**KINES 469W**

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

**Name:** Joey Sollenberger

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| **UNIT** | **Grade****9** | **Grade****10** | **Grade****11** | **Grade** **12** |
| **Required Physical Education****Net/Wall Games**VolleyballTennisRacquetballBadminton**Outdoor Adventure**Mountain BikingFly FishingHigh Ropes CourseGolf**Territorial Games**LacrosseBasketballSoccerFlag FootballSoftball Floor Hockey**Fitness**SpinningWeightliftingKickboxingStep Aerobics**Dance**CreativeStompHip-Hop**Fitness Testing** Fitness Test (Pre) – Presidential Fitness Test (Post) – Presidential  | XXXXXXXXXXXXXXXXXXXXXXX |  |  |  |
| **Electives:****Net/Wall Games**Badminton/TennisRacquetballVolleyball**Territorial Sports**BasketballSoccerLacrosseUltimate Frisbee**Fitness**KickboxingSpinningWeightliftingAerobicsAquatics **Outdoor Adventure**GolfRock ClimbingArcheryMountain BikingFly Fishing**Dance**DDR |  | XXX | XXX | XXXX |