

CURRICULUM MAP

Subject: Individual Sport Activities

Grade Level: 11 and 12

rev 7/17

FIRST QUARTER	SECOND QUARTER	THIRD QUARTER	FOURTH QUARTER
<p>Rules, Safety Regulations, Expectations, Procedures and Lockers (2 3)</p> <p>Presidents Physical Fitness Challenge Cardio-respiratory function-600 meter run Flexibility- Sit and Reach Push-ups- Cadence (1 2 3)</p> <p>Archery <u>Skills:</u> string bow, shooting, techniques, scoring, commands (1 2 3)</p>	<p>Aquatics <u>Skills:</u> Floating, breathing, stroke work, water polo, aerobics, diving, rescues (1 2 3)</p> <p>Badminton <u>Skills:</u> clear, serve, drop, smash, drive scoring, rules singles/doubles strategy (1 2 3)</p>	<p>Fitness (17/18) Safety <u>Skills:</u> Breathing, free weights, cardio, machines Fitness components, FITT Designing a program (1 2 3)</p> <p>Fitness (18/19) Cardio Fitness Tabata, exercise ball routines, weight training Sport Related Skills Prevention/care of injuries Heat/Cold related conditions</p>	<p>Tennis <u>Skills:</u> Forehand, backhand, serving, strategy, scoring, (1 2 3)</p> <p>Golf <u>Skills:</u> Grip, stance, swing, putting, scoring, rules, etiquette (1 2 3)</p> <p>Post Test Presidents Physical Fitness Challenge (1 2 3)</p> <p>Final Written Exam</p>

Recreational Activities Table Tennis, Can-Jam, Cornhole, Shuffleboard. Scoring, rules, techniques. (1,2,3)		Pickleball/ Speedminton Rules <u>Skills</u> : Forehand, backhand, scoring, singles, doubles (1 2 3)	
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