**KINES 469W**

**SCOPE and SEQUENCE – Middle School Physical Education**

**Name: Darryn Cian, Beth Berger, Jared Brown**

|  |  |  |  |
| --- | --- | --- | --- |
| **UNIT** | **Grade**  **6** | **Grade**  **7** | **Grade**  **8** |
| Outdoor  (Capture the Flag, Hiking, Mountaineering)  Aquatics  Lacrosse  Team Handball  Ultimate Frisbee  Flag Football  Pickle Ball  Volleyball  Floor Hockey  Speedball  Badminton  Basketball  Squash | X  X  X  X  X  X  X | X  X  X  X  X  X  X  X  X | X  X  X  X  X  X  X |

**KINES 469W**

**Scope and Sequence Project**

**Name: Darryn Cian, Jared Brown, Beth Berger**

**Time Per Unit – Grade 6 from Middle School**

|  |  |
| --- | --- |
| **UNIT – for Grade 6** | **# Weeks Offered** |
| Aquatics  Team Handball  Ultimate Frisbee  Volleyball  Floor Hockey  Pickle Ball  Basketball  Open  Fitness Testing | 4  4  5  5  5  4  5  2  2 |
| **TOTAL** | **36** |

**HOW DID YOU ARRIVE AT YOUR “TOTAL” NUMBER OF WEEKS, BOTTOM AT LEFT? SHOW HERE:**

**180 days a year**

**5 days a week**

**=**

**36 weeks a year**

**KINES 469W**

**SCOPE and SEQUENCE – High School Physical Education**

**Name:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **UNIT** | **Grade**  **9** | **Grade**  **10** | **Grade**  **11** | **Grade**  **12** |
| **Required Physical Education:**  Net Games (Volleyball, Tennis, Ping Pong)  Track and Field  Handball | X  X  X |  |  |  |
| **Electives:**  Outdoor  Cross Country Skiing  Mountain Biking  Geocaching  Other  Fencing  Golf  Archery  Roller Skating  Fitness Component Unit  Weight Lifting  Yoga  Dance  Water Games  Water Polo  Water Aerobics  Swimming Technique | X  X  X | X  X  X  X  X  X  X  X | X  X  X  X  X  X  X  X  X  X | X  X  X  X  X  X  X  X |

**KINES 469W**

**Scope and Sequence Project**

**Name:**

**Time Per Unit – Grade 9 from Middle School**

|  |  |
| --- | --- |
| **UNIT – for Grade 9** | **# Weeks Offered** |
| Net Games  Track and Field  Handball  Roller Skating  Open  Fitness Testing | 5  5  5  1  1  1 |
| **TOTAL** | **18** |

**HOW DID YOU ARRIVE AT YOUR “TOTAL” NUMBER OF WEEKS, BOTTOM AT LEFT? SHOW HERE:**

**180 days a year**

**5 days a week**

**=**

**36 weeks a year**

**36 weeks a year**

**2 halves of the year**

**=**

**18 weeks a year**