

Jonake Huffman Academy



Name
Name
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Name

Philosophy of Education: Public School

It is our belief that students need a healthy learning environment that will promote the students, emotional, physical, cognitive, and social growth. It is our goal that the overall curriculum is designed to nurture, support, and educate each individual student according to their own personal needs and abilities.

We will provide students with equal opportunities in education that will enable them to reach their fullest potential as members of their community. It is our desire that each student develops their own personal philosophy of life which coincides with ethical and moral values.

Philosophy of Education: Christian School

It is our purpose as created being to glorify God in all we do. This is the foundation of our educational philosophy. According to II Timothy 3:16-17, all scripture is God-breathed. Our goal is to incorporate scripture into everything that we teach.

It is our desire to create a Christ centered environment that will promote social, emotional, physical, cognitive, and spiritual growth among the students. We strive to lead students in active, personal relationships with Christ so that they may be well equipped to be salt and light in and outside of school walls. Believing that God created all men in His image, we will establish equal opportunities regardless of age, race, gender, and socioeconomic status.

We will provide the students with the means to create a personal Biblical worldview that will allow them to become valuable members of society. Through a Biblically integrated curriculum and a focus on prayer, we will encourage our students to maintain a Christ-centered life.

Physical Education Philosophy: Public School

We believe that physical education is essential to the general education of the students. The physical education classes will include a holistic approach to physical fitness including psychomotor, cognitive, and affective domains. The students will develop a desire for life-long fitness through participating regularly in physical activity. The students will learn to value physical education as a part of their every day lives. The physical education program will include sports, fitness, and health related issues and activities.

We will hold to the NASPE standards as the foundation of our physical education program. The students will be assessed according to a standards based curriculum using the NASPE standards. The standards are as follows:

Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performance of physical activities.

Standard 3: Participates regularly in physical activity.

Standard 4: Achieves and maintains a health-enhancing level of physical fitness.

Standard 5: Exhibits responsible, personal, and social behavior that respects self and others in physical activity settings.

Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Physical Education Philosophy: Christian School

We believe that physical education is essential to the general education of the students. As Christians it is important to teach students to be stewards of their God given bodies (I Corinthians 6:19-20). We desire to educate students about the importance of caring for their bodies and glorifying God with a healthy life style. Our physical education classes will include a holistic approach to physical fitness including the psychomotor domain, cognitive domain, affective domain, and also a spiritual domain. In I Timothy 4:8 it reads, "For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come." Physical training and exercise is very important, but we desire our students to value God above all else.

In our physical education programs the students will develop a desire for life-long fitness through participating regularly in physical activity. The students will learn to value physical education as a part of their every day lives. The physical education program will include sports, fitness, and health related issues and activities. This program will teach students how to serve God by living a healthy, physically active life style.

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Program Goals

Psychomotor

1. To perform fundamental motor skills and patterns.
2. To increase muscle strength and endurance, cardiovascular fitness, and flexibility.
3. To develop and master sport-related and recreational skills.
4. To enhance lifetime activity skills such as outdoor adventure, leisure activities, cycling, survival aquatics, and dance.
5. To develop health-related fitness, physical well-being, and adequate physical activity.
6. To provide all students with diverse abilities an equal opportunity to achieve success.

Cognitive

1. To develop basic understanding of key fitness concepts and personal awareness of individual fitness status.
2. To gain knowledge of game rules, safety measure, and etiquette.
3. To understand the use of strategies and techniques involved in organized activities and game play.
4. To develop a basic understanding of how the body functions and its relationship to physical activity.
5. To gain an understanding of growth and development.
6. To increase each student's ability to solve developmental problems through movement.

Affective

1. To gain group interaction skills based on concepts of partner, teammate, group goal, captain, game rules, and sharing.
2. To develop positive attitudes toward physical education growing out of intense involvement in meaningful and enjoyable physical activities.
3. To develop socialization leading to individual concern for other, cooperative group skills, team involvement, and increased cultural understanding.
4. To guide each individual in seeking personal meaning in movement, increased awareness and expressiveness, and the pursuit of high adventure in accordance with individual preferences and potentialities.
5. To develop an attitude that reflects good moral character.
6. To increase student's ability to make judgments in group situations and communicate with others.

* Freese, Kathy. Curriculum Class Notes. Fall 2005.

CHARACTERISTICS, NEEDS, AND INTERESTS OF STUDENTS

| Characteristics/Interest | Needs |
|---|---|
| Ages 6-8 | |
| Physical | |
| Growth is relatively slow during this period as compared to the early period. Large muscles of the trunk, legs, and arms are more developed than the smaller muscles. | To experience many kinds of vigorous activities involving many parts of the body. This will increase heart action and respiration and help build endurance. To improve skills of body control- speed, stopping, starting, dodging, turning, and balancing |
| Hand- eye coordination is incomplete, but developing. Eyes are slow to focus and usually farsighted as start of this period. | To experiment with many kinds of movement. To catch, throw, and run |
| Bones are hardening. Heart and lungs are small in proportion to body weight and height. | Relaxation periods to follow periods of physical activity |
| Endurance may be poor | Continues emphasis on proper body mechanics and posture in all school activities. |
| Fatigue is “enemy of childhood”, but recuperation from fatigue is usually good. | To receive instruction in swimming skills To have approximately 12 hours of sleep at night |
| Reaction time is about half that of an adult. | To know how to play safely |
| Accidents are leading cause of death, especially for boys | To have the chance to express himself through numerous activities that stimulate physical, social, and mental-emotional growth. |
| Become restless when he cannot be active | To engage in a number of physical education activities, all of short duration. |
| | |
| Mental-Emotional- Social | |
| Individualistic and possessive; egocentric after age six | To learn to share with others, to play alone and with small groups, and to play as an individual in larger groups. Needs recognition for his personal abilities and to shift gradually to more group activities |
| Dramatic, imaginative, and highly active imitative. Curious about thing in general | |
| Wide variety of emotional reactions | To create and explore, perform new things, and identify with persons and things |

| | |
|---|--|
| <p>When approaching age 8, he wants a chance to act on his own and is sometimes annoyed with conformity. More sensitive to judgment of other children with a slowly decreasing concern for adult opinion.</p> | <p>To receive guidance in social developments through game experiences</p> |
| <p>Generally eager to learn new physical education skills and please the instructor</p> | <p>To win without boasting and to lose without an ability to respond to rhythmic sounds such as drums, rattles, musical beats, voice, etc.</p> |
| <p>Boys and girls tend to form separate play groups</p> | <p>To cooperate at school and home in play and other group activities</p> <p>To participate in some co recreational games and dance to foster a degree</p> |

| | |
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| Ages 9 - 11 | |
| | |
| Physical | |
| Muscular strength is behind physical growth; postural habits vary | To have instruction in body mechanics, causes of fatigue, nutrition, and factors influencing growth in height and weight |
| A noticeable growth spurt takes place at the end of period, which continues into adolescence. This differs with individual levels of maturity. | To engage in strenuous activity that taxes the muscles, heart, and lungs, and other organs to the limit of healthy fatigue. |
| Sex differences appear, with girls more mature and taller. Rough and tumble activities highly enjoyed, often by girls | To engage in wholesome core creation and coeducational relationships, both in class and on the playing field |
| A few girls begin menstruation by ages eleven and twelve | To participate in those physical skills that properly utilize elements of roughness to build motor skills and physical fitness |
| Some girls may be more developed in motor skills than boys | To be recognized as different individuals |
| Coordination is good. Many physical skills are now automatic. Reaction time is improved | To have a chance to appraise self through self testing activities. To relate success in motor skills to personal well-being and health habits |
| Interest in food and appearance increases | To discuss personal grooming and the nature of physical fitness |
| | |
| Mental – Emotional - Social | |
| Longer span of attention and greater interests in a wide variety of activities | To take part in a wide range of physical activities involving several methods of presentation and teaching aids |
| Noticeable craving for recognition; a strong sense of rivalry | To experience success in a number of physical activities - and to do so with some degree of cooperative effort |
| An increasing attitude of independence coupled with a desire to help | To have a chance to formally plan, lead, and carry out certain projects and to check progress made. To assist the instructor with supplies, record, etc. |
| Sex antagonisms gradually appear. Sexual modesty is observed | To gain respect and approval of others. To engage in activities in which achievement is recognized by one's peers. |
| Strong sense of loyalty to groups, teams, or clicks. Greater concern over group approval than teacher approval | To compete fairly with others, obtaining an understanding of the place of personal cooperation in process |
| Enjoy competition, whether physical or essentially mental, but may become angry when tired, or easily discouraged | To work coeducationally in the physical activities that broaden social relationships and obtains answers to questions about opposite sex |

| | |
|---|---|
| Interest in opposite sex indicated by teasing, hitting, chasing, etc. | Become aware of games and sports from other lands and what they mean in everyday living |
| Interests shifting from the immediate environment to the wider world. | Take part in challenging physical education activities. |

| | |
|---|---|
| Ages 12 – 14 | |
| | |
| Physical | |
| Growth rapid and uneven; long bones of arms and legs grow rapid | Frequent health examinations and physical fitness screening tests with effective follow-up |
| Rapid muscular development | Activities to develop strength and flexibility |
| Acnes period may begin | |
| Boys | |
| Stronger than girls | Environment of supervision to avoid bone and joint injuries |
| Growth spurt us width of shoulder girdle | |
| Ossification of skeletal system still incomplete. I injuries to growth plates may occur | Opportunity to appreciate variations in growth among boys and girls |
| Voice changes in pubic hair on average of about 13.5 years of age. | To participate in activities that do not call attention to awkwardness |
| Sexual maturity reached in most cases | |
| Girls | |
| About 1.5 to 2 years ahead of boys in maturation | Chance to talk about figures and appearance |
| Height increases rapidly, size increases, and secondary sex characteristics develop | Opportunity to appreciate growth variation in sexes |
| | |
| Mental – Emotional – Social | |
| Desire for independence. Adults are seen as old fashioned. May rebel against parental and school authority. | Opportunity for the development of s sense of responsibility and qualities of leadership. |
| Great loyalty to group leaders. | Need and want many friends. Need varied activities so that they can discover at least one sphere in which they can achieve. |

