

2024-2025 Curriculum Map (3, 4, 5) - 4 rotations

Unit	Sport/Activity	Skills	Rotation	Dates
1	Rules / Intro Games	Listening, Following Directions, Etc	A	August 12, 13, 14
1	Rules / Intro Games	Listening, Following Directions, Etc	B	August 15, 16, 19
1	Rules / Intro Games	Listening, Following Directions, Etc	C	August 20, 21, 22
1	Rules / Intro Games	Listening, Following Directions, Etc	D	August 23, 26, 27
2	Running	Pacing, Cardio Endurance, Cross Country Meet Tryouts	A	August 28, 29, 30
2	Running	Pacing, Cardio Endurance, Cross Country Meet Tryouts	B	Sept. 4, 5, 6
2	Running	Pacing, Cardio Endurance, Cross Country Meet Tryouts	C	Sept. 9, 10, 11
2	Running	Pacing, Cardio Endurance, Cross Country Meet Tryouts	D	Sept. 12, 13, 16
3	Movement & Space	Guarding, Space, Levels, Direction, Speed, Keep Away	A	Sept 17, 18, 19
3	Movement & Space	Guarding, Space, Levels, Direction, Speed, Keep Away	B	Sept 20, 23, 24
3	Movement & Space	Guarding, Space, Levels, Direction, Speed, Keep Away	C	Sept 25, 26, 27
3	Movement & Space	Guarding, Space, Levels, Direction, Speed, Keep Away	D	Sept, 30 Oct 1, 2
4	Soccer	Dribble (feet), Trap, Kick (distance), Kick (accuracy)	A	Oct 3, 7, 8
4	Soccer	Dribble (feet), Trap, Kick (distance), Kick (accuracy)	B	Oct 9, 10, 11
4	Soccer	Dribble (feet), Trap, Kick (distance), Kick (accuracy)	C	Oct 21, 22, 23
4	Soccer	Dribble (feet), Trap, Kick (distance), Kick (accuracy)	D	Oct 24, 25, 28
5	Football	Overhand Throw, Catch on the Move, Leading, Patterns, Plays	A	Oct 29, 30, 31
5	Football	Overhand Throw, Catch on the Move, Leading, Patterns, Plays	B	Nov 4, 5, 6
5	Football	Overhand Throw, Catch on the Move, Leading, Patterns, Plays	C	Nov 7, 8, 12
5	Football	Overhand Throw, Catch on the Move, Leading, Patterns, Plays	D	Nov 13, 14, 15
6	Basketball	Dribble (hand), Pass (chest & bounce), Shooting, Pivoting	A	Nov 18, 19, 20
6	Basketball	Dribble (hand), Pass (chest & bounce), Shooting, Pivoting	B	Nov 21, 22, Dec 2
6	Basketball	Dribble (hand), Pass (chest & bounce), Shooting, Pivoting	C	Dec 3, 4, 5
6	Basketball	Dribble (hand), Pass (chest & bounce), Shooting, Pivoting	D	Dec 6, 9, 10
7	Hockey	Slap Shot, Wrist Shot, Goalkeeping	A	Dec 11, 12, 13
7	Hockey	Slap Shot, Wrist Shot, Goalkeeping	B	Dec 16, 17, 18

7	Hockey	Slap Shot, Wrist Shot, Goalkeeping	C	Dec 19 Jan 7, 8
7	Hockey	Slap Shot, Wrist Shot, Goalkeeping	D	Jan. 9, 10, 13
8	Fitness	5 Components of Fitness, Body Systems, Calculate Heart Rate <i>*SLO UNIT</i>	A	Jan. 14, 15, 16
8	Fitness	5 Components of Fitness, Body Systems, Calculate Heart Rate, <i>*SLO UNIT</i>	B	Jan. 17, 21, 22
8	Fitness	5 Components of Fitness, Body Systems, Calculate Heart Rate <i>*SLO UNIT</i>	C	Jan. 23, 24, 27
8	Fitness	5 Components of Fitness, Body Systems, Calculate Heart Rate <i>*SLO UNIT</i>	D	Jan 28, 29, 30
9	Cooperative/ Brain / Culture	Teamwork, Cooperation, Cross Lateralization	A	Jan 31 Feb. 4, 5
9	Cooperative/ Brain / Culture	Teamwork, Cooperation, Cross Lateralization, Culture	B	Feb. 6, 7, 10
9	Cooperative/ Brain / Culture	Teamwork, Cooperation, Cross Lateralization, Culture	C	Feb 11, 12, 13
9	Cooperative/ Brain	Teamwork, Cooperation, Cross Lateralization, Culture	D	Feb 14, 24, 25
10	Volleyball	Serve (overhand & underhand), Bump Pass, Set, Rotation of Positions	A	Feb 26, 27, 28
10	Volleyball	Serve (overhand & underhand), Bump Pass, Set, Rotation of Positions	B	March 3, 4, 5
10	Volleyball	Serve (overhand & underhand), Bump Pass, Set, Rotation of Positions	C	March 6, 7, 11
10	Volleyball	Serve (overhand & underhand), Bump Pass, Set, Rotation of Positions	D	March 12, 13, 14
11	Jump Roping	Long Ropes & Short Ropes, Rhythm, Sequences, Routines, Lions Relays Tryouts	A	March 17, 18, 19
11	Jump Roping	Long Ropes & Short Ropes, Rhythm, Sequences, Routines, Lions Relays Tryouts	B	March 20, 21, 24
11	Jump Roping	Long Ropes & Short Ropes, Rhythm, Sequences, Routine, Lions Relays Tryouts	C	March 25, 26, 27
11	Jump Roping	Long Ropes & Short Ropes, Rhythm, Sequences, Routines, Lions Relays Tryouts	D	March 28, April 7, 8
12	Tennis / Pickleball	Forehand Strike, Backhand Strike, Move to Ball,	A	April 9, 10, 11
12	Tennis / Pickleball	Forehand Strike, Backhand Strike, Move to Ball,	B	April 15, 16, 17
12	Tennis / Pickleball	Forehand Strike, Backhand Strike, Move to Ball	C	April 18, 21, 22
12	Tennis / Pickleball	Forehand Strike, Backhand Strike, Move to Ball,	D	April 23, 24, 25
13	Obstacle Course / Climbing Wall	Stunts, Balance, Flexibility , Leaping, Jumping	A	April 28, 29, 30
13	Obstacle Course / Climbing Wall	Stunts, Balance, Flexibility, Leaping, Jumping	B	May 1, 2, 6
13	Obstacle Course / Climbing Wall	Stunts, Balance, Flexibility, Leaping, Jumping	C	May 7, 8, 9
13	Obstacle Course / Climbing Wall	Stunts, Balance, Flexibility, Leaping, Jumping	D	May 12, 13, 14
14	Random Games	*New games and activities found online	A	May 15, 16, 17
14	Random Games	*New games and activities found online	B	May 20, 21, 22
15	Student Choice Favorite Games	*Last day and students vote to play their favorite games	C	May 23 *

15	Student Choice Favorite Games	*Last day and students vote to play their favorite games	D	May 27 *
15	Student Choice Favorite Games	*Last day and students vote to play their favorite games	A	May 28 *
15	Student Choice Favorite Games	*Last day and students vote to play their favorite games	B	May 29 *

School Events: Glacier Peak Sneak Fun Run (), Cross Country Meet (Oct4), Lions Club Relays (May 4), Field Day (May 16)