CURRICULUM MAP

Grade Level: 9 and 10

rev 7/17

Subject: Girls/Boys Physical Education

FIRST QUARTER	SECOND QUARTER	THIRD QUARTER	FOURTH QUARTER
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Rules, Safety Regulations,	Basketball	Volleyball	Softball/Wiffle
Expectations,	Skills: Dribbling, shooting,	Skills: Serve, pass, set,	Skills: Batting, throwing,
Procedures and Lockers	passing	spike, scorekeeping, officiating	catching, pitching, game
(23)	team concepts	(1 2 3)	situations.
	(1 2 3)		(1 2 3)
Muscle Groups/Stretching		Hands Only CPR/AED training	
Static, active, dynamic	Swimming	(1 2 3)	Mat Ball / Omnikin Ball
	Skills: Floating, breathing, stroke		Rules
Physical Fitness Challenge	work, water polo, aerobics, diving	European Handball/Speed-away	Strategy
*Cardiorespiratory function-	(1 2 3)	Skills: Passing, Catching, shooting	Team Building
600 meter run		Strategy, Scoring	Cardio
*Flexibility- Sit and Reach	Circuit Weight Training	(12)	(2)
*Push-ups- Cadence	Skills: Breathing, free weights,		
(1 2 3)	cardio machines, cable crossover.	Badminton/Speedminton	Tennis
	(1 2 3)	Skills: Clear, serve, drop, smash	Skills: Serving
Flicker/Flag Football		Scoring, strategy	Forehand/Backhand
Skill: Passing, catching, throwing,	Dance	(1 2 3)	Singles/Doubles play
punting, scoring	Social- Hip Hop		Rules
(1 2)	Party- Line Dance	Project Adventure	Scoring
	Turbo Jams	Activities/ Engage your brain	Strategy
Soccer	Jump Rope	activities	
Skills: Dribbling, passing,	Country square dancing	Trust, Communication	Ultimate Frisbee
shooting, throw-ins, kicks	(1 2 3)	Team Building	Skills: Throwing catching
(12)		Problem Solving	(1 2 3)
	Fitness Activities:	(1 2 3)	
Fitness	Power walking		Physical Fitness Challenge
Target Heart Rate, BMI, FITT	Cardio-vascular training	Cooperative Games	*Cardiorespiratory function-
principles, muscles	Yoga	Swat ball, Spike ball	600 meter run
$(1\ 2)$	Kick boxing	Gopher ball, Noodle hockey	*Flexibility- Sit and Reach
	Tabata	Tchoukball	*Push-ups- Cadence
Archery	Speed stacking	(1 2 3)	(1 2 3)
Skills: string bow, shooting,	(1 2 3)		
techniques, commands		Floor Hockey	Common Core Post written test
$(1\ 2\ 3)^{-}$		Passing, shooting	
		(1 2 3)	

CURRICULUM MAP

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FIRST QUARTER	SECOND OHADTED	THIRD QUARTER	FOURTH QUARTER
	SECOND QUARTER		Softball/Wiffle
Rules, Safety Regulations, Expectations,	Basketball	Volleyball	Skills: Batting, throwing,
Procedures and Lockers	Skills: Dribbling, shooting,	Skills: serve, pass, set,	catching, pitching, game situations
(23)	passing, team concepts	spike, scorekeeping,	(1 2 3)
(2 3)	(1 2 3)	officiating	(1 2 3)
Physical Fitness Challenge *Cardiorespiratory function- 600 meter run	Swimming Skills: Floating, breathing,	(1 2 3) Floor Hockey	Tennis Skills: Forehand, backhand,
	stroke work, water polo,	Skills: Passing, shooting,	serving, strategy, scoring,
*Flexibility- Sit and Reach *Push-ups- cadence	aerobics, diving	safety, dribbling	(1 2 3)
(1 2 3)	(1 2 3)	(1 2)	Golf
Touch Football/Flicker Football	Circuit Weight Training	European Handball	Skills: Grip, swing, follow through, accuracy, putting
Skills: Passing, catching,	Skills: Breathing, free weights,	Skills: shooting, passing,	(1 2 3)
throwing, punting	cardio machines, cable	blocking	
(12)	crossover.	(1 2)	Speed a-way
	(1 2 3)	(12)	Skills: Dribbling, passing,
Archery	(1 2 3)	Dodminton/Snoodminton	shooting, passing
Skills: string bow, shooting,	Dance/Aerobics	Badminton/Speedminton	(12)
techniques, commands		Skills: clear, serve, drop, smash	
(1 2 3)	Party- Line dances	(1 2 3)	Ultimate Frisbee
	Yoga, Pilates, Tae-Bo, Tai-chi	District all	Skills: Throwing catching
Project Adventure	(1 2 3)	Pickleball	(1 2 3)
Activities/ Engage your brain	F3'4 A 4' '4'	Skills: Forehand, backhand,	
activities	Fitness Activities:	singles, doubles	Physical Fitness Challenge
Trust, Communication	Cardio-vascular training	(1 2 3)	*Cardiorespiratory function-
Team Building Problem Solving	Kick boxing Tabata		600 meter run
(1 2 3)	Speed stacking	Cooperative Games	*Flexibility- Sit and Reach *Push-ups- Cadence
	(1 2 3)	Swat ball, Spike ball	(1 2 3)
Fitness Walking/Cardio		Gopher ball, Noodle hockey	
Pedometer, Heart Rate/monitor	Table Tennis	Tchoukball (1 2 3)	
Technique	Skills: Serve, Forehand,	(1 2 3)	Common Core Post Test
$(123)^{1}$	Backhand, Drop shot, Smash	First aid for injuries	
	(23)	P.R.I.C.E.	
Components of skill and		I.R.I.C.E.	
health related fitness			

Grade Level: 11 and 12