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| Ages 15 – 18 | |
| Physical | |
| Improvement in motor coordination | Continues vigorous physical activity, especially in communities where early sophistication tends to limit physical expression |
| Boys continue to grow muscularly; girls taper off | |
| Pupils relatively free from infection | |
| As period progresses, the bones complete cost of their growth, coordination is refined, the puberty cycle is completed, and birth boys and girls know how to handle personal grooming. | Stress on forma and skill in sport activities, especially those of a carry-over variety |
| | |
| Mental – Emotional – Social | |
| Intensely emotional and complex | Experience in accepting defeat and victory in a wholesome manner |
| Sensitive to limitations in early years | Experiences in working on many committees to plan social activities |
| Dating becomes common | Experience in activities that one may enjoy alone or with a few friends |
| Boys | |
| Mild to strong interest in girls | To participate in mixed activities and acknowledge the masculine and feminine roles as social circles are broadened |
| Fighting tendency is strong in some boys | To learn to understand the opposite sex |
| Emerge from a short period of roughness and rudeness of all females to a period of overt interest in girls | To learn and take apart in combative activities under supervision |
| Girls | |
| Strong interest in boys | Chance to develop skill in activities they prefer. To develop poise grace, and skillful use of body in a number of common situations |
| Narrowing interest in sports, with a trend toward specialization | |
| Strong interest in personal appearance | |

**Stillwell, Jim L. and Carl E. Willgoose. The Physical Education Curriculum. Illinois: Waveland Press, Inc. 2002, 5th edition.*

Elementary Teaching Methods

Command Style

This is a teacher controlled style that uses explanation, demonstration, and practice. Students are evaluated by the teacher who has standards set for performance.

Task Style

The teacher sets lesson objectives, activities, and the steps to achieve the objectives. A task is given to students verbally or written and then the students work on the task at their own pace. When one task is completed, the teacher then assigns another task.

Individualized Style

Students' needs are assessed, and a program is designed to meet those needs. Students work on tasks assigned until they can perform them. After performance is achieved, students go to the teacher to be evaluated. Students can set their own pace, and they should be required to learn the cognitive factors of the skill before doing the psychomotor skill.

Mastery Learning Style

The task or skill is broken down into parts which the students focus on. Students are tested over each part which they must master before they move on. Students will go at their own pace, and this style often focuses more on psychomotor skills than cognitive skills.

Problem-Solving Style

Students are presented with a problem for them to solve. Students must brainstorm, explore, and experiment in order to come up with a solution.

Limited Exploration Style

The teacher chooses the subject, prepares the lessons, and determines general direction of responses. Students try different ways to perform a task. This style is best suited for teaching movements, skills, and movement patterns.

Guided Discovery Style

Teachers have a choice or result that they want the students to end up with. This style allows students to explore certain situations with little help.

Unlimited Exploration Style

Students select a movement or piece of equipment which they work with and use creatively. The teacher does not use demonstrations, and the teacher moves throughout the class encouraging creativity and answering questions.

**Freese, Kathy. Teaching Methods Class Notes. Fall 2005.*

Secondary Teaching Methods

Direct Instruction

The teacher gives instruction, and the teacher makes goals and provides sufficient time for practice. There are ample opportunities that are given to meet the goals. The teacher supervises and gives feedback.

Task/Station Teaching

Teaching creates different tasks for students to practice. Students progress through stations by time limits or completion of task.

Reciprocal/Group Teaching

Students are put into pairs or small groups. Students provide instruction for one another, provide feedback, and help one another improve.

Contracting

Contracting is a model in which students agree to complete a certain task. The level of performance and means to achieve that level are agreed upon by the teacher and the students.

PSI/Master Learning

PSI is a personalized system of instruction.

Contingency Management

This is a system in which specific rewards are tied into instructional goals. Students are provided clearly with objectives to be accomplished. Each step that is working towards a goal is worth a certain amount of a reward.

**Freese, Kathy. Teaching Methods Class Notes. Fall 2005.*

Evaluation Tools

Elementary Evaluation Tools

Psychomotor

- Checklists
- Skills Tests
- Fitness Tests
 - Presidential Fitness Test
 - FitnessGram Test
- Teacher Observation
- Rating Scales

Cognitive

- Written examinations
- Rubrics
- Verbal Questioning
- Teacher Observation
- Checklists

Affective

- Checklists
- Teacher Observation
- Reflective Questionnaires

Secondary Evaluation Tools

Psychomotor

- Checklists
- Skills Tests
- Fitness Tests
 - Presidential Fitness Test
 - FitnessGram Test
- Peer Assessment
- Teacher Observation
- Self Checklists
- Rating Scales

Cognitive

- Written Tests
- Papers
- Checklists
- Teacher Observations
- Verbal Questioning
- Personal Activity Logs

Affective

- Checklists
- Reflective Papers
- Reflective Questionnaires

Equipment

Elementary Equipment:

Ball inflator pump (2)
Ball repair kit (1)
Tape measure (1, 100 – ft.)
Floor tape (various colors)
Chalk (10 boxes, assorted colors)
Whistles (6)
Gym mats (10)
Ball targets (skill specific)
Rubber footprints (30)
Pinnies (various colors)
Wands (30)
Batons (10)
Tin-can stilts (12 pairs)
Twister sets (10)
Trampoline (2)
Wood blocks (30)
Rings (30)
Beanbags (40)
Frisbees (30)
Beach balls (20)
Rubber playground balls (20)
Yarn balls (25)
Whiffle balls (20)

Equipment and ball bags (as needed)
Storage/equipment bins (as needed)
First-aid kit (4)
Carpet squares (20)
Stopwatches (6)
Cassette/CD player (2)
Music (various)
Drums (4)
Tambourines (4)
Parachute (2, 28-ft.)
Tug-of-war ropes (8)
Long and short jump ropes (30 each)
Lummi sticks (25 pairs)
Scooters (30)
Scoops (30)
Hula hoops (40)
Cones (40)
Medicine balls (8)

Balloons (unlimited reserve)
Sponge balls (30)
Fleece balls (20)
Whiffle ball bats (8)

Elementary and Secondary (Activity Specific):

Basketball hoops (6 in each gym)
Men's basketballs (20)
Women's basketballs (20)
Flip scorecards (4)
Ladder (2)
Floor hockey sets (3)
Hockey nets (4)
Street hockey sets (3)
Face masks (20)
Regular footballs (12)
Sponge footballs (12)
Junior footballs (12)
Football flags (20 each of two different colors)
Kicking tees (8)
Soccer balls (20)
Soccer goals (4)
Baseball/softball bats (6)
Softballs (20)
Baseballs (20)
Fielding gloves (25)
Bases (4 sets)
Fungo bat (2)
Batting tees (4)
Catcher's equipment (4 sets)
Batting helmets (12)
Pitching machine (1)
Volleyballs (20)
Large, lightweight volleyballs (12)
Volleyball nets and poles (6)
Batting tees (3)

Individual & Dual Sports

Badminton racquets (30)
Shuttlecocks (30)
Badminton nets/poles (6 courts each gym)
Bowling pins (elementary)
Bowling balls (10 rubber)
Bowling equipment (via local bowling ally)

Bowling score-sheets (unlimited)
Plastic golf clubs (30)
Golf clubs (via local golf course)
Golf balls (via local golf course)
Golf tees (10 packs)
Racquetballs (20)
Racquetball racquets (30)
Racquetball goggles (30)
Tennis balls (60)
Tennis racquets (25)
Tennis nets (6)
Tennis ball machines (2)
Starting blocks (12)
Batons (16)
Hurdles (22)
Long jump pit
Girl's shot put (8)
Boy's shot put (10)
Shot put pit
Discuss (16)
Discuss field (area)
High jump bar (2)
Rollerblades (via local skating rink)

Aquatics (via YMCA)

Kick boards
Lane markers
Life preservers
Buoys
Flotation devices
Goggles
Nose plugs
Diving boards
Masks
Fins
Snorkels
Water basketball net
Water volleyball and net
Balls (that can get wet)
Rescue equipment

Fitness

Basketball hoops
Jungle gym

Stationary bikes
Isokinetic equipment
Heart monitors
Blood pressure monitors
Skin calipers
Treadmills
Universal weight machines
Free Weights
Jump ropes

Gymnastics/Tumbling

Mats
Crash pads
Balance beam
Parallel bars
Rings
Safety belts
Pommel horse
Chalk
Whistles
Tumbling mats
Uneven bars
Vault
Springboard

Audio/Visuals

Chalkboards
Erasable marker boards
TV/VCR/DVD
Computers
Overheads

Playground Equipment

Swings
Slides
Seesaws
Monkey Bars
Obstacle course

**Bassett, Amanda, Rachel Shellenbarger, David Terrill, Travis Allen, and Ashley Smith.
Herbert Adsitt School District. November 2003.*

Factors Which Define or Limit the Program

1. Type of Community – Location/Size

The Belleman Academy is located in Pennsylvania in a suburban, middle class community with a population of 20,000. The topography of the area is in the hills of western Pennsylvania with a forest surrounding the area and a small lake also in the area. The school district is also on the outskirts of a small city. This curriculum can be adapted to other areas.

2. The Needs and Interest of the Students

The students in this area are involved with individual, dual, and team sports with a great emphasis on the affective needs of each student. Team sport activities are popular with both the guys and girls, and most students show are involved with intramural and recreational activities. Weight training and gymnastics are fairly new to the students, but the students seem interested and excited in becoming involved. Outdoor facilities allow us to take advantage of outdoor team and individual sport activities, as well as, recreational activities... particularly with the middle school and high school students.

