

Recreational Sports Physical Education Curriculum Scope and Sequence

Critical Content:

1. Standard Fitness Testing
 - a. Fitness Tests
 - b. Assessment (self and teacher)
2. Goal Setting
 - a. Short Term Goals
 - b. Long Term Goals
3. Fitness and Wellness
 - a. Components of health-related fitness
 - b. Components of skill-related fitness
 - c. Warm-up and cool down
 - d. Health and wellness benefits of exercise
 - i. Disease prevention
 - ii. Academic achievement
 - iii. Confidence improvement
 - e. FITT formula
 - f. Exercise vs Activity
4. Cardiovascular Fitness
 - a. Benefits
 - b. Aerobics vs Anaerobic
 - c. Target Heart Rate Zones
 - d. FITT
5. Flexibility
 - a. ROM
 - b. FITT
6. Muscular Fitness
 - a. Benefits
 - b. Sets vs Reps
 - c. Plyometrics
 - d. Calisthenics
 - e. FITT
7. Body Fat Composition
 - a. Factors influencing body fat
 - b. Weight vs Fat
 - c. Nutrition
8. Personal Fitness Program Planning

Recreational Sports Critical Content

1. Invasion Games
 - a. Scoring
 - i. Maintaining possession of the ball
 - ii. Creating space in attack
 - iii. Attacking the goal
 - iv. Using space attack
 - b. Preventing Scoring
 - i. Defending space
 - ii. Defending the goal
 - iii. Winning the ball
 - c. Restarting Play (Sport specific)
 - i. Face off
 - ii. Throw in
 - iii. In Bound
 - iv. Shoot out
2. Net/Wall
 - a. Scoring
 - i. Setting up the attack
 - ii. Winning the point
 - iii. Attacking as a team
 - b. Preventing Scoring
 - i. Defending space on your own court
 - ii. Defending against an attack
 - iii. Defending as a team
3. Striking and Fielding
 - a. Scoring
 - i. Getting on base
 - ii. Moving the runner
 - iii. Advancing to the next space
 - b. Preventing Scoring
 - i. Defending bases on throw from outfield
 - ii. Defending space as a team
 - iii. Communication
4. Target
 - a. Scoring
 - b. Preventing Scoring

GAMES CLASSIFICATION

INVASION	NET/WALL	STRIKING/FIELDING	TARGET
Basketball	Badminton	Baseball	Dodgeball
Netball	Tennis	Softball	Golf
Team Handball	Volleyball	Cricket	Croquet
Soccer	Racquetball	Kickball	Bowling
Hockey	Table Tennis	Mat ball	Kan Jam
Lacrosse	Pickle ball	Whiffle ball	Washers
Speedball	Squash		Horseshoes
Rugby	Nitro ball		Corn hole
Football	Bomber Ball		Shuffleboard
Ultimate Frisbee			
Broomball			
Bocce ball			