**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**  Volleyball  Tennis  Racquetball  Badminton  **Outdoor Adventure**  Mountain Biking  Fly Fishing  High Ropes Course  Golf  **Territorial Games**  Lacrosse  Basketball  Soccer  Flag Football  Softball  Floor Hockey  **Fitness**  Spinning  Weightlifting  Kickboxing  Step Aerobics  **Dance**  Creative  Stomp  Hip-Hop  **Fitness Testing**  Fitness Test (Pre) – Presidential  Fitness Test (Post) – Presidential | X  X  X  X  X  X  X  X  X  X  X  X  X  X  X  X  X  X  X  X  X  X  X |  |  |  |
| **Electives:**  **Net/Wall Games**  Badminton/Tennis  Racquetball  Volleyball  **Territorial Sports**  Basketball  Soccer  Lacrosse  Ultimate Frisbee  **Fitness**  Kickboxing  Spinning  Weightlifting  Aerobics  Aquatics  **Outdoor Adventure**  Golf  Rock Climbing  Archery  Mountain Biking  Fly Fishing  **Dance**  DDR |  | X  X  X | X  X  X | X  X  X  X |