3. Parental Support

The parents are encouraging supporters of the physical education curriculum and seem very pleased with the direction our physical education curriculum is going with respect to their children's physical fitness and knowledge of life-long physical activity.

4. Facility and Equipment – Facility Space

Elementary (K-5)

2 Schools
2 Teachers
1 Gym
2 Playgrounds (for each school)

Middle School

1 School
1 Teacher
1 Gym
Outside fields for any activity

High School

1 School
1 Teacher
1 Gym
1 Football field with an outdoor track
1 Baseball field
1 Softball field
5 Tennis courts
1 Classroom

Community

Bowling alley
YMCA
1 Indoor pool
1 Outdoor pool
Racquetball courts
Complete fitness center (with free weight room, weight machines, exercise machines, etc.)
Park with walking/jogging trails, paved paths, and an ice skating pond
A state park is within 30 minutes with a small lake

5. Scheduling and Class Size

Elementary K-5th Grade = 204 students for each elementary school (408 total)
Middle School 6-8th Grade = 168 students
High School 9-12th Grade = 220 students

6. Development of the Class

Your curriculum may be modified depending on the development of the students in your class. Some students may be ready for team sports at an earlier age, or some junior high students may need more time in development of their skills. The “I, D, and R” rubrics can be changed depending on the student’s development.

7. Budget and Funding

- a. Physical education budget
- b. Taxes
- c. Fees
- d. Community faculty fees
- e. Equipment costs: purchasing new equipment, and maintaining old equipment
- f. Funding from outside organizations
- g. School or program Fundraising
- h. Maintenance of outdoor facilities

8. Administrative Support

It is the administration that makes or breaks a program's success. The administration has a variety of jobs, which include:

- Knowing the needs and interest of the students
- Implementing physical education into the school's schedule
- Planning
- Providing funding and doing the budget
- Approval of the curriculum
- Leadership
- Organizing and approving extracurricular related to health and physical education
- Teacher evaluations
- Program evaluations
- Coordination and organization
- Cooperating with the school board, parents, teachers, and community members
- Also will be fair to each and every student, parent, teacher, and community member at all cost

9. Community Interest

The community interest is bound to change from one community to the next. When using this curriculum, you must adapt the scope and sequence to meet the needs and interest of your community.

10. Climate and Seasons

- Semester 1 = Fall (9 weeks)
- Semester 2 = Fall/Winter (9 weeks)
- Semester 3 = Winter/Spring (9 weeks)
- Semester 4 = Spring (9 weeks)

11. Laws and Requirements – Legal Ramifications

Each state and district has its own laws and requirements that need to be followed in the physical education curriculum. Laws and requirements must be met on the state and national levels. Meeting these laws and requirements allows our curriculum to meet its fullest potential for each and every student.

12. Qualifications of the Teachers

When using this curriculum, it is a necessity to use teachers who are equipped to teach the variety of activities covered in the scope and sequence of the program.

Adapted Physical Education Program

The adapted physical education program desires to include the students with severe special needs and disabilities in the regular classroom. We long to mainstream the students as much as possible. This will be accomplished by game, activity, evaluation and objective modification. The modifications will allow the students to have the opportunity to participate in activities and games in class.

Ways of Modification and Adaptation

- Change boundary lines
- Change number of players
- Change individual goals/objectives
- Modify/ change rules
- Change length of activity or periods
- Change classroom set up
- Change group formation
- Grade/evaluate using different scale
- Give extra time for learning or completing tasks
- Give more individual assistance
- Allow students to use body parts other than normal to achieve their goal
- Modify equipment (Use appropriate equipment)
 - Larger, softer, lighter, easier to grip. Etc.
 - Use special equipment

Program Objectives

1. Demonstrate proficiency in a variety of motor skills that is appropriate for the individual's potential
2. Demonstrate an understanding of basic movement principles
3. Display a physically active life leading to health and fitness
4. Recognized and respects differences among individuals at varying levels of abilities and needs
5. Learns to adapt to and accept personal disability, and experience success at individual goals.

Yearly Plan: Elementary School

| | Kindergarten | | | | 1 st Quarter | | | | | 2 nd Quarter | | | | | | | | |
|---------------------------------------|--------------|---|---|---|-------------------------|---|---|---|---|-------------------------|----|----|----|----|----|----|----|----|
| Activity | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Locomotor | X | X | | | | | | | | | | | | | | | | |
| Non- Locomotor | | | X | X | | | | | | | | | | | | | | |
| Manipulative Movement Awareness | | | | | X | X | | X | X | X | | | | | | | | |
| Roller- Skating | | | | | | | | | | X | X | X | | | | | | |
| Tumbling Fitness | | | | | | | | | | | | | X | X | X | | X | X |

| | Kindergarten | | | | 3 rd Quarter | | | | | 4 th Quarter | | | | | | | | |
|--------------------------------|--------------|----|----|----|-------------------------|----|----|----|----|-------------------------|----|----|----|----|----|----|----|----|
| Activity | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 |
| Rythmics Games | X | X | | | | | | | | | | | | | | | | |
| Multi- Activity/Lead- up | | | X | X | X | X | | | | | | | | | | | | |
| Soccer | | | | | | | X | X | X | | | | | | | | | |
| Basketball | | | | | | | | | | X | X | X | | | | | | |
| Bowling | | | | | | | | | | | | | X | X | X | | | |
| Swimming | | | | | | | | | | | | | | | | X | X | X |

| | 1 st Grade | | | | 1 st Quarter | | | | | 2 nd Quarter | | | | | | | | |
|---------------------------------------|-----------------------|---|---|---|-------------------------|---|---|---|---|-------------------------|----|----|----|----|----|----|----|----|
| Activity | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Locomotor | X | X | | | | | | | | | | | | | | | | |
| Non- Locomotor | | | X | X | | | | | | | | | | | | | | |
| Manipulative Movement Awareness | | | | | X | X | | X | X | X | | | | | | | | |
| Roller- Skating | | | | | | | | | | X | X | X | | | | | | |
| Tumbling Fitness | | | | | | | | | | | | | X | X | X | | X | X |

1st Grade

3rd Quarter

4th Quarter

| Activity | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 |
|------------------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Rythmics | X | X | | | | | | | | | | | | | | | | |
| Games | | | X | X | | | | | | | | | | | | | | |
| Multi-Activity/Lead-up | | | | | X | X | | | | | | | | | | | | |
| Soccer | | | | | | | X | X | X | | | | | | | | | |
| Basketball | | | | | | | | | | X | X | X | | | | | | |
| Bowling | | | | | | | | | | | | | X | X | X | | | |
| Swimming | | | | | | | | | | | | | | | | X | X | X |

2nd Grade 1st Quarter 2nd Quarter

| Activity | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
|--------------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|
| Locomotor | X | X | | | | | | | | | | | | | | | | |
| Non-Locomotor | | | X | X | | | | | | | | | | | | | | |
| Manipulative | | | | | X | X | | | | | | | | | | | | |
| Movement Awareness | | | | | | | X | X | X | | | | | | | | | |
| Roller-Skating | | | | | | | | | | X | X | X | | | | | | |
| Tumbling | | | | | | | | | | | | | X | X | X | | | |
| Fitness | | | | | | | | | | | | | | | | X | X | X |

2nd Grade 3rd Quarter 4th Quarter

| Activity | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 18 |
|------------------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Rythmics | X | X | | | | | | | | | | | | | | | | |
| Games | | | X | X | | | | | | | | | | | | | | |
| Multi-Activity/Lead-up | | | | | X | X | | | | | | | | | | | | |
| Soccer | | | | | | | X | X | X | | | | | | | | | |
| Basketball | | | | | | | | | | X | X | X | | | | | | |
| Bowling | | | | | | | | | | | | | X | X | X | | | |
| Swimming | | | | | | | | | | | | | | | | X | X | X |

| | 3 rd Grade | | | | 1 st Quarter | | | | | 2 nd Quarter | | | | | | | | |
|---------------------------------|-----------------------|---|---|---|-------------------------|---|---|---|---|-------------------------|----|----|----|----|----|----|----|----|
| Activity | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Locomotor Non-Locomotor | X | X | | | | | | | | | | | | | | | | |
| Manipulative Movement Awareness | | | X | X | | X | X | | | | | | | | | | | |
| Roller-Skating | | | | | | | X | X | X | | | | | | | | | |
| Tumbling Fitness | | | | | | | | | | X | X | X | | X | X | | X | X |

| | 3 rd Grade | | | | 3 rd Quarter | | | | | 4 th Quarter | | | | | | | | |
|------------------------|-----------------------|----|----|----|-------------------------|----|----|----|----|-------------------------|----|----|----|----|----|----|----|----|
| Activity | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 |
| Rythmics Games | X | X | | | | | | | | | | | | | | | | |
| Multi-Activity/Lead-up | | | X | X | | X | X | | | | | | | | | | | |
| Soccer | | | | | | | X | X | X | | | | | | | | | |
| Basketball | | | | | | | | | | X | X | X | | | | | | |
| Bowling | | | | | | | | | | | | | X | X | X | | | |
| Swimming | | | | | | | | | | | | | | | | X | X | X |

| | 4 th Grade | | | | 1 st Quarter | | | | | 2 nd Quarter | | | | | | | | |
|---------------------------------|-----------------------|---|---|---|-------------------------|---|---|---|---|-------------------------|----|----|----|----|----|----|----|----|
| Activity | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Locomotor Non-Locomotor | X | X | | | | | | | | | | | | | | | | |
| Manipulative Movement Awareness | | | X | X | | X | X | | | | | | | | | | | |
| Roller-Skating | | | | | | | X | X | X | | | | | | | | | |
| Tumbling Fitness | | | | | | | | | | X | X | X | | X | X | | X | X |

