BERMUDIAN SPRINGS SCHOOL DISTRICT High School Boys Physical Education Year-Long Curriculum Map

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Aug. Oct. Sept. Nov. Dec. Jan. Feb. Mar. May Apr. UNIT/Week 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 5 6 7 8 2 3 4 Introductory Lesson PE (basic motor skills, activity preferences, importance of regular physical activity, goal setting) Speed Unit (Individualized Plan, Heart Rate, Pace, Running Form) Ultimate Frisbee (Skill related components, health related components, team concepts, team game strategies, offensive/defensive strategies) Rugby Football (Skill related components, health related components, team concepts, team game strategies, offensive/defensive strategies, communication, authentic practice) Rhythm Unit (Individualized fitness status, Activity preferences, skill and health related fitness, training principles, scientific and biomechanical principles) Handball, Speedball, Worldball **Unit** (Support achievement of personal fitness, health and skill related components, importance of regular participation in physical activity & motor skill improvement, enhancing group interaction)

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Weight Training (Principles of training, achievement of personal fitness goals, weight management/stress, management/disease prevention, time management)																																										
Personal Fitness/Testing Unit (Health related components, training principles, apply movement concepts																				T																						
Volleyball (practice strategies, team sport, communication, skill and health related components, authentic practice, lifetime activities, offensive strategies/defensive strategies)																																										
Lacrosse/Nitro Ball (Practice strategies, skill and health related components, training principles, skills, team sports, outdoor activities. Individual goals)																																										
Softball (Safety and injury prevention, communication, teamsport, skill and health related fitness)																											Ī															

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