**KINES 469W**

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

**Name:** Joey Sollenberger

|  |  |  |  |
| --- | --- | --- | --- |
| **UNIT** | **Grade**  **6** | **Grade**  **7** | **Grade**  **8** |
| Cooperative Games  **Team & Individual Sports**  Pickle ball  Tennis  Cricket  Ult. Frisbee  Swimming/Aquatics  Lacrosse  **Outdoor Adventure**  Hiking  Mountain Biking  Fishing  **Team & Individual Sports**  Volleyball  Basketball  **Dance**  Line Dancing  Stomp  ***Fitness Testing***  **Fitness**  Yoga/Aerobics  Gymnastics  Pilates/Cardio  **Dance**  Hip – Hop  Creative  DDR  **Team & Individual Sports**  Badminton  Fencing  Floor Hockey  ***Fitness Testing***  Rock Climbing  Low Ropes Course  Track & Field  Field Day | X  X  X  X  X  X  X  X  X  X  X  X  X  X  X  X  X  X  X | X  X  X  X  X  X  X  X  X  X  X  X  X  X  X  X  X  X  X  X  X | X  X  X  X  X  X  X  X  X  X  X  X  X  X  X  X  X  X  X  X  X  X |

**KINES 469W**

**Scope and Sequence Project**

**Name:** Joey Sollenberger

**Time Per Unit – Grade 8th from Middle School**

|  |  |
| --- | --- |
| **UNIT – for Grade 8** | **# Weeks Offered** |
| Cooperative Games  **Team and Individual Sports**  Pickle Ball  Tennis  Ultimate Frisbee  Lacrosse  Volleyball  Basketball  Badminton  Fencing  **Outdoor Adventure**  Hiking  Mountain Biking  Fishing  Low Ropes  Track N Field  **Dance**  Line Dancing  Hip-Hop  Creative  **Fitness**  Yoga/Aerobics  Pilates/Cardio  Fitness Testing  **Others**  Field Day  Free Day | 1  3  2.5  2  2  2  2  3.5  1.5  1  1  1  1.5  2  2  1  1  2  2  2 days  1 day  1 |
| **TOTAL** | **35.5** |

**HOW DID YOU ARRIVE AT YOUR “TOTAL” NUMBER OF WEEKS, BOTTOM AT LEFT? SHOW HERE:**

**State College School Days = 177**

**Multiply 177 by 0.95% because this represents days students might have music lessons, field trips and other activities throughout the school year.**

**177x0.95=168.15**

**177-168.15=8.85 ~ 9 free days**

**These 9 free days are still added into the calendar but are days where I won’t be teaching. Divide total amount of days (168.15) by 5 (days in a week) to find the total amount of weeks you will be instructing.**

**168.15 / 5 = 33.63 ~ 33.5 weeks**

**Add 2 more weeks for those 9 days in the calendar, and I come up with 35.5 weeks of instruction.**

**33.5 + 2 = 35.5**

**177 – 9 = 168 week/lesson**