| | 4 th Grade | | 3 rd Quarter | | | | | | | 4 th Quarter | | | | | | | | |
|------------------------|-----------------------|----|-------------------------|----|----|----|----|----|----|-------------------------|----|----|----|----|----|----|----|----|
| Activity | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 |
| Rythmics | X | X | | | | | | | | | | | | | | | | |
| Games | | | X | X | | | | | | | | | | | | | | |
| Multi-Activity/Lead-up | | | | | X | X | | | | | | | | | | | | |
| Soccer | | | | | | | X | X | X | | | | | | | | | |
| Basketball | | | | | | | | | | X | X | X | | | | | | |
| Bowling | | | | | | | | | | | | | X | X | X | | | |
| Swimming | | | | | | | | | | | | | | | | X | X | X |

| | 5 th Grade | | | | 1 st Quarter | | | | | 2 nd Quarter | | | | | | | | |
|--------------------|-----------------------|---|---|---|-------------------------|---|---|---|---|-------------------------|----|----|----|----|----|----|----|----|
| Activity | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Locomotor | X | X | | | | | | | | | | | | | | | | |
| Non-Locomotor | | | X | X | | | | | | | | | | | | | | |
| Manipulative | | | | | X | X | | | | | | | | | | | | |
| Movement Awareness | | | | | | | X | X | X | | | | | | | | | |
| Roller-Skating | | | | | | | | | | X | X | X | | | | | | |
| Tumbling | | | | | | | | | | | | | X | X | X | | | |
| Fitness | | | | | | | | | | | | | | | | X | X | X |

| | 5 th Grade | | | | 3 rd Quarter | | | | | | | 4 th Quarter | | | | | | |
|------------------------|-----------------------|----|----|----|-------------------------|----|----|----|----|----|----|-------------------------|----|----|----|----|----|----|
| Activity | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 |
| Rythmics | X | X | | | | | | | | | | | | | | | | |
| Games | | | X | X | | | | | | | | | | | | | | |
| Multi-Activity/Lead-up | | | | | X | X | | | | | | | | | | | | |
| Soccer | | | | | | | X | X | X | | | | | | | | | |
| Basketball | | | | | | | | | | X | X | X | | | | | | |
| Bowling | | | | | | | | | | | | | X | X | X | | | |
| Swimming | | | | | | | | | | | | | | | | X | X | X |

Yearly Plan: Junior High School

| Activity | 6 th Grade | | | 1 st Quarter | | | | | | 2 nd Quarter | | | | | | | | |
|---------------------------|-----------------------|---|---|-------------------------|---|---|---|---|---|-------------------------|----|----|----|----|----|----|----|----|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Soccer | X | X | X | | | | | | | | | | | | | | | |
| Golf | | | | X | | | | | | | | | | | | | | |
| Swimming/Water Activities | | | | | X | X | | | | | | | | | | | | |
| Speedball | | | | | | | X | X | | | | | | | | | | |
| Flag Football | | | | | | | | | X | X | X | | | | | | | |
| Archery | | | | | | | | | | | | X | | | | | | |
| Volleyball | | | | | | | | | | | | | X | X | X | | | |
| Fitness | | | | | | | | | | | | | | | | X | X | X |

| Activity | 3 rd Quarter | | | | | | 4 th Quarter | | | | | | | | | | | |
|-----------------|-------------------------|----|----|----|----|----|-------------------------|----|----|----|----|----|----|----|----|----|----|----|
| | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 |
| Dance/Rhythmics | X | X | X | | | | | | | | | | | | | | | |
| Basketball | | | | X | X | X | | | | | | | | | | | | |
| Floor Hockey | | | | | | | X | | | | | | | | | | | |
| Badminton | | | | | | | | X | X | | | | | | | | | |
| Weight Training | | | | | | | | | | X | X | | | | | | | |
| Bowling | | | | | | | | | | | | X | X | | | | | |
| Gymnastics | | | | | | | | | | | | | | X | | | | |
| Tennis | | | | | | | | | | | | | | | X | X | | |
| Softball | | | | | | | | | | | | | | | | | | X |

| Activity | 7 th Grade | | | 1 st Quarter | | | | | | 2 nd Quarter | | | | | | | | |
|---------------------------|-----------------------|---|---|-------------------------|---|---|---|---|---|-------------------------|----|----|----|----|----|----|----|----|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Soccer | X | X | X | | | | | | | | | | | | | | | |
| Golf | | | | X | | | | | | | | | | | | | | |
| Swimming/Water Activities | | | | | X | X | | | | | | | | | | | | |
| Speedball | | | | | | | X | X | | | | | | | | | | |
| Flag Football | | | | | | | | | X | X | X | | | | | | | |
| Archery | | | | | | | | | | | | X | | | | | | |
| Field Hockey | | | | | | | | | | | | | X | | | | | |
| Volleyball | | | | | | | | | | | | | | X | X | | | |
| Fitness | | | | | | | | | | | | | | | | X | X | X |

| | 3 rd Quarter | | | | | | | | | | | | 4 th Quarter | | | | | |
|-----------------|-------------------------|----|----|----|----|----|----|----|----|----|----|----|-------------------------|----|----|----|----|----|
| Activity | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 |
| Dance/Rhythmics | X | X | X | | | | | | | | | | | | | | | |
| Basketball | | | | X | X | X | | | | | | | | | | | | |
| Floor Hockey | | | | | | | X | | | | | | | | | | | |
| Badminton | | | | | | | | X | X | | | | | | | | | |
| Weight Training | | | | | | | | | | X | X | | | | | | | |
| Bowling | | | | | | | | | | | | X | X | | | | | |
| Gymnastics | | | | | | | | | | | | | | X | | | | |
| Tennis | | | | | | | | | | | | | | | X | X | | |
| Softball | | | | | | | | | | | | | | | | | X | X |

| | 8 th Grade | | | 1 st Quarter | | | | | | | | 2 nd Quarter | | | | | | |
|---------------------------|-----------------------|---|---|-------------------------|---|---|---|---|---|----|----|-------------------------|----|----|----|----|----|----|
| Activity | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Soccer | X | X | X | | | | | | | | | | | | | | | |
| Golf | | | | X | | | | | | | | | | | | | | |
| Swimming/Water Activities | | | | | X | X | | | | | | | | | | | | |
| Speedball | | | | | | | X | X | | | | | | | | | | |
| Flag Football | | | | | | | | | X | X | X | | | | | | | |
| Archery | | | | | | | | | | | | X | | | | | | |
| Speedball | | | | | | | | | | | | | X | | | | | |
| Volleyball | | | | | | | | | | | | | | X | X | | | |
| Fitness | | | | | | | | | | | | | | | | X | X | X |

| | 3 rd Quarter | | | | | | | | | | | | 4 th Quarter | | | | | |
|-----------------|-------------------------|----|----|----|----|----|----|----|----|----|----|----|-------------------------|----|----|----|----|----|
| Activity | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 |
| Dance/Rhythmics | X | X | X | | | | | | | | | | | | | | | |
| Basketball | | | | X | X | X | | | | | | | | | | | | |
| Floor Hockey | | | | | | | X | | | | | | | | | | | |
| Badminton | | | | | | | | X | X | | | | | | | | | |
| Weight Training | | | | | | | | | | X | X | | | | | | | |
| Bowling | | | | | | | | | | | | X | X | | | | | |
| Gymnastics | | | | | | | | | | | | | | X | | | | |
| Tennis | | | | | | | | | | | | | | | X | X | | |
| Softball | | | | | | | | | | | | | | | | | X | X |

Yearly Plan: High School

| | 9 th Grade | | | 1 st Quarter | | | | | | 2 nd Quarter | | | | | | | | |
|---------------------------|-----------------------|---|---|-------------------------|---|---|---|---|---|-------------------------|----|----|----|----|----|----|----|----|
| Activity | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Soccer | X | X | X | | | | | | | | | | | | | | | |
| Golf | | | | X | | | | | | | | | | | | | | |
| Swimming/Water Activities | | | | | X | X | | | | | | | | | | | | |
| Speedball | | | | | | | X | X | | | | | | | | | | |
| Flag Football | | | | | | | | | X | X | X | | | | | | | |
| Archery | | | | | | | | | | | | X | | | | | | |
| Volleyball | | | | | | | | | | | | | X | X | X | | | |
| Fitness | | | | | | | | | | | | | | | | X | X | X |

| | 3 rd Quarter | | | | | | 4 th Quarter | | | | | | | | | | | |
|-----------------|-------------------------|----|----|----|----|----|-------------------------|----|----|----|----|----|----|----|----|----|----|----|
| Activity | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 |
| Dance/Rhythmics | X | X | X | | | | | | | | | | | | | | | |
| Basketball | | | | X | X | X | | | | | | | | | | | | |
| Floor Hockey | | | | | | | X | | | | | | | | | | | |
| Badminton | | | | | | | | X | X | | | | | | | | | |
| Weight Training | | | | | | | | | | X | X | | | | | | | |
| Bowling | | | | | | | | | | | | X | X | | | | | |
| Gymnastics | | | | | | | | | | | | | | X | | | | |
| Tennis | | | | | | | | | | | | | | | X | X | | |
| Softball | | | | | | | | | | | | | | | | | X | X |

| | 10 th Grade | | | 1 st Quarter | | | | | | 2 nd Quarter | | | | | | | | |
|---------------------------|------------------------|---|---|-------------------------|---|---|---|---|---|-------------------------|----|----|----|----|----|----|----|----|
| Activity | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Soccer | X | X | X | | | | | | | | | | | | | | | |
| Golf | | | | X | | | | | | | | | | | | | | |
| Swimming/Water Activities | | | | | X | X | | | | | | | | | | | | |
| Speedball | | | | | | | X | X | | | | | | | | | | |
| Flag Football | | | | | | | | | X | X | X | | | | | | | |
| Archery | | | | | | | | | | | | X | | | | | | |
| Field Hockey | | | | | | | | | | | | | X | | | | | |
| Volleyball | | | | | | | | | | | | | | X | X | | | |
| Fitness | | | | | | | | | | | | | | | | X | X | X |

