

Scope and Sequence

Chapter #/Title	# of Days
Starball	
History, rules, safety and terminology	1
Serving	1
Backhand and forehand	1
Lead-up activities	2
Game/tournament	3
Flag football	
History, rules, safety and terminology	1
Receiving and catching	1
Passing and throwing	1
Offensive and Defensive Positions	2
Game/tournament	3
Weight Training	
History and Safety of Weight Training	1
Introduction of equipment	2
Weight Training Circuit	5
Evaluation of Personal Weight Training Goals	2
Tennis	
History, rules, safety and terminology	1
Review forehand and backhand	1
Serve	1
Lead-up games/skills	2
Game play	3
Volleyball	
History, rules, safety and terminology	1
Serving	1
Bump/forearm pass and set/overhead pass	1
Lead-up activities	2
Game/tournament	3
Basketball	
History, rules, safety and terminology	1
Dribbling and Passing	1
Shooting	1
Lead-up activities	2
Game/tournament	3

Interactive games

History/Origin	1
Introduction of activity	1
Activity	3

Rhythms

History/Origin	1
Introduction of dance/activity	1
Dance/activity sequences	2
Presentation of dance/activity	1

Midterm	# of Days
NA	

Chapter #	# of Days
NA	

Final Exam	# of Days
Physical Education 10	1

Total Number of Days	# of Days
	70