

Curriculum Map: Phys Ed 9/10

Unit: Manipulatives

- Topic: Football Throwing/Catching
- Topic: Football Throwing on the Move
- Topic: Football Defense
- Topic: Football Punting
- Topic: Football Mini-Games
- Topic: Soccer Dribbling
- Topic: Soccer Passing
- Topic: Soccer Skill Practice
- Topic: Soccer Shooting
- Topic: Soccer Game
- Topic: Softball Throwing/Catching
- Topic: Softball Groundballs
- Topic: Softball Popflies
- Topic: Softball Hitting
- Topic: Softball Game
- Topic: Volleyball Bump
- Topic: Volleyball Set
- Topic: Volleyball Spike
- Topic: Volleyball Serve
- Topic: Volleyball Game

Unit: Invasion

- Topic: Ultimate Frisbee Throwing/Catching
- Topic: Ultimate Frisbee Golf
- Topic: Ultimate Frisbee Game
- Topic: UltimateBall Introduction
- Topic: UltimateBall Strategies
- Topic: UltimateBall Game
- Topic: Basketball Ball Handling/Passing
- Topic: Basketball Shooting
- Topic: Basketball 3v3
- Topic: Basketball Games
- Topic: Floor Hockey Skills/Rules
- Topic: Floor Hockey Games
- Topic: Handball Intro
- Topic: Handball Games
- Topic: Engleball

Unit: Individual/Lifetime

- Topic: Tennis Serving
- Topic: Tennis Strokes
- Topic: Tennis Lead-Up Games
- Topic: Tennis Games
- Topic: Badminton Serving
- Topic: Badminton Strokes
- Topic: Badminton Rally
- Topic: Badminton Games

Topic: Pickleball Introduction
Topic: Pickleball Games
Topic: Ping Pong Introduction
Topic: Ping Pong Games

Unit: Personal Health/Fitness

Topic: Strength Training - Scavenger Hunt
Topic: Strength Training - Circuits
Topic: Strength Training - Individual Workout Plan
Topic: Circuit Workout
Topic: Movement - Kickboxing
Topic: Movement - Zumba
Topic: Team Building Activities

Unit: Fitness Assessment

Topic: Mile Run
Topic: Pacer
Topic: VO2 Max
Topic: Curl-Up
Topic: Push Up
Topic: Modified Pull-Up
Topic: Sit and Reach