3rd Quarter 4th Quarter

| Activity | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
|---------------------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|
| Soccer | X | X | X | | | | | | | | | | | | | | | |
| Golf | | | | X | | | | | | | | | | | | | | |
| Swimming/Water Activities | | | | | X | X | | | | | | | | | | | | |
| Speedball | | | | | | | X | X | | | | | | | | | | |
| Flag Football | | | | | | | | | X | X | X | | | | | | | |
| Archery | | | | | | | | | | | | X | | | | | | |
| Volleyball | | | | | | | | | | | | | X | X | X | | | |
| Fitness | | | | | | | | | | | | | | | | X | X | X |

3rd Quarter

4th Quarter

| Activity | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 |
|-----------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Dance/Rhythmics | X | X | X | | | | | | | | | | | | | | | |
| Basketball | | | | X | X | X | | | | | | | | | | | | |
| Floor Hockey | | | | | | | X | | | | | | | | | | | |
| Badminton | | | | | | | | X | X | | | | | | | | | |
| Weight Training | | | | | | | | | | X | X | | | | | | | |
| Bowling | | | | | | | | | | | | X | X | | | | | |
| Gymnastics | | | | | | | | | | | | | | X | | | | |
| Tennis | | | | | | | | | | | | | | | X | X | | |
| Softball | | | | | | | | | | | | | | | | | X | X |

12th Grade

1st Quarter

2nd Quarter

| Activity | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
|---------------------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|
| Soccer | X | X | X | | | | | | | | | | | | | | | |
| Golf | | | | X | | | | | | | | | | | | | | |
| Swimming/Water Activities | | | | | X | X | | | | | | | | | | | | |
| Speedball | | | | | | | X | X | | | | | | | | | | |
| Flag Football | | | | | | | | | X | X | X | | | | | | | |
| Archery | | | | | | | | | | | | X | | | | | | |
| Field Hockey | | | | | | | | | | | | | X | | | | | |
| Volleyball | | | | | | | | | | | | | | X | X | | | |
| Fitness | | | | | | | | | | | | | | | | X | X | X |

3rd Quarter

4th Quarter

| Activity | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 18 |
|-----------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Dance/Rhythmics | X | X | X | | | | | | | | | | | | | | | |
| Basketball | | | | X | X | X | | | | | | | | | | | | |
| Floor Hockey | | | | | | | X | | | | | | | | | | | |
| Badminton | | | | | | | | X | X | | | | | | | | | |
| Weight Training | | | | | | | | | | X | X | | | | | | | |
| Bowling | | | | | | | | | | | | X | X | | | | | |
| Gymnastics | | | | | | | | | | | | | | X | | | | |
| Tennis | | | | | | | | | | | | | | | X | X | | |
| Softball | | | | | | | | | | | | | | | | | X | X |

| Activity | K | 1 | 2 | 3 | 4 | 5 |
|------------------|---|---|---|---|---|---|
| Locomotor | | | | | | |
| Walking | I | D | R | R | R | R |
| Running | I | D | D | R | R | R |

| | | | | | | |
|---------------------------|----------|----------|----------|----------|----------|----------|
| Hopping | I | D | D | R | R | R |
| Jumping | I | D | D | R | R | R |
| Sliding | I | D | D | R | R | R |
| Skipping | I | D | D | R | R | R |
| Galloping | I | D | D | R | R | R |
| Lateral Movements | I | D | D | R | R | R |
| Crawling | D | D | R | | | |
| | | | | | | |
| Non-locomotor | | | | | | |
| Bending | I | D | D | R | R | R |
| Rocking/Swaying | I | D | D | R | R | R |
| Swinging | I | D | D | R | R | R |
| Turning | I | D | D | R | R | R |
| Twisting | I | D | D | R | R | R |
| Stretching | I | D | D | R | R | R |
| Pushing | I | D | D | R | R | R |
| Pulling | I | D | D | R | R | R |
| Fleeing/Chasing/Dodging | I | D | D | R | R | R |
| | | | | | | |
| Manipulative | | | | | | |
| Catching | | I | D | D | D | D |
| Kicking | | I | D | D | D | D |
| Striking | | I | D | D | D | D |
| Throwing | | I | D | D | D | D |
| Jump Roping | | I | D | D | D | D |
| Bouncing/Dribbling | | I | D | D | D | D |
| Juggling | | I | D | D | D | D |
| Scooters | | I | D | D | D | R |
| Parachute | | | | | | |
| Circle Sitting | I | D | R | R | R | R |
| Exercise | I | D | R | R | R | R |
| Dome Activities | I | D | R | R | R | R |
| Activities with Equipment | | I | D | R | R | R |
| Other | I | D | R | R | R | R |
| | | | | | | |
| Activity | K | 1 | 2 | 3 | 4 | 5 |
| Movement Awareness | | | | | | |
| Space Awareness | | | | | | |

| | | | | | | |
|-----------------------|----------|----------|----------|----------|----------|----------|
| General Space | I | D | D | R | R | R |
| Personal Space | I | D | D | R | R | R |
| Levels | I | D | D | R | R | R |
| Planes | I | D | D | R | R | R |
| Pathways | I | D | D | R | R | R |
| Body Awareness | | | | | | |
| Shapes | I | D | D | R | R | R |
| Balance | I | D | D | R | R | R |
| Transfer Body Weight | I | D | D | R | R | R |
| Flight | I | D | D | R | R | R |
| Quality of Movement | | | | | | |
| Time (Speed) | I | D | D | R | R | R |
| Force | I | D | D | R | R | R |
| Flow | I | D | D | R | R | R |
| Relationships | | | | | | |
| Body parts | I | D | D | R | R | R |
| Objects | I | D | D | R | R | R |
| People | I | D | D | R | R | R |
| | | | | | | |
| Roller-skating | | | | | | |
| Safety | | | I | D | D | R |
| Stopping | | | I | D | D | R |
| Turning | | | I | D | D | R |
| Forward Movement | | | I | D | D | R |
| Backward Movement | | | I | D | D | D |
| Games | | | I | D | D | D |
| | | | | | | |
| Tumbling | | | | | | |
| Log Roll | I | D | D | R | R | R |
| Forward Roll | I | D | D | R | R | R |
| Backward Roll | I | D | D | R | R | R |
| Tri-pod | | I | D | D | R | R |
| Handstand | | | | I | D | D |
| Headstand | | | | I | D | D |
| Cartwheel | | | | I | D | D |
| Activity | K | 1 | 2 | 3 | 4 | 5 |
| Fitness | | | | | | |
| Presidential Fitness | I | D | D | D | D | D |

| | | | | | | |
|--------------------------------|----------|----------|----------|----------|----------|----------|
| Cardiovascular | | | | | | |
| Running | I | D | D | D | R | R |
| Jogging | I | D | D | D | R | R |
| Walking | I | D | R | R | | |
| Muscular | | | | | | |
| Push-up | | | I | D | D | D |
| Sit-up | I | D | D | D | R | R |
| Pull-up | | | | | I | D |
| Aerobics | | | | | I | D |
| | | | | | | |
| Rhythmics | | | | | | |
| Fundamental | I | D | D | D | R | R |
| Creative | I | D | D | R | R | R |
| Folk Dance | | I | D | D | R | R |
| Square Dance | | | | I | D | D |
| Musical Games | I | D | D | R | R | R |
| | | | | | | |
| Games | | | | | | |
| Kickball | | | | I | D | D |
| Tee Ball | | | I | I | D | D |
| Crab Soccer | | | | I | D | D |
| Matt Ball | | | | I | D | D |
| | | | | | | |
| Multi-Activity/ Lead-up | | | | | | |
| Volleyball | | | | | | |
| History | | | | | I | D |
| Rules | | | | | I | D |
| Movement Skills | | | | | | |
| Run Forward | | | I | D | D | R |
| Run Backwards | | | I | D | D | R |
| Shuffle | | | I | D | D | R |
| Jumping | I | D | D | D | D | R |
| Serve | | | | | | |
| Underhand | | | | | I | D |
| Overhand | | | | | I | D |
| Activity | K | 1 | 2 | 3 | 4 | 5 |
| Forearm Passing | | | | | I | D |
| Overhead Passing | | | | | I | D |

| | | | | | | |
|---------------------------|----------|----------|----------|----------|----------|----------|
| | | | | | | |
| Soccer | | | | | | |
| History | | | | | I | D |
| Rules | | | | | I | D |
| Safety | | | | | I | D |
| Kicking | | | | | | |
| Inside Foot Push Pass | | | | | I | D |
| Instep | | | | | I | D |
| Trapping | | | | | | |
| Sole of Foot | | | | | | |
| Inside of Foot | | | | I | D | D |
| Chest | | | | | I | D |
| Dribbling | | | | | I | D |
| Heading | | | | | I | D |
| Throw-ins | | | | | I | D |
| Goalkeeping | | | | | | |
| Catch-rolling ball | | | | | I | D |
| Catch- waist high | | | | | I | D |
| Catch- Above head | | | | | I | D |
| | | | | | | |
| Basketball | | | | | | |
| History | | | | | I | D |
| Rules | | | | | I | D |
| Safety | | | | | I | D |
| Pivoting | | | | | I | D |
| Catching and Holding ball | | | | | I | D |
| Passing | | | | | | |
| Chest | | | | | I | D |
| Bounce | | | | | I | D |
| Overhead | | | | | I | D |
| Dribbling | | | | | | |
| High Speed | | | | | I | D |
| Low Control | | | | I | D | D |
| Shooting | | | | | | |
| Form | | | | | I | D |
| Activity | K | 1 | 2 | 3 | 4 | 5 |
| Set Shot | | | | | I | D |
| Lay - Up | | | | | I | D |

