Physical Education Curriculum Map

	August	September	October	November	December	January	February	March	April	May
7th Grade Core	Introduction, Expectations, Rules, Routines, Uniforms, Goal setting	Handball and Fitness Month	Fitness Month, Presidential fitness, 6 pillars	Hockey and Basketball	Volleyball and Finals	Introduction, Expectations, Rules, Routines, Uniforms, Goal setting	Handball and Fitness Month	Fitness Month, Presidential fitness, 6 pillars	Hockey and Basketball	Volleyball and Finals
8th Grade Core	Introduction, Expectations, Rules, Routines, Uniforms, Goal setting	Handball and Fitness Month	Fitness Month, Presidential fitness, 6 pillars	Hockey and Basketball	Volleyball and Finals	Introduction, Expectations, Rules, Routines, Uniforms, Goal setting	Handball and Fitness Month	Fitness Month, Presidential fitness, 6 pillars	Hockey and Basketball	Volleyball and Finals
Elective/Team Sports	Introduction, Expectations, Rules, Routines, Uniforms, Baseline testing	Fitness Days, HR Monitors, Laccrosse, Ultimate Frisbee, Baseball, Tennis	Rugby, Soccer, Handball, Golf, pickellball	Volleyball, Badmitton, Table Tennis , Football	floor hockey, Students Vote, Finals	**No Class**	**No Class**	**No Class**	**No Class**	**No Class**
Personal Fitness/Weight Training	Introduction, Expectations, Introduction to Safety, Form, Nutrition, baseline testing, Goal Setting	Training Principles, Circuits, active recovery, mobility	Nutrition, heart rates, and periodization	Conjugate method and other training methods	Baseline retesting and finals	**No Class**	**No Class**	**No Class**	**No Class**	**No Class**
Health	Introduction, Grades, Wellness Dimensions, Classical Health (Hippocrates, Exercise throughout history) - Presentations	Bones, Muscles, 5 Areas of Fitness, Exercise Safety, "FITT" Principle	Physical Health Continued, First Aid & CPR, Adult, Child, and Infant Certification	Nutrition, Vitamins, Minerals, Diet & Exercise, Weight Management	Nutrition Continued, and Finals	**No Class**	**No Class**	**No Class**	**No Class**	**No Class**