

9th Grade Wellness – Physical Education Curriculum

Unit #	Name of Unit	# of Classes
1	Introduction to Wellness 1	1
2	Establishing a Positive Learning Environment	10
3	Invasion Games	6
4	Lifetime Fitness	15
5	Swim Development & Aquatic Fitness	7
6	Net Games	7

2015/2016 Wellness Curriculum Team Members:

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