| | | | | | | |
|----------------------------|--|--|--|---|---|---|
| Rebounding | | | | | | |
| Position/boxing out | | | | | I | D |
| Defense | | | | | | |
| | | | | | | |
| Individual and Dual | | | | | | |
| Bowling | | | | | | |
| History | | | | I | D | D |
| Safety | | | | I | D | D |
| Equipment | | | | I | D | D |
| Strategies | | | | I | D | D |
| Rules | | | | I | D | D |
| Terminology | | | | I | D | D |
| Choosing a Ball | | | | I | D | D |
| Stance | | | | I | D | D |
| Approach | | | | I | D | D |
| Rolling | | | | I | D | D |
| Straight Ball | | | | I | D | D |
| Hook Ball | | | | I | D | D |
| Scoring | | | | I | D | D |
| | | | | | | |
| Swimming | | | | | | |
| Rules | | | | | I | D |
| Safety | | | | | I | D |
| Basic Skills | | | | | | |
| Treading Water | | | | | I | D |
| Rhythmic Breathing | | | | | I | D |
| Basic Strokes | | | | | | |
| Front Crawl | | | | | I | D |
| Back Crawl | | | | | I | D |
| Elementary Back Stroke | | | | | I | D |
| Breast Stroke | | | | | I | I |
| Side Stroke | | | | | I | D |
| Diving | | | | | | |
| Forward | | | | | I | I |
| Backward | | | | | I | I |

| Activity | 6 | 7 | 8 |
|--------------------|---|---|---|
| Team Sports | | | |
| Volleyball | | | |

| | | | |
|---------------------------------------|----------|----------|----------|
| Football* | | I | D |
| Dribbling | | | |
| Soccer Style* | | I | D |
| Aerial Dribble | | I | D |
| Defense | | | |
| Soccer Style* | | I | D |
| Basketball Style* | | I | D |
| Football Style* | | I | D |
| Aerial Conversion | | | |
| Roll-up | | I | D |
| Two-foot Lift | | I | D |
| One-foot Lift | | I | D |
| Goalkeeping | | | |
| Soccer Style* | | I | D |
| | | | |
| * See specific sport for these skills | | | |
| | | | |
| Field Hockey | | | |
| History | | I | D |
| Rules | | I | D |
| Strategy | | I | D |
| Equipment | | I | D |
| Field Position | | I | D |
| Safety | | I | D |
| Grip | | | |
| Fundamental Grip | | I | D |
| Indian Dribble Grip | | I | D |
| Defensive Grip | | I | D |
| Dribbling | | | |
| Indian Dribble | | I | D |
| Open Field Dribble | | I | D |
| Close Dribble | | I | D |
| Reverse Stick Dribble | | I | D |
| Trapping/Receiving | | | |
| Body Position | | I | D |
| Stick Position | | I | D |
| Activity | 6 | 7 | 8 |
| Grip | | I | D |
| Passing | | | |

| | | | |
|---------------------|----------|----------|----------|
| Push Pass | | I | D |
| Flat Passes | | I | D |
| Through Passes | | I | D |
| Shooting | | | |
| Flick | | I | D |
| Scoop | | I | D |
| Drive | | I | D |
| Hits | | | |
| Free Hits | | I | D |
| Penalty Stroke | | I | D |
| Dodging | | | |
| Non-Stick Dodge | | I | D |
| Reverse Stick Dodge | | I | D |
| Pull to Left | | I | D |
| Tackling | | I | D |
| | | | |
| Softball | | | |
| Safety | D | D | R |
| Rules | D | D | R |
| Strategy | D | D | R |
| Catching | D | D | R |
| Throwing | | | |
| Grip on Ball | D | D | R |
| Arm Motion | D | D | R |
| Body Movement | D | D | R |
| Fielding | | | |
| Ground Balls | D | D | R |
| Fly Balls | D | D | R |
| Batting | | | |
| Grip on Bat | D | D | R |
| Stance | D | D | R |
| Base Running | | | |
| Rounding Bases | D | D | R |
| Sliding | D | D | R |
| Pitching | | | |
| Arm Movement | D | D | R |
| Activity | 6 | 7 | 8 |
| Feet Positioning | D | D | R |
| | | | |

| | | | |
|--------------------|----------|----------|----------|
| Flag Football | | | |
| History | I | I | D |
| Rules | I | I | D |
| Strategy | I | I | D |
| Safety | I | I | D |
| Ball Carrying | I | I | D |
| Passing | I | I | D |
| Receiving | I | I | D |
| Kicking | | | |
| Punting | I | I | D |
| Kick-off | I | I | D |
| Place Kick | I | I | D |
| Blocking | I | I | D |
| Flag Detachment | I | I | D |
| Defensive Strategy | I | I | D |
| Offensive Strategy | I | I | D |
| Scoring | I | I | D |
| Strategies | I | I | D |
| Tournaments | I | I | D |
| | | | |
| Soccer | | | |
| History | R | R | R |
| Rules | R | R | R |
| Strategy | D | R | R |
| Safety | R | R | R |
| Dribbling | | | |
| Inside of Foot | D | R | R |
| Outside of Foot | D | R | R |
| Passing | | | |
| Inside of Foot | D | R | R |
| Instep | D | R | R |
| Loft | | I | D |
| Trapping | | | |
| Sole of Foot | D | R | R |
| Inside of Foot | D | R | R |
| Chest | D | R | R |
| | | | |
| | 6 | 7 | 8 |
| Thigh | D | R | R |
| Shooting | | | |

| | | | |
|-------------------------------|----------|----------|----------|
| Instep | D | R | R |
| Inside of Foot | D | R | R |
| Heading | | | |
| Standing | D | D | D |
| Jumping | I | D | D |
| Throw-In | | | |
| Standing | D | D | R |
| Running | D | D | R |
| Goalkeeping | | | |
| Catch – Rolling Ball | D | D | R |
| Catch – Waist High | D | D | R |
| Catch – Above Head | D | D | R |
| Tip | | I | D |
| Throwing Ball - Overhead | | I | D |
| Punt | D | D | R |
| | | | |
| Floor Hockey | | | |
| History | I | D | R |
| Rules | I | D | R |
| Safety | I | D | R |
| Passing | | | |
| Stationary | I | D | R |
| Moving | I | D | R |
| Stick Handling | I | D | R |
| Shooting | | | |
| Wrist Shot | I | D | R |
| Backhand | I | D | R |
| Goaltending | I | D | D |
| Positioning | | | |
| Offensive | I | D | R |
| Defensive | I | D | R |
| | | | |
| Basketball | | | |
| Rules/Safety | D | R | R |
| History | D | D | R |
| Strategy | D | D | D |
| Activity | 6 | 7 | 8 |
| Pivoting | D | D | D |
| Catching and Holding the Ball | D | R | R |

| | | | |
|--------------------------|----------|----------|----------|
| History | I | I | D |
| Rules | I | I | D |
| Safety | I | I | D |
| Etiquette | I | I | D |
| Equipment | I | I | D |
| Course Identification | I | I | D |
| Pre-swing Fundamentals | I | I | D |
| Grips | | | |
| Overlapping | I | I | D |
| Interlocking | I | I | D |
| Ten Finger | I | I | D |
| Swing | I | I | D |
| Shots | | | |
| Driving | I | I | D |
| Putting | I | I | D |
| Chipping | I | I | D |
| Pitching | I | I | D |
| Sand/bunker Shot | I | I | D |
| Scoring | | | |
| Strategies & Competition | I | I | D |
| | | | |
| Archery | | | |
| Equipment | | | |
| Parts of the bow | I | D | D |
| Parts of the arrow | I | D | D |
| Safety | I | D | D |
| Techniques | | | |
| Stance | I | D | D |
| Stringing the Bow | I | D | D |
| Knocking the Arrow | I | D | D |
| Setting the Hook | I | D | D |
| Holding the Bow | I | D | D |
| Raising the Head | I | D | D |
| Raising the Head | I | D | D |
| Raising the Unit | I | D | D |
| Drawing the Anchoring | I | D | D |
| Activity | 6 | 7 | 8 |
| Aiming & Holding | I | D | D |
| Releasing | I | D | D |

| | | | |
|-----------------------|----------|----------|----------|
| Follow-through | I | D | D |
| | | | |
| Badminton | | | |
| History | I | D | D |
| Equipment | I | D | D |
| Court Identification | | | |
| Singles | I | D | D |
| Doubles | I | D | D |
| Rules | I | D | D |
| Terms | I | D | D |
| Safety | I | D | D |
| Etiquette | I | D | D |
| Grip | | | |
| Forehand | I | D | D |
| Backhand | I | D | D |
| Serves | | | |
| Long Serve | I | D | D |
| Short Serve | I | D | D |
| Strokes | | | |
| Clears | I | D | D |
| Overhead Clear | I | D | D |
| Forehand Net Clear | I | D | D |
| Backhand Net Clear | I | D | D |
| Around-the-head Clear | I | D | D |
| Smashes | | | |
| Forehand | I | D | D |
| Around-the-head | I | D | D |
| Scoring | I | D | D |
| Strategies | I | D | D |
| Tournaments | I | D | D |
| | | | |
| Tennis | | | |
| History | I | I | D |
| Safety | I | I | D |
| Equipment | I | I | D |
| Rules | I | I | D |
| Activity | 6 | 7 | 8 |
| Terminology | I | I | D |
| Grip | | | |

