

Scope and Sequence

Chapter #/Title	# of Days
Softball	
History, rules, safety and terminology	1
Throwing and catching	1
Hitting and base running	1
Inter-squad scrimmages	3
Game/Tournament	3
Archery	
History, rules, safety and terminology	1
Knocking arrows	1
Shooting stance/Release command	1
Shooting Activities	2
Archery Games	3
Tennis	
History, rules, safety and terminology	1
Review forehand and backhand	1
Review serve	1
Lead-up games	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
Lead-up Activities	2
Activity	6

Wellness

Introduction to Wellness	1
Heart Rate/Blood Pressure	1
Fad Diets/Food Trends/Supplements	2
Wellness Research Project	2
Personal Assessment	1
Personal Improvement Plan	1
Muscle Groups, Strength, and Endurance	1

Midterm

of Days

Chapter #

of Days

N/A

Final Exam

Physical Education 12	1
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Total Number of Days	70
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