

## Scope and Sequence

Chapter #/Title	# of Days
<b>Golf</b>	
History, rules, safety and terminology	1
Chip and put	1
Drive	1
Lead-up activities	2
Games	3
<b>Floor Tennis</b>	
History, rules, safety and terminology	1
Serving	1
Backhand and forehand	1
Lead-up activities	2
Game/tournament	3
<b>Badminton</b>	
History, rules, safety and terminology	1
Serving	2
Backhand and forehand	2
Lead-up activities	2
Game/tournament	3
<b>Volleyball</b>	
History, rules, safety and terminology	1
Serving	1
Bump/forearm pass and set/overhead pass	1
Lead-up activities	2
Game/tournament	3
<b>Basketball</b>	
History, rules, safety and terminology	1
Dribbling and Passing	1
Shooting	1
Lead-up activities	2
Game/tournament	3
<b>Rhythms</b>	
History/Origin	1
Introduction of dance/activity	1
Dance/activity sequences	2
Presentation of dance/activity	1

**Weight Training**

History and Safety of Weight Training	1
Introduction of equipment	2
Weight Training Circuit	5
Evaluation of Personal Weight Training Goals	2

Midterm # of Days  
NA

Chapter # # of Days  
NA

Final Exam # of Days  
Physical Education 11 1

Total Number of Days # of Days  
70