| | | | |
|---|----------|----------|----------|
| Anaerobic fitness | | | I |
| (weight training would fall under this) | | | |
| Aerobic fitness | | | |
| Cycling | I | D | D |
| Ta Bo | I | D | D |
| Pilates | I | D | D |
| Yoga (focus on stretching/flexibility) | I | D | D |
| Presidential Fitness Testing | R | R | R |
| Walking/running | R | R | R |
| | | | |
| Dance/Rhythmics | | | |
| Folk | D | D | D |
| Square | D | D | D |
| Line | D | D | D |
| Classic | D | D | D |
| | | | |
| Weight Training | | | |
| Benefits | | | I |
| Safety | | | I |
| Upper Body | | | |
| Bench press | | | I |
| Incline press | | | I |
| Bicep Dumbbell Curls | | | I |
| Military press (shoulders) | | | I |
| Triceps | | | I |
| Lower Body | | | |
| Squat/Leg press | | | I |
| Leg extensions | | | I |
| Leg curls | | | I |
| Calf raisers | | | I |
| | | | |
| Gymnastics | | | |
| Safety/spotting | D | R | R |
| Tumbling | | | |
| Rolls | | | |
| Forward | R | R | R |
| Activity | 6 | 7 | 8 |
| Backward | R | R | R |
| Judo roll | R | R | R |

| | | | |
|------------------------|----------|----------|----------|
| Cartwheels | | | |
| One handed | I | D | R |
| Two handed | D | D | R |
| Round off | D | D | R |
| Cartwheel flip | I | I | I |
| Other Activities | | | |
| Front walkover | I | D | D |
| Back walkover | I | D | D |
| Back handspring | I | I | I |
| Front handspring | I | I | I |
| Headspring | I | I | I |
| Balances | | | |
| Tripod | R | R | R |
| Forearm balance | I | I | D |
| Elbow balance | I | I | D |
| Teeter totter | I | I | D |
| | | | |
| Swimming | | | |
| Rules | R | R | R |
| Safety | R | R | R |
| Basic Skills | | | |
| Treading Water | D | R | R |
| Sculling | I | D | D |
| Rhythmic Breathing | I | D | D |
| Advanced Skills | | | |
| Butterfly | | | I |
| Basic Strokes | | | |
| Front Crawl | I | D | D |
| Back Crawl | I | D | D |
| Elementary Back Stroke | D | R | R |
| Breast Stroke | I | D | D |
| Side Stroke | I | D | D |
| Diving | | | |
| Forward | I | I | D |
| Backward | | | I |
| Survival Skills | I | D | D |
| Activity | 6 | 7 | 8 |
| Water Activities | | | |
| Snorkeling | | I | D |

| | | | |
|-----------------------|---|---|---|
| Basketball | D | D | D |
| Water Aerobics | I | D | D |
| Water Polo | | I | D |
| Synchronized Swimming | | I | D |
| Scuba Diving | | I | D |

| Activity | 9 | 10 | 11 | 12 |
|--------------------|---|----|----|----|
| Team Sports | | | | |
| Volleyball | | | | |

| | | | | |
|--------------------|----------|-----------|-----------|-----------|
| Rules | D | R | R | R |
| Strategy | D | R | R | R |
| Movement Skills | | | | |
| Run Forward | R | R | R | R |
| Run Backward | R | R | R | R |
| Shuffle Laterally | R | R | R | R |
| Footwork Skills | R | R | R | R |
| Jumping | R | R | R | R |
| Serve | | | | |
| Underhand | R | R | R | R |
| Jump Serve | | I | D | R |
| Overhand | R | R | R | R |
| Forearm Pass | | | | |
| Serve Reception | | | | |
| Free Ball Pass | R | R | R | R |
| Overhead Pass | | | | |
| Forward Set | D | D | R | R |
| Backward Set | | I | D | R |
| Free Ball Pass | D | R | R | R |
| Attack | | | | |
| Approach | D | R | R | R |
| Arm Swing | I | D | D | R |
| Roll Shot | | I | D | R |
| Defense | | | | |
| Defensive Stance | R | R | R | R |
| Rotation | I | D | D | R |
| Perimeter | I | D | D | R |
| Man-up | I | D | D | R |
| Offensive Strategy | I | D | D | R |
| | | | | |
| Flag Football | | | | |
| History | D | R | R | R |
| Rules | D | R | R | R |
| Strategy | | | | |
| Man-to-Man Defense | I | D | D | R |
| Zone Defense | I | D | D | R |
| Activity | 9 | 10 | 11 | 12 |
| Safety | R | R | R | R |
| Ball Carrying | D | D | R | R |

| | | | | |
|------------------------|----------|-----------|-----------|-----------|
| Passing | | | | |
| Lateral Pass | I | D | D | R |
| Receiving | D | D | R | R |
| Kicking | | | | |
| Punting | R | R | R | R |
| Kick-off | I | D | D | R |
| Place Kick/Field Goals | I | D | D | R |
| Blocking | | | | |
| Three-point Stance | I | D | D | R |
| Flag Detachment | R | R | R | R |
| Defense Stance | D | D | R | R |
| | | | | |
| Speedball | | | | |
| History | I | D | R | R |
| Rules | I | D | R | R |
| Strategies | I | D | R | R |
| Safety | I | D | R | R |
| Passing | | | | |
| Soccer Style* | D | R | R | R |
| Basketball Style* | D | R | R | R |
| Football Style* | D | D | R | R |
| Drop Kick | I | D | D | R |
| Catching | | | | |
| Soccer Style Trap* | D | R | R | R |
| Basketball* | D | R | R | R |
| Football* | D | D | R | R |
| Dribbling | | | | |
| Soccer Style* | D | R | R | R |
| Aerial Dribble | I | D | D | R |
| Defense | | | | |
| Soccer Style* | D | D | R | R |
| Basketball Style* | D | D | R | R |
| Football Style* | I | D | D | R |
| Aerial Conversion | | | | |
| Roll-up | I | D | D | R |
| Two-foot Lift | I | D | D | R |
| Activity | 9 | 10 | 11 | 12 |
| One-foot Lift | I | D | D | R |
| Goalkeeping | | | | |

| | | | | |
|---|----------|-----------|-----------|-----------|
| Soccer Style* | D | D | R | R |
| | | | | |
| * See specific sport for these skills | | | | |
| | | | | |
| Softball | | | | |
| Safety | R | R | R | R |
| Rules | D | D | R | R |
| Strategy | | | | |
| Roles of each position | I | D | R | R |
| Catching | R | R | R | R |
| Throwing | | | | |
| Grip on Ball | D | D | R | R |
| Arm Motion | D | D | R | R |
| Body Movement | D | D | R | R |
| Fielding | | | | |
| Ground Balls | D | D | R | R |
| Fly Balls | D | D | R | R |
| Batting | | | | |
| Grip on Bat | I | D | R | R |
| Stance | I | D | R | R |
| Base Running | | | | |
| Rounding Bases | I | D | R | R |
| Sliding | I | D | R | R |
| Leadoff/Stealing | I | D | R | R |
| Pitching | | | | |
| Arm Movement | I | D | R | R |
| Feet Positioning | I | D | R | R |
| Various Pitches (curve, splitter, slider, etc.) | | I | D | R |
| | | | | |
| Soccer | | | | |
| History | D | R | R | R |
| Rules | R | R | R | R |
| Strategy | D | R | R | R |
| Safety | R | R | R | R |
| Dribbling | | | | |
| Inside of Foot | D | R | R | R |
| Activity | 9 | 10 | 11 | 12 |
| Outside of Foot | D | R | R | R |
| Passing | | | | |

| | | | | |
|--------------------------|----------|-----------|-----------|-----------|
| Inside of Foot | D | R | R | R |
| Instep | I | D | D | R |
| Loft | I | D | D | R |
| Trapping | | | | |
| Sole of Foot | D | R | R | R |
| Inside of Foot | D | R | R | R |
| Chest | D | R | R | R |
| Thigh | D | R | R | R |
| Shooting | | | | |
| Instep | D | R | R | R |
| Inside of Foot | D | R | R | R |
| Heading | | | | |
| Standing | D | R | R | R |
| Jumping | D | R | R | R |
| Throw-In | | | | |
| Standing | D | D | R | R |
| Running | D | D | D | R |
| Goalkeeping | | | | |
| Catch – Rolling Ball | D | D | R | R |
| Catch – Waist High | D | D | D | R |
| Catch – Above Head | I | D | D | D |
| Throwing Ball - Overhead | I | D | D | R |
| Punt | D | D | R | R |
| | | | | |
| Floor Hockey | | | | |
| History | D | R | R | R |
| Rules | D | R | R | R |
| Safety | R | R | R | R |
| Passing | | | | |
| Stationary | D | D | R | R |
| Moving | I | D | D | R |
| Stick Handling | | | | |
| Shooting | | | | |
| Wrist Shot | D | D | R | R |
| Backhand | I | D | D | R |
| Goaltending | I | D | D | R |
| Activity | 9 | 10 | 11 | 12 |
| Positioning | | | | |
| Offensive | I | D | D | R |

| | | | | |
|-------------------------------|----------|-----------|-----------|-----------|
| Defensive | I | D | D | R |
| | | | | |
| Basketball | | | | |
| Rules | R | R | R | R |
| Safety | R | R | R | R |
| Strategy | D | D | R | R |
| Pivoting | D | R | R | R |
| Catching and Holding the Ball | R | R | R | R |
| Passing | | | | |
| Chest | D | R | R | R |
| Bounce | D | R | R | R |
| Overhead | I | D | D | R |
| One-hand Bounce | I | D | D | R |
| Baseball | | I | D | D |
| Dribbling | | | | |
| High Speed | D | D | R | R |
| Low Control | D | R | R | R |
| Crossover | I | D | D | R |
| Behind the Back | I | D | D | D |
| Spin | | I | D | D |
| Stutter Step | I | D | D | R |
| Shooting | | | | |
| Set Shot | R | R | R | R |
| Lay-up | R | R | R | R |
| Free Throw | R | R | R | R |
| Jump Shot | D | D | R | R |
| Rebounding | | | | |
| Position | D | R | R | R |
| Jumping | D | R | R | R |
| Blocking Out | D | D | R | R |
| Outlet | I | D | D | R |
| Defenses | | | | |
| Basic Stance and Movement | I | D | D | R |
| On-Ball Guarding | I | D | D | R |
| Off-Ball Guarding | I | D | D | R |
| Zone Defenses | I | D | D | D |
| Activity | 9 | 10 | 11 | 12 |
| Field Hockey | | | | |
| History | D | D | R | R |

