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Kinesiology 469W

Scope N Sequence

Middle School Scope and Sequence Rational

In the above Scope and Sequence, I offered a variety of units to teach throughout the school year. All 6th, 7th, and 8th grade students have P.E. every single day of the year, and all 6th and 8th grade classes are co-ed. Only 7th grade P.E. classes are single-sex. Most of the units for the 7th grade are adaptable and flexible for both male and female. In the beginning of the year I started off with cooperative games and my protocols as a way to break the ice among fellow students; this is a great way to bond with your classmates (You are spending the whole entire year with the same people). Then we get right into team & Individual sports. Leading off with Tennis, Pickle ball, and Cricket; these three are striking with an implement which is why I chose to group them together. I threw in Ultimate Frisbee and an Aquatics unit to change the pace with the class. I didn’t want the students to become bored with units that involved striking with implements. Finally, I wrapped up the early section with Lacrosse, revisiting striking with an implement. The next section is the Outdoor Adventure portion of the year. I wanted to put these activities in before if got to cold over the winter season. I’m offering hiking, mountain biking and fishing. I wanted to offer fly fishing, but I figured that I would save that unit for the high school students. After the outdoor adventure portion, we revisit team sports again with Volleyball and basketball, being held indoors because of the cold winter weather. These are usually fun activities that most kids are familiar with. Next comes my dance unit. I divided the unit up because most students (usually boys) become bored with dance if you have 4 straight weeks of it, so I added my fitness units in between. We revisit the rest of the dance units after fitness and get right back into Team and Individual Sports towards the end of the year. Badminton is usually a unit quite a few students enjoy. I personally love badminton so I extended the unit for three and half weeks. This is more of a Sport-Ed unit, being it is longer than a 3 week period. I have two fitness testing units where I will be testing my students’ fitness levels using the presidential fitness test; one in the beginning of the year and one towards the end so they can see their progress. We wind down the year with Track & Field because this is when the school teams have their varsity and junior varsity Track & Field seasons. Then the last few days are preparations for the student’s Field day. This is an event where the whole school partakes in special events held on the last day of school.

 I have a wide variety of activities geared towards *all* students and not just the athletes. These activities attract all sorts of students, the girly girls, jocks, athletes, non-athletic boys etc. This is why I feel I have done a good job including many activities that cater to the whole student body.