

# Physical Education Curriculum Map 9-12

Updated 8/2/25

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

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# Spring

Updated 7/2/25

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