Scope and Sequence

Content Area: **Physical Education**
Course(s): **Physical Education**
Time Period: **Full Year**
Length: **Full Year**
Status: **Published**

Course Overview

The sixth through eighth grade physical education curriculum strives to create individuals who not only understand the importance of living a healthful, physically active life, but who also have experienced a wide-variety of activities and opportunities to understand how to pursue that lifestyle as an adult. As a result, the curriculum has a vast array of different units that all feature fun, physically challenging, and educational experiences that encourage students to practice a variety of skills and develop healthy physical habits. The curriculum is prepared to meet the needs of students with diverse needs and pushes students to develop important social skills such as collaboration, team-work, and cooperation. Each year from sixth through eighth grade, students skills' development is expected to increase at their own, individualized level.

Scope and Sequence

Order of the Unit	Title of the Unit	Time Frame
Unit 1	Heights and Weights	Week 1
Unit 2	Chase and Flee	Week 2
Unit 3	Fitness/Games	Week 3
Unit 4	Soccer	Weeks 4-5
Unit 5	Flag Football	Weeks 6-8
Unit 6	Whiffle Ball	Week 9
Unit 7	Kickball	Weeks 10-11
Unit 8	Basketball	Weeks 12-14
Unit 9	Floor Hockey	Weeks 15-16
Unit 10	Volleyball	Week 17
Unit 11	Pickle Ball	Week 18
Unit 12	Badminton	Week 19
Unit 13	Team Handball	Week 20
See Health Curriculum	Health	Weeks 21-30
Unit 14	Chase ad Flee II	Week 31
Unit 15	Fitness/Games II	Week 32
Unit 16	Bowling	Week 33
Unit 17	Dance Dance Revolution	Week 34
Unit 18	Project Adventure	Weeks 35-36
Unit 19	Track and Field	Weeks 37-38
Unit 20	Softball	Weeks 39-40

Date of Board Approval

This curriculum was approved by the Green Brook Board of Education on November 28, 2016.