			
	Grip	1			
	Serving	1			
	Drop Shot	1			
	Smash	1			
	Tournament	1			
Pickleball					
	Rules		1		
	Grip		1		
	Serve		1		
	Volley		1		
	Lob		1		
	Tournament		1		
Racquetball					
	Rules				1
	Serve				1
	Hitting				1
	Strategy				1
	Tournament				1
Tennis					
	Rules		1		
	Serve		1		
	Forehand		1		
	Backhand		1		
	Drop Shot		1		
	Cut Shot		1		
	Doubles Play		1		
	Tournament		1		
PE Content Area 4 Totals		6	14	5	5

Water Sports					
Surfing					
	Balance				1
	Paddling				1

	Standing Up				1
	Nose Dive				1
	Safety				1
Water Polo					
	Rules			1	
	Treading Water			1	
	Catching			1	
	Throwing			1	
	Strategies			1	
	Tournament			1	
Crew					
	Technique		1		
	Teamwork		1		
	Rowing		1		
Canoe/Kayaking					
	Rowing	1			
	Teamwork	1			
	Technique	1			
Body Surfing					
	Breathing Strategies	1			
	Paddling	1			
	Turning	1			
	Stopping	1			
PE Content Area 5 Totals		7	3	6	5

Drugs and Alcohol					
Club Drugs					
	Rohypnol			1	
	LSD			1	
	Ecstasy			1	
	Ketamine			1	
	Amphetamines			1	
Recreational Drugs					
	Marijuana			1	
	Caffeine			1	
	Cocaine			1	
	Heroin			1	
	Nicotine			1	
OTC/Prescription Medications					
	Cough Medicine			1	
	Pain Killers			1	
	Aspirin			1	
	Antibiotics			1	
Alcohol					
	BAC			1	
	Proof			1	
	Intoxication			1	
	Alcohol Poisoning			1	
Addiction/Recovery					
	AA				1
	AI-Anon				1
	Nar-Anon				1

	Withdrawal				1
	Rehab				1
HE Content Area 1 Totals		0	0	18	5

Drivers Education					
Road Signs					
	Types of signs		1		
	What each sign means		1		
	What each color means		1		
Permit/GDL/License					
	Behind the Wheel		1		
	Written Test		1		
	Restrictions		1		
	6 Points of ID		1		
	Road Test		1		
Rules/Laws/Regulations					
	Speed Limit		1		
	DUI/DWI		1		
	Distracted Driving		1		
	Registration		1		
	Insurance		1		
Road Test					
	Safety Procedures		1		
	Parallel Parking		1		
	Stopping Time		1		
	Coming up to Speed		1		
	K-Turn		1		
	Signaling		1		
Car Maintenance					
	Oil Change		1		
	Gas		1		
	Engine Checks		1		
	Keeping it Clean		1		
	Repairs		1		
HE Content Area 2 Totals		0	24	0	0

Sexual Education					
STD's and STI's					
	Herpes		1		
	HPV		1		
	HIV/AIDS		1		
	Chlamydia		1		
	Gonorrhea		1		
Safe Sex					
	Contraceptives		1		
	Abstinence		1		
	Consequences		1		
Relationships					
	Friendships		1		
	Abuse		1		
	Healthy Relationships		1		
	Communication		1		

	Milestones	1			
	Marriage	1			
Pregnancy					
	Abortion				1
	Planned Parenthood				1
	Stages of Pregnancy				1
	Birth Defects				1
	Stillborn/Miscarriage				1
Child Care					
	Diapers				1
	Breastfeeding/Formula				1
	Food				1
	Daycare				1
	Injuries				1
HE Content Area 3 Totals		15	0	0	10

Physical Education Total Offerings	36	38	31	33
Health Education Total Offerings	15	24	18	15

References

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