

CURRICULUM MAP

Subject: Girls Physical Education

Grade Level: 9 and 10

rev 7/14

FIRST QUARTER	SECOND QUARTER	THIRD QUARTER	FOURTH QUARTER
<p>Common Core Pre-Test</p> <p>Rules, Safety Regulations, Expectations, Procedures and Lockers (2 3)</p> <p>Presidents Physical Fitness Challenge *Cardiorespiratory function- 1 mile run *Flexibility- Sit and Reach *Push-ups- Cadence (1 2 3)</p> <p>Flicker/Flag Football/Ultimate Frisbee <u>Skill</u>: Passing, catching, throwing, punting, scoring (1 2)</p> <p>Soccer <u>Skills</u>: Dribbling, passing, shooting, throw-ins, kicks Sideline (1 2)</p> <p>Fitness Target Heart Rate, BMI, FITT principles, muscles (1 2)</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 (1 2 3)</p> <p>Fitness Activities: Power walking Zumba Salsa/Latin rhythms Self-defense Cardio-vascular training Yoga Pilates (1 2 3)</p>	<p>Volleyball <u>Skills</u>: Serve, pass, set, spike, scorekeeping, officiating (1 2 3)</p> <p>Speed Stack Technique Rules Strategy/cycle (1 2 3)</p> <p>European Handball/Speedball <u>Skills</u>: Passing, Catching, shooting Strategy Scoring (1 2)</p> <p>Badminton <u>Skills</u>: Clear, serve, drop, smash Scoring, strategy (1 2 3)</p> <p>Cooperative Games/ Project Adventure Activities/ Engage your brain activities Trust Communication Team Building Problem Solving (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>Common Core Post-Test</p> <p>Post Test Physical Fitness Test (1 2 3)</p>

CURRICULUM MAP

Subject: Physical Education B 9/10

Grade Level: 9 and 10

rev 7/14

FIRST QUARTER	SECOND QUARTER	THIRD QUARTER	FOURTH QUARTER
<p>Rules, Safety Regulations, Expectations, Procedures and Lockers (2 3) Common Core Pre Test Physical Fitness Assessment *Cardiorespiratory function- 1 mile run *Flexibility- Sit and Reach *Push-ups- Cadence (1 2 3)</p> <p>Ultimate Frisbee Passing catching, Team offensive/defensive skills, rules, scoring (1 2 3)</p> <p>Soccer/Speedaway <u>Skills</u>: Dribbling, passing, shooting, conversions Sideline (1 2 3)</p>	<p>Floor Hockey Rules, scoring, positions, passing, shooting, stick handling (1 2 3)</p> <p>Basketball Passing, shooting, ball handling, team offense/defensive play (1 2 3)</p> <p>Fitness Weight training, free weights, machines, cardio fitness (1 2 3)</p>	<p>Volleyball Passing, setting, spiking, blocking, serving, team offensive/defensive play (1 2 3)</p> <p>Aquatics Floating , breathing, safety, strokes, diving (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/Swatball/Tchouckball (Selected team activities) Strategy Team Building Cardio (1 2 3)</p> <p>Post Test Physical Fitness Test (1 2 3) Common Core Post Test</p>

