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Kinesiology 469W

Scope N Sequence

High School Scope and Sequence Rational

For the high school scope and sequence, I again developed a wide variety of activities that will enhance students’ skill level and help them become physically active for life. Most of these units are different types of sports and activities they can continue to do long after they graduate from high school. Seeing that only high school students have a half year as compared to middle school students, I came up with more of an overall program that deals with students finding activities they enjoy doing. Activities such as golf, archery, aquatics, kickboxing, fly fishing, and spinning are all fun activities students can do long after graduation. I wanted to give my 9th grade students opportunity to participate in as many fun units as possible. I gave the seniors four out of five options to choose from instead of three like the sophomores and juniors. I did this because of seniority. The electives are just as intriguing as the program for 9th graders.

I was really looking forward to implementing golf, fly fishing, and high ropes activities because I feel like most students today do not have the luxury to participate in such activities. Golf is a great sport that many students can continue on playing to be physically active throughout their life. Fly fishing is another great unit I decided to implement because again, students many not be exposed to such an activity. I wanted fly fishing instead of spinner or bait fishing because in middle school students were already exposed to that type of fishing. Fly fishing presents more of a challenge anyway.

All in all, students at the high school level have great variety of activities to choose from. I only wish I had some of these activities to choose from when I was in school. Students in my 9th grade class will learn the importance of being physically fit for a life time after they have completed my physical education program.