| | | | | |
|----------------------------|----------|-----------|-----------|-----------|
| Rules | D | R | R | R |
| Strategy | D | D | R | R |
| Equipment | D | D | R | R |
| Field Position | D | D | R | R |
| Safety | D | D | R | R |
| Grip | | | | |
| Fundamental Grip | D | D | R | R |
| Indian Dribble Grip | D | D | R | R |
| Defensive Grip | D | D | R | R |
| Dribbling | | | | |
| Indian Dribble | D | D | R | R |
| Open Field Dribble | D | D | R | R |
| Close Dribble | D | D | R | R |
| Reverse Stick Dribble | D | D | R | R |
| Trapping/Receiving | | | | |
| Body Position | D | D | R | R |
| Stick Position | D | D | R | R |
| Grip | D | D | R | R |
| Passing | | | | |
| Push Pass | D | D | R | R |
| Flat Passes | D | D | R | R |
| Through Passes | D | D | R | R |
| Shooting | | | | |
| Flick | D | D | R | R |
| Scoop | D | D | R | R |
| Drive | D | D | R | R |
| Hits | | | | |
| Free Hits | D | D | R | R |
| Penalty Stroke | D | D | R | R |
| Dodging | | | | |
| Non-Stick Dodge | D | D | R | R |
| Reverse Stick Dodge | D | D | R | R |
| Pull to Left | D | D | R | R |
| Tackling | D | D | R | R |
| | | | | |
| | | | | |
| | | | | |
| Activity | 9 | 10 | 11 | 12 |
| Individual and Dual | | | | |
| Racquetball | | | | |

| | | | | |
|----------------------|----------|-----------|-----------|-----------|
| History | I | D | R | R |
| Safety | I | D | R | R |
| Etiquette | I | D | R | R |
| Equipment | I | D | R | R |
| Rules | I | D | R | R |
| Terminology | I | D | R | R |
| Grip | | | | |
| Forehand | I | D | R | R |
| Backhand | I | D | R | R |
| Serving | | | | |
| Drive | I | D | R | R |
| Lob | I | D | R | R |
| Z | I | D | R | R |
| Shots | | | | |
| Forehand | I | D | R | R |
| Backhand | I | D | R | R |
| Passing | I | D | R | R |
| Around-the-wall | I | D | R | R |
| Z | I | D | R | R |
| Back Wall | I | D | R | R |
| Front Wall Kill | I | D | R | R |
| Pinch | I | D | R | R |
| Corner Kill | I | D | R | R |
| Forehand Drop | I | D | R | R |
| Backhand Drop | I | D | R | R |
| Scoring | I | D | R | R |
| Strategies | I | D | R | R |
| Tournaments | I | D | R | R |
| | | | | |
| Badminton | | | | |
| History | D | R | R | R |
| Equipment | D | R | R | R |
| Court Identification | | | | |
| Singles | D | R | R | R |
| Doubles | D | R | R | R |
| Rules | D | R | R | R |
| Activity | 9 | 10 | 11 | 12 |
| Terms | D | R | R | R |
| Safety | D | R | R | R |

| | | | | |
|------------------------|----------|-----------|-----------|-----------|
| Etiquette | D | R | R | R |
| Grip | | | | |
| Forehand | D | R | R | R |
| Backhand | D | R | R | R |
| Serves | | | | |
| Long Serve | D | R | R | R |
| Short Serve | D | R | R | R |
| Strokes | | | | |
| Clears | D | R | R | R |
| Overhead Clear | D | R | R | R |
| Forehand Net Clear | D | R | R | R |
| Backhand Net Clear | D | R | R | R |
| Around-the-head Clear | D | R | R | R |
| Drops | | | | |
| Overhead Drop | D | R | R | R |
| Forehand Net Drop | D | R | R | R |
| Backhand Net Drop | D | R | R | R |
| Blocks | | | | |
| Forehand | D | R | R | R |
| Backhand | D | R | R | R |
| Smashes | | | | |
| Forehand | D | R | R | R |
| Around-the-head | D | R | R | R |
| Scoring | D | R | R | R |
| Strategies | | | | |
| Singles | D | R | R | R |
| Doubles | D | R | R | R |
| Tournaments | D | R | R | R |
| | | | | |
| Golf | | | | |
| History | D | D | R | R |
| Rules | D | D | R | R |
| Safety | D | D | R | R |
| Etiquette | D | D | R | R |
| Equipment | D | D | R | R |
| Course Identification | D | D | R | R |
| Activity | 9 | 10 | 11 | 12 |
| Pre-swing Fundamentals | D | D | R | R |
| Grips | | | | |

| | | | | |
|--------------------------|----------|-----------|-----------|-----------|
| Overlapping | D | D | R | R |
| Interlocking | D | D | R | R |
| Ten Finger | D | D | R | R |
| Swing | D | D | R | R |
| Shots | | | | |
| Driving | D | D | R | R |
| Putting | D | D | R | R |
| Chipping | D | D | R | R |
| Pitching | D | D | R | R |
| Sand/Bunker Shot | D | D | R | R |
| Scoring | | | | |
| Strategies & Competition | D | D | R | R |
| | | | | |
| Archery | | | | |
| Equipment | | | | |
| Parts of the Bow | D | D | R | R |
| Parts of the Arrow | D | D | R | R |
| Safety | D | D | R | R |
| Techniques | | | | |
| Stance | D | D | R | R |
| Stringing the Bow | D | D | R | R |
| Kocking the Arrow | D | D | R | R |
| Setting the Hook | D | D | R | R |
| Holding the Bow | D | D | R | R |
| Raising the Head | D | D | R | R |
| Raising the Head | D | D | R | R |
| Raising the Unit | D | D | R | R |
| Drawing the Anchoring | D | D | R | R |
| Aiming & Holding | D | D | R | R |
| Releasing | D | D | R | R |
| Follow-Through | D | D | R | R |
| | | | | |
| Swimming | | | | |
| Rules | R | R | R | R |
| Safety | R | R | R | R |
| Basic Skills | | | | |
| Activity | 9 | 10 | 11 | 12 |
| Treading Water | D | R | R | R |
| Sculling | D | R | R | R |

| | | | | |
|----------------------------|----------|-----------|-----------|-----------|
| Rhythmic Breathing | D | R | R | R |
| Advanced Skills | | | | |
| Butterfly | I | D | D | R |
| Basic Strokes | | | | |
| Front Crawl | D | R | R | R |
| Back Crawl | D | R | R | R |
| Elementary Back Stroke | R | R | R | R |
| Breast Stroke | D | R | R | R |
| Side Stroke | D | R | R | R |
| Diving | | | | |
| Forward | D | R | R | R |
| Backward | D | R | R | R |
| Survival Skills | D | D | R | R |
| WSI Training | D | D | R | R |
| Water Activities | | | | |
| Snorkeling | D | R | R | R |
| Basketball | D | R | R | R |
| Water Aerobics | D | R | R | R |
| Water Polo | D | R | R | R |
| Synchronized Swimming | D | R | R | R |
| Scuba Diving | D | R | R | R |
| | | | | |
| Weight Training | | | | |
| Benefits | I | D | D | R |
| Safety | I | D | D | R |
| Upper Body | | | | |
| Bench Press | I | D | D | R |
| Incline Press | I | D | D | R |
| Bicep Dumbbell Curls | I | D | D | R |
| Military Press (Shoulders) | I | D | D | R |
| Triceps | I | D | D | R |
| Lower Body | | | | |
| Squat/Leg Press | I | D | D | R |
| Leg Extensions | I | D | D | R |
| Leg Curls | I | D | D | R |
| Calf Raisers | I | D | D | R |
| Activity | 9 | 10 | 11 | 12 |
| Dead Leg Lifts | I | D | D | R |
| Cleans | I | D | D | R |

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|---|----------|-----------|-----------|-----------|
| | | | | |
| Fitness | | | | |
| Anaerobic Fitness | I | D | D | R |
| (Weight Training Would Fall Under This) | | | | |
| Aerobic Fitness | | | | |
| Cycling | D | R | R | R |
| Ta Bo | D | R | R | R |
| Pilates | D | R | R | R |
| Yoga (Focus on Stretching/Flexibility) | D | R | R | R |
| Presidential Fitness Testing | R | R | R | R |
| Walking/Running | R | R | R | R |
| | | | | |
| Dance/Rhythmics | | | | |
| Folk | D | R | R | R |
| Square | D | R | R | R |
| Line | D | R | R | R |
| Classic | D | R | R | R |
| | | | | |
| Gymnastics | | | | |
| Safety/Spotting | R | R | R | R |
| Tumbling | | | | |
| Rolls | | | | |
| Forward | R | R | R | R |
| Backward | R | R | R | R |
| Judo Roll | R | R | R | R |
| Cartwheels | | | | |
| One Handed | R | R | R | R |
| Two Handed | R | R | R | R |
| Round Off | R | R | R | R |
| Cartwheel flip | I | D | D | D |
| Other Activities | | | | |
| Front Walkover | I | I | D | D |
| Back Walkover | I | I | D | D |
| Back Handspring | I | I | D | D |
| Front Handspring | I | I | D | D |
| Headspring | I | I | D | D |
| Activity | 9 | 10 | 11 | 12 |
| Balances | | | | |
| Tripod | R | R | R | R |

| | | | | |
|-----------------|---|---|---|---|
| Forearm balance | D | D | D | R |
| Elbow balance | D | D | D | R |
| Teeter Totter | D | D | D | R |

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