Aerobics/Wellness Curriculum Map Rev 7/14

Grade level: 11 and 12

1st Quarter	2nd Quarter	3rd Quarter	4th Quarter
<p style="text-align: center;">Aerobics</p> <p>Rules, Safety, Regulations, Expectations, Procedures, and Lockers (2,3)</p> <p>Common Core Pre-test</p> <p>Presidential Physical Fitness Challenge *Flexibility *Push-ups-Cadence *Sit-ups- 1 minute *Flexibility-sit & reach (1, 2, 3)</p> <p>Concepts of Aerobic Activity Warm ups and cool downs Cardiovascular conditioning Step patterns Base moves Elements of variation</p> <p>Cardio *Cardio fusion *Turbo cardio blast(1,2,3) *Turbo Jam* Tae Bo *Kick boxing *Sweatin’ to the Oldies (1,2,3)</p> <p>Plyometrics Agility Action and reaction</p> <p>Muscle Toning 30 day shred P190X Boot Camp Body sculpt (1,2,3)</p>	<p>Muscle conditioning (Non equip based) * Step Aerobics *Pilates (1,2,3)</p> <p>Principles of self-defense Physical, verbal and psychological self-defense techniques for dealing with a variety of self-defense situations including those which end up on the ground. Students learn techniques for verbal de-escalation and boundary-setting, physical strategies for dealing with standing confrontations. An emphasis is placed on addressing situations involving conflict with acquaintances, as this is the highest risk category for young women.</p> <p>Target Heart Rate and Body Fat Analysis BMI.(1,2,3)</p> <p>Intensity Motoring * Zumba *Latin Rhythms *Salsa (1,2,3)</p> <p>Common core post-test</p>	<p>Wellness</p> <p>Common core Pre-test</p> <p>Risk/ Injury Prevention Anaerobic vs. Aerobic Muscle toning Light weights Circuit training Nutrition (1,2,3)</p> <p>Aquatic Exercise * Lap swimming *Aqua aerobics/exercise *Aqua equipment (1,2,3)</p> <p>Core Training *Yoga *Pilates * 8 Min abs (1,2,3)</p> <p>Muscle Conditioning II (Equipment Based) *Jump Ropes *Bands *Body blade (1,2,3)</p>	<p>Wellness/ Stress Management * Yoga * Total stretch * Meditation *Guided meditations * Gratitude Journal (1,2,3)</p> <p>Choreography Rhythm Black-Eyed Peas Routines * Free Style * Organized Actions * Line Dancing * Bands/ Ropes (1,2,3)</p> <p>Cardio II *High impact *Low impact (1,2,3)</p> <p>Fitness Walking Resistance/paced Pedometers Walking variations</p> <p>Evaluation</p> <p>Employment Opportunities</p> <p>Common Core Post-test</p>

CURRICULUM MAP

Subject: Health- Semester course

Grade Level: 9-12 revised 7/14

FIRST QUARTER	SECOND QUARTER
<p>LIVING A HEALTHY LIFE</p> <ul style="list-style-type: none"> - 10 Lifestyle Factors - Survey Project - Communication - Goal Setting and Planning (standards 1,2,3) <p>PHYSICAL ACTIVITY FOR LIFE</p> <ul style="list-style-type: none"> - Components of Physical Fitness - Principles of Overload - Training Program - Injury Prevention (standards 1,2) <p>NUTRITION</p> <ul style="list-style-type: none"> - Nutrients - USDA Pyramid - Reading Food Labels - 3 Day Diet Analysis - Food Safety (standards 1,2) <p>MANAGING WEIGHT</p> <ul style="list-style-type: none"> - Maintaining a Healthy Weight - Fad Diets and Eating Disorders - Nutrition for Individual Needs (standards 1,2) <p>MENTAL HEALTH</p> <ul style="list-style-type: none"> - Your Mental and Emotional Health – Understanding Emotions - Developing a Positive Identity - Managing Emotions - Stress and Anxiety - Mood Maps (standard 1) 	<p>PARENTING</p> <ul style="list-style-type: none"> - Roles and Responsibilities - Readiness - Growth and Development - Parenting Styles (standards 1, 2,3) <p>HIV/AIDS</p> <ul style="list-style-type: none"> - Nature and Transmission - STD’S - Prevention - Abstinence (standards 1,2,3) <p>TOBACCO</p> <ul style="list-style-type: none"> - Effects - Living Tobacco Free - Promoting a Smoke Free Environment (standard 1,2,3) <p>ALCOHOL</p> <ul style="list-style-type: none"> - Choosing to be Alcohol Free - Harmful Effects of Alcohol Use - Alcohol, The Individual and Society (standards1,2,3) <p>MEDICINE AND DRUGS</p> <ul style="list-style-type: none"> - Role of Medicines - Drug Use - Marijuana, Inhalants and Steroids - Psychoactive Drugs - Living Drug Free (standards 1,2, 3) <p>TOBACCO, ALCOHOL, DRUG PROJECT</p>

