

CURRICULUM MAP

Subject: Girls/Boys Physical Education

Grade Level: 9 and 10

rev 7/17

FIRST QUARTER	SECOND QUARTER	THIRD QUARTER	FOURTH QUARTER
<p>Rules, Safety Regulations, Expectations, Procedures and Lockers (2 3)</p> <p>Muscle Groups/Stretching Static, active, dynamic</p> <p>Physical Fitness Challenge *Cardiorespiratory function- 600 meter run *Flexibility- Sit and Reach *Push-ups- Cadence (1 2 3)</p> <p>Flicker/Flag Football <u>Skill:</u> Passing, catching, throwing, punting, scoring (1 2)</p> <p>Soccer <u>Skills:</u> Dribbling, passing, shooting, throw-ins, kicks (1 2)</p> <p>Fitness Target Heart Rate, BMI, FITT principles, muscles (1 2)</p> <p>Archery <u>Skills:</u> string bow, shooting, techniques, commands (1 2 3)</p>	<p>Basketball <u>Skills:</u> Dribbling, shooting, passing team concepts (1 2 3)</p> <p>Swimming <u>Skills:</u> Floating, breathing, stroke work, water polo, aerobics, diving (1 2 3)</p> <p>Circuit Weight Training <u>Skills:</u> Breathing, free weights, cardio machines, cable crossover. (1 2 3)</p> <p>Dance Social- Hip Hop Party- Line Dance Turbo Jams Jump Rope Country square dancing (1 2 3)</p> <p>Fitness Activities: Power walking Cardio-vascular training Yoga Kick boxing Tabata Speed stacking (1 2 3)</p>	<p>Volleyball <u>Skills:</u> Serve, pass, set, spike, scorekeeping, officiating (1 2 3)</p> <p>Hands Only CPR/AED training (1 2 3)</p> <p>European Handball/Speed-away <u>Skills:</u> Passing, Catching, shooting Strategy, Scoring (1 2)</p> <p>Badminton/Speedminton <u>Skills:</u> Clear, serve, drop, smash Scoring, strategy (1 2 3)</p> <p>Project Adventure Activities/ Engage your brain activities Trust, Communication Team Building Problem Solving (1 2 3)</p> <p>Cooperative Games Swat ball, Spike ball Gopher ball, Noodle hockey Tchoukball (1 2 3)</p> <p>Floor Hockey Passing, shooting (1 2 3)</p>	<p>Softball/Wiffle <u>Skills:</u> Batting, throwing, catching, pitching, game situations. (1 2 3)</p> <p>Mat Ball / Omnikin Ball Rules Strategy Team Building Cardio (2)</p> <p>Tennis <u>Skills:</u> Serving Forehand/Backhand Singles/Doubles play Rules Scoring Strategy</p> <p>Ultimate Frisbee <u>Skills:</u> Throwing catching (1 2 3)</p> <p>Physical Fitness Challenge *Cardiorespiratory function- 600 meter run *Flexibility- Sit and Reach *Push-ups- Cadence (1 2 3)</p> <p>Common Core Post written test</p>

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FIRST QUARTER	SECOND QUARTER	THIRD QUARTER	FOURTH QUARTER
<p>Rules, Safety Regulations, Expectations, Procedures and Lockers (2 3)</p> <p>Physical Fitness Challenge *Cardiorespiratory function- 600 meter run *Flexibility- Sit and Reach *Push-ups- cadence (1 2 3)</p> <p>Touch Football/Flicker Football <u>Skills:</u> Passing, catching, throwing, punting (1 2)</p> <p>Archery <u>Skills:</u> string bow, shooting, techniques, commands (1 2 3)</p> <p>Project Adventure Activities/ Engage your brain activities Trust, Communication Team Building Problem Solving (1 2 3)</p> <p>Fitness Walking/Cardio Pedometer, Heart Rate/monitor Technique (1 2 3)</p> <p>Components of skill and health related fitness</p>	<p>Basketball <u>Skills:</u> Dribbling, shooting, passing, team concepts (1 2 3)</p> <p>Swimming <u>Skills:</u> Floating, breathing, stroke work, water polo, aerobics, diving (1 2 3)</p> <p>Circuit Weight Training <u>Skills:</u> Breathing, free weights, cardio machines, cable crossover. (1 2 3)</p> <p>Dance/Aerobics Party- Line dances Yoga, Pilates, Tae-Bo, Tai-chi (1 2 3)</p> <p>Fitness Activities: Cardio-vascular training Kick boxing Tabata Speed stacking (1 2 3)</p> <p>Table Tennis <u>Skills:</u> Serve, Forehand, Backhand, Drop shot, Smash (2 3)</p>	<p>Volleyball <u>Skills:</u> serve, pass, set, spike, scorekeeping, officiating (1 2 3)</p> <p>Floor Hockey <u>Skills:</u> Passing, shooting, safety, dribbling (1 2)</p> <p>European Handball <u>Skills:</u> shooting, passing, blocking (1 2)</p> <p>Badminton/Speedminton <u>Skills:</u> clear, serve, drop, smash (1 2 3)</p> <p>Pickleball <u>Skills:</u> Forehand, backhand, singles, doubles (1 2 3)</p> <p>Cooperative Games Swat ball, Spike ball Gopher ball, Noodle hockey Tchoukball (1 2 3)</p> <p>First aid for injuries P.R.I.C.E.</p>	<p>Softball/Wiffle <u>Skills:</u> Batting, throwing, catching, pitching, game situations (1 2 3)</p> <p>Tennis <u>Skills:</u> Forehand, backhand, serving, strategy, scoring, (1 2 3)</p> <p>Golf <u>Skills:</u> Grip, swing, follow through, accuracy, putting (1 2 3)</p> <p>Speed a-way <u>Skills:</u> Dribbling, passing, shooting, passing (1 2)</p> <p>Ultimate Frisbee <u>Skills:</u> Throwing catching (1 2 3)</p> <p>Physical Fitness Challenge *Cardiorespiratory function- 600 meter run *Flexibility- Sit and Reach *Push-ups- Cadence (1 2 3)</p> <p>Common Core Post Test</p>