

Physical Education Curriculum Map 9-12

The Comprehensive Physical Education Curriculum Guide focuses on the following areas of instructional skills and activities: Health-Related Fitness/Wellness, Sports Skills, Body Mechanics, Dance, Basic Movement Skills/Coordination, Adapted Physical Education and Aquatics. The incorporation of a well designed, sequential program will contribute extensively to the physical, mental, emotional and social development of all students in grades 9-12. The objectives of the curriculum guide have been written to reinforce the New York Core Curriculum Content Standards.

STANDARD 1. Demonstrates competency in a variety of motor skills and movement patterns.

STANDARD 2. Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

STANDARD 3. Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

STANDARD 4. Exhibits responsible personal and social behavior that respects self and others.

STANDARD 5. Recognizes the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression.

STANDARD 6. Recognizes career opportunities and manages personal and community resources related to physical activity and fitness to achieve and maintain overall wellness.

Students will be empowered to choose physical activities which promote and support a healthy lifestyle and to maintain a lifetime of wellness and successful living.

Spring

Timeline	Focus	Block A	Block B	Block C Competitive	Block D	Block E	Block F
January/ February	Muscular Endurance/ Safety	Beach Party Mini Swim	Beach Party Mini Swim	Beach Party Mini Swim	Beach Party Mini Swim	Beach Party Mini Swim	Beach Party Mini Swim
February	Muscular Endurance/ Muscle identification	"Faster/Stronger" Weight Room	"Faster/Stronger" Weight Room	"Raise the Bar" Weight Room	"Interval Training" Weight Room	"Move it, Shake it, Lift it" Weight Room	"Body Balance" Weight Room
February/ March	Muscular Endurance	Table Tennis	Table Tennis	Net games	Table Tennis	Table Tennis	Move & Groove Fitness
March	Agility	Cooperative games/ Shuffleboard	Base Games	Floor Hockey	Shuffleboard/ Cooperative games	Boxing Just dance	Yoga/Tae Bo/ Zumba/Just dance
March/ April	Agility	Net games	Pickleball 2.0	Base Games	Net Games	Total Body Fitness	Drum/Rhythm Fitness
April	Reaction time	Nitroball/ Ultimate Frisbee	Ultimate Frisbee/Flag Rugby	Flag Rugby	Intro to Fishing	Tennis 2.0 Archery	Line Dancing/ Mindful motion
April/ May	Flexibility/ Stretching techniques	Backyard Games	Backyard Games	Backyard Games	Backyard Games	Backyard Games	Backyard Games
May	Flexibility	Flicker Football	Golf 2.0	Volleyball	Beginner Golf	"Group Powered"	"Step it up"
May/June	Balance/ Coordination	Tennis 2.0	Gaga Ball	Gaga Ball	Archery 2.0	Fabulous, Fit & Fun	Badminton
June	Balance/ Coordination	CPR	CPR	CPR	CPR	CPR	CPR

Updated 7/2024