



WAYNESBORO HIGH SCHOOL

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Curriculum at a Glance

Subject: PE I & II

<u>Time Frame</u>	<u>Content (Nouns)</u>	<u>Skills (Verbs)</u>
PE 1: 1 Week Units (During each unit, students will learn about the history of the game, basic skills needed to play the game, game rules, strategies for success)	Fitness Testing x 2 Lacrosse Speedball Basketball Tennis Ultimate Frisbee Pickleball or Speedminton Flag Football Volleyball	Interpret, compare, perform, strategize, explain, apply, collaborate
PE 2: 1 Week Units (During each unit, students will learn about the history of the game, basic skills needed to play the game, game rules, strategies for success)	Golf Tennis Soccer Rhythmic Dance Volleyball Badminton Fitness Testing x 2	Interpret, compare, perform, strategize, explain, apply, create, collaborate