CURRICULUM MAP

Subject: Individual Sport Activities 1 and 2

Grade Level: 11/12

rev 7/14

FIRST QUARTER	SECOND QUARTER	THIRD QUARTER	FOURTH QUARTER
<p>ISA 1</p> <p>Rules, Safety Regulations, Expectations, Procedures and Lockers (2 3) Common Core Pre Test</p> <p>Physical Fitness Challenge *Cardiorespiratory function- 1 mile run *Flexibility- Sit and Reach *Push-ups- Cadence (1 2 3)</p> <p>Archery Safety Scoring, shooting technique (1 2 3)</p> <p>Recreational Activities Table Tennis, Can-Jam, Cornhole, Shuffleboard. Scoring, rules techniques (1 2 3)</p>	<p>Aquatics Safety, strokes, diving, breathing, floating (1 2 3)</p> <p>Badminton Clear, smash, drop, serving, rules, doubles play, scoring (1 2 3)</p> <p>Common Core Post Test</p>	<p>ISA 2</p> <p>Common Core Pre Test</p> <p>Pickleball Rules, scoring, forehand backhand, serving, singles/doubles</p> <p>Weight Training/Fitness Safety, Free Weights, machines, crosstraining, Cardio Fitness</p> <p>Speed Stack Technique Rules Strategy (1 2 3)</p>	<p>Golf Grip, stance, swing, rules, scoring, safety, etiquette (1 2 3)</p> <p>Tennis Forehand, Backhand, serving, scoring, rules (1 2 3)</p> <p>Post Test Common Core Post Test Physical Fitness Test (1 2 3)</p>

CURRICULUM MAP

Subject: Physical Education – Personal/Dance Fitness

Grade Level: 11/12

rev08/14

FIRST QUARTER-PERSONAL FITNESS	SECOND QUARTER-PERSONAL FITNESS	THIRD QUARTER-DANCE/FITNESS	FOURTH QUARTER-DANCE/FITNESS
<p>Rules, Safety Regulations, Expectations, Procedures and Lockers (2 3) Common Core Pre Test Physical Fitness Pre-Test *Cardiorespiratory function- 1 mile run or Beep Test *Flexibility- Sit and Reach *Push-ups- Cadence *Sit-ups- 1 minute *Body Composition (1 2 3)</p> <p>Cardiorespiratory Endurance *Anaerobic Exercises: Intervals,HIIT *Aerobic Exercises: Run, Walk ,Bike, Swim (1,2)</p> <p>Muscular Strength and Endurance *Breathing, Body Weight, Free Weights, Cable Crossover (1,2)</p> <p>Flexibility *Dynamic Stretching, Static Stretching (1,2)</p>	<p>Physical Fitness Checkpoint *Cardiorespiratory function, Flexibility, Muscular Strength and Endurance, body composition (1,2,3)</p> <p>Principles of Fitness *Specificity *Overload – Frequency, Intensity, Time, Type *Progression (1,2)</p> <p>Personal Fitness Plan *Goals – creating an action plan *Personal Needs *Types of Activities *Tracking Progress (1,2,3)</p> <p>Physical Fitness Post-Test (1,2,3)</p> <p>Common Core Post Test</p>	<p>Rules, Safety Regulations, Expectations (2,3) Common Core Pre Test Physical Fitness Pre-Test *Cardiorespiratory Function – 1 mile run or Beep Test *Flexibility – Sit and Reach *Muscular Strength and Endurance – Push-ups and Sit-ups *Body Composition (1,2,3)</p> <p>Cardiorespiratory Endurance *Maximum Heart Rate *Target Heart Rate Range * Progression of Heart Rate - Square Dance, Ballroom Dance. Line Dances (1,2)</p> <p>Muscular Strength and Endurance *Incorporating squats, lunges, push-ups and core work with dance moves (1,2)</p> <p>Flexibility *Yoga, Static Stretching</p>	<p>Physical Fitness Checkpoint *Cardiorespiratory Function, Flexibility, Muscular Strength and Endurance, Body Composition (1,2,3)</p> <p>Popular Dance Fitness *Zumba, Salsa, Hip Hop, Jazzercise, Dance Fitness (1,2)</p> <p>Individual/Group Dance Fitness Choreography *Basic dance steps * Emphasis on one or all fitness components * Teach to class *Combine with all class dances to create a dance workout (1,2,3)</p> <p>Physical Fitness Post-Test (1,2,3) Common Core Post Test</p>

CURRICULUM MAP

Subject: Physical Education – Selected Topics G 11/12

Grade Level: 11 and 12

rev 06/14

FIRST QUARTER ST G 11/12 -1	SECOND QUARTER	THIRD QUARTER ST G11/12 -2	FOURTH QUARTER
<p>Rules, Safety Regulations, Expectations, Procedures and Lockers (2 3) Common Core Pre-Test</p> <p>Physical Fitness Testing Cardiorespiratory Endurance – timed mile Muscular Strength/Endurance – maximum number of pushups performed to cadence Flexibility – Sit and Reach (1 2 3)</p> <p>Soccer Skills: Dribbling, Passing , shooting, throw ins, punting, team concepts (1 2)</p> <p>Speedball <u>Skills:</u> Dribbling, passing, shooting, team strategy (1 2)</p> <p>Cooperative Games/ Engage your brain Trust Team building Problem Solving (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,safety and rescue (1 2 3)</p> <p>Fitness Strength/Flexibility <u>Skills:</u> Functional Training, Free Weights, Pilates, Yoga (1 2 3)</p> <p>Dance/Aerobics Line dances, Zumba, Kickboxing, Step Aerobics, Jumping Rope (1 2 3)</p> <p>Table Tennis <u>Skills:</u> Serve, Forehand, Backhand, Drops hot, Smash Game Strategy (2 3) Common Core Post Test</p>	<p>Common Core Pre-Test Volleyball <u>Skills:</u> serve, pass, set, spike, scorekeeping, officiating Team strategy (1 2 3)</p> <p>Floor Hockey <u>Skills:</u> Safety, passing, shooting, dribbling Team concepts (1 2)</p> <p>European Handball <u>Skills:</u> shooting, passing, blocking (1 2)</p> <p>Badminton <u>Skills:</u> clear, serve, drop, smash Game strategy (1 2 3)</p> <p>Pickleball <u>Skills:</u> Forehand, backhand, singles, doubles Game strategy (1 2 3)</p>	<p>Softball/Wiffle <u>Skills:</u> Batting, throwing, catching, pitching, game situations (1 2 3)</p> <p>Archery <u>Skills:</u> string bow, shooting, techniques, commands, scoring (1 2 3)</p> <p>Tennis <u>Skills:</u> Forehand, backhand, serving, strategy, scoring, bouncing (1 2 3)</p> <p>Golf <u>Skills:</u> Grip, swing, follow through, accuracy, putting (1 2 3)</p> <p>Fitness Cardiorespiratory Endurance Pedometer Heart Rate Technique with walking and running Interval Training Progressions (1 2 3) Post Test Common Core Post Test Physical Fitness Test (1 2 3)</p>

CURRICULUM MAP

Subject: Physical Education Selected Topics B 11/12 1 and 2

Grade Level: 11/12

rev 7/14

FIRST QUARTER	SECOND QUARTER	THIRD QUARTER	FOURTH QUARTER
<p>Selected Topics 1 Rules, Safety Regulations, Expectations, Procedures and Lockers (2 3) Common Core Pre Test</p> <p>Physical Fitness Assessment *Cardiorespiratory function- 1 mile run *Flexibility- Sit and Reach *Push-ups- Cadence (1 2 3)</p> <p>Flicker/Flag Football <u>Skill</u>: Passing, catching, throwing, punting (1 2)</p> <p>Soccer/Speedaway <u>Skills</u>: Dribbling, passing, shooting, conversions, punting Sideline (1 2)</p> <p>Fitness Target Heart Rate, BMI, Body fat analysis (1 2)</p>	<p>Swimming <u>Skills</u>: Floating, breathing, stroke work, water polo, aerobics, diving (1 2 3)</p> <p>Badminton/Pickleball Serving, forehand, backhand, drop, smash, clear, rules, scoring (1 2 3)</p> <p>Common Core Post Test</p>	<p>Selected Topics 2 Common Core Pre Test Fitness/ Weight Training, Cardio Fitness, breathing, free weights, circuit training, cross training (1 2 3)</p> <p>Volleyball <u>Skills</u>: Serve, pass, set, spike, scorekeeping, officiating (1 2 3)</p> <p>Team Handball Passing Catching Strategy (1 2)</p>	<p>Team Handball Shooting, passing, rules, scoring team defensive/offensive play</p> <p>Softball/Wiffleball <u>Skills</u>: Batting, throwing, catching, pitching, game situations. (1 2 3)</p> <p>Mat Ball / Omnikin Ball Strategy Team Building Cardio (2)</p> <p>Ultimate Frisbee <u>Skills</u>: Throwing catching (1 2 3)</p> <p>Post Test Physical Fitness Test (1 2 3) Common Core Post Test</p>

Curriculum Map Strength and Conditioning 1 and 2

<u>1st Quarter</u>	<u>2nd Quarter</u>	<u>3rd Quarter</u>	<u>4th Quarter</u>
<p>S and C 1</p> <p>Safety, Expectations, Locker Room Procedures etc.</p> <p>Common Core Pre Test</p> <p>Physical Fitness Challenge (cadence push ups, flexibility, mile run)</p> <p>Identifying muscle groups and exercises to work those muscles</p> <ul style="list-style-type: none"> • triceps • biceps • back • shoulders • chest • core • legs <p>Goal Setting/What do you want to accomplish?</p> <ul style="list-style-type: none"> • muscle growth • toning • calorie/fat burning • improved flexibility <p>Muscle Growth routines (sets/reps etc)</p>	<p>Focus on Calorie burning/toning</p> <p>Intro to HIIT (high intensity interval training)</p> <ul style="list-style-type: none"> • Tabata • Spartacus • Other(use of apps/music etc.) <p>Why HIIT?</p> <ul style="list-style-type: none"> • ease • time • free app • metabolism booster • meshes with muscle building <p>Intro to body weight exercises...it can be incorporated into HIIT</p> <p>Aquatics Survival swim, stroke work, safety</p> <p>Common Core Post Test</p>	<p>S and C 2</p> <p>Common Core Pre Test</p> <p>Focus on strength building/plyometrics</p> <p>Intro to Cross Fit</p> <ul style="list-style-type: none"> • What is it? • Where can you join? • Different movements and exercises <p>Plyometric training (with cross fit)</p> <ul style="list-style-type: none"> • Ropes • Ladders • medicine balls • kettle balls <p>Speed/Agility Workouts (time of year/weather?)</p>	<p>Design your own fitness program as part of your overall goal/s? Choices include:</p> <ul style="list-style-type: none"> • Strength building • body toning/calorie burning • Focus on improved athleticism (attention to plyometrics/speed/muscle building) • Low Impact/body weight exercises • Improved cardiovascular endurance <p>Common Core Post Test</p>