**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 TennisCricket Ult. FrisbeeSwimming/AquaticsLacrosse**Outdoor Adventure**HikingMountain BikingFishing**Team & Individual Sports**VolleyballBasketball**Dance**Line DancingStomp***Fitness Testing*****Fitness**Yoga/AerobicsGymnasticsPilates/Cardio**Dance**Hip – Hop CreativeDDR**Team & Individual Sports**BadmintonFencingFloor Hockey***Fitness Testing*** Rock ClimbingLow Ropes CourseTrack & FieldField Day | XXXXXXXXXXXXXXXXXXX | XXXXXXXXXXXXXXXXXXXXX | XXXXXXXXXXXXXXXXXXXXXX |

**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 BallTennisUltimate FrisbeeLacrosseVolleyballBasketball BadmintonFencing**Outdoor Adventure**HikingMountain BikingFishingLow RopesTrack N Field **Dance**Line DancingHip-HopCreative**Fitness**Yoga/AerobicsPilates/CardioFitness Testing**Others**Field Day Free Day | 132.522223.51.51111.52211222 days1 day1 |
| **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**