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.

Fall Updated 7/2/25

Timeline	Focus	Block A Competitive	Block B	Block C	Block D	Block E	Block F
September	Cardio respiratory endurance/ Safety	Flag Football	Pickleball	Nitroball	Archery	Yoga/fitness***	Tennis
September/ October	Cardio respiratory endurance/ Muscle identification	Soccer	Golf	Tennis	Disc Golf	Omnikin/Coop games	Intro to fit/hiking
October	Cardio respiratory endurance/ Modifying exercise	Swim	Intro to fitness/WR	Fitness Hiking/WR	Tennis	Beginner Golf	Ultimate Frisbee
October/ November	Cardio respiratory endurance	Nitroball	Swim	Swim	Flickerball	Tennis/Pickle Ball	Dance Fitness
November	Muscular strength	Rugby/ Speedaway	Team Handball	Volleyball	Swim	Volleyball	Cultural Dance
November/ December	Muscular strength/ Muscle identification	Weight rm Training	Basketball	Basketball	Weight rm/HIIT	Swim	Self-Defense/ Boxing
December/ January	Power	Net games	Net games	Weight rm Training	Cooperative Games	Weight rm Training	Swim
January	Power	Fitness testing	Fitness testing	Fitness testing	Fitness testing	Fitness testing	Fitness testing

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