

BERMUDIAN SPRINGS SCHOOL DISTRICT

High School Girls Physical Education Year-Long Curriculum Map



	Aug.	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	Mar.	Apr.	May																														
UNIT/Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
Introductory Lesson PE (basic motor skills, activity preferences, importance of regular physical activity, goal setting)																																								
9-10 Speed Unit/ 11- 12 X-Country (Individualized Plan, Heart Rate, Pace, Running Form)																																								
9-10 Ultimate Frisbee/11-12 Speedball, Handball, Worldball (Skill related components, health related components, team concepts, team game strategies, offensive/defensive strategies)																																								
9-12 Personal Fitness/Testing Unit/Circuit Training (Health related components, training principles, apply movement concepts)																																								
9-10 Games Unit 11-12 Flag Football (Skill related components, health related components, team concepts, team game strategies, offensive/defensive strategies, communication, authentic practice)																																								

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9-12 Weight Training (Principles of training, achievement of personal fitness goals, weight management/stress, management/disease prevention, time management)																																									
9-12 Rhythm Unit (Individualized fitness status, Activity preferences, skill and health related fitness, training principles, scientific and biomechanical principles)																																									
9-10 Badminton 11-12 Volleyball practice strategies, team sport, communication, skill and health related components, authentic practice, lifetime																																									
9-10 Field hockey 11-12 Lacrosse (Practice strategies, skill and health related components, training principles, skills, team sports, outdoor activities, Individual goals)																																									
9-10 Basketball 11-12 Soccer (Practice strategies, skill and health related components, training principles, skills, team sports, outdoor activities, offensive and defensive strategies)																																									
Softball (Safety and injury prevention, communication, teamsport, skill and